



# YXH MAGAZINE

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## Building a Routine

eat what YOU want

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**Routine** Based on Astrology

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**HOW TO CREATE AN  
EFFECTIVE ROUTINE**

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INCLUDES A SEPT. 2020  
CALENDAR

SEPTEMBER 2020



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## Land Acknowledgement

We acknowledge the traditional territories and the value of the traditional and current oral practices of the Blackfoot Confederacy, the

Tsuut'ina and Stoney Nakoda Nations, the Metis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

## YXH MAGAZINE

is a monthly publication based in Medicine Hat, Alberta, that reveals familiar secrets to build a balanced lifestyle.

## Editor's Note



Welcome to the first issue of YXH Magazine, Building a Routine.

As we enter a new season, we are beginning a number of new agendas. Our new reality this September may have us waking up frantically, forgetting what we need to accomplish, rushing to our destinations, or sleeping all day because things don't seem as important. YXH Magazine brings light onto how one can curate a routine based on their own lifestyle, to hopefully avoid these inconvenient mornings.

We spoke with experts in the industry to examine how beneficial routines are for our entire body: mental health and physical health. I've never been one for the generic routine. They seemed too boring. As I grew older, I slowly became fond of the more organized lifestyle. It wasn't because I had something to do every minute of every day. It was because it gave me peace having an idea of what the day entailed. My body no longer tensed up every time I was reminded of the clock. I knew my deadlines. I had time to notice 7-year old Jalyce Thompson and met her needs.

The versatility of the advice for building a routine in this magazine is designed to meet the needs of every individual, because the reader is the creator. It was intended for readers to plan their routine based on their limitations, free time, and interests.

Routines helped me mentally prepare every morning. I am my own parent telling my child (who is also me) that I'm going to have the best day on the first day of kindergarten. When we're on our own, we take on the responsibility for our days to come. Relying on parents or mentors expires. The freedom of decision is ours. With what seems like endless time, we can become overwhelmed. But when we sit and really think about how we want to spend our days to come, in the end, we're designing a life to look back on.

Routine or not, YXH Magazine is hopeful our readers will stay true to themselves, and may learn more about themselves while reading, Building a Routine.

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# CALENDAR SEPTEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

List of intentions for September:



## Practice Patience



Life Coach and Rosewell College Graduate, Heather Vokes, says patience is a virtue when building a routine for ourselves. “My favourite phrase is ‘baby stepping’.” “When we take things in leaps and bounds, it gets overwhelming.” The Hatter, who’s originally from Vancouver, says naturally having a routine is a building process. We should singularly add things into our routine every three weeks. “It eases up on our procrastination. When we procrastinate, we feed our fears and it plays on our self-confidence, guilt, stress, and shame.” She suggests we start simple and prioritize our list of what we’d like to do every day. “Pick the three most important ones and place them into your routine.” Vokes says adding activities every 21 days is ideal but is dependent on the person. Once we feel comfortable and stable with our present routine, that is a sign to incorporate another valuable interest. The fitness coach of six years says stretching is a rewarding activity for our bodies, especially as we get older. “A lot of things change as we age, the lubricating fluids that’s between our joints starts to decrease. That definitely plays havoc on how tight and stressed our muscles become.” She says less mobility causes our fascia, the tissue that connects all our muscle and body parts together, to become stiffer. Moving less as we get older speeds up

this process. Involuntary activities, such as driving are noticeably affecting our joints. “We hunch forward, and hug the wheel. If we pay attention, we grip the wheels with our fingers, especially if traffic is heavy. “Everything is connected. “You’re not just affecting your hands and knuckles. You’re affecting all the way up your forearms, your biceps, triceps, chest, core, spinal flexures.” The expert says we are usually already stressed from our ‘gotta’s’, and that magnifies how tense our bodies are while driving. “The gotta’s are a hamster wheel of hell in your head and they take over,” says Vokes, and added the ‘gotta’s’ are things we ‘gotta’ do that repeatedly intrude our peaceful minds. She says routines can alleviate anxious feelings from our body, because they prioritize our ‘gotta’s’. Routines may also lead us to leave early, so while driving our focus is on our surroundings, and not the clock. “That’s breathing time. You can listen to something on the way there that lifts your vibrations.” Another suggested pursuit is walking. Vokes says mindful walking will immediately affect our mental health – approximately three weeks until physical endurance results are noticed. “If you’re just starting, starting at 15 minutes a day would make a huge difference. “If you’re not mindful when you’re walking, your results will take that much longer.”

She says concentrating on five things in our environment will instantly bring us into the moment, inducing mindfulness. “When you focus there’s so much power. “When you’re walking, feel how your feet hit the pavement. If you have sore knees, focus on how you’re moving your knees. All these things will help make a difference if you really focus. “If you’re walking and you want a better booty, focus on the glutes.” Vokes says it does depend on the body, but adding 10 minutes onto the walk time once a week is ideal. Walking promptly after a meal can reduce over eating, says Vokes. “Humans tend to overeat because our brains don’t catch up to our stomach until 30 minutes later. Going for a walk right after eating can avoid that. “After you eat, walking helps move food through, and it turns that food into energy instead of fat.” Routine can also lower our food intake. People can find comfort in their routine, rather than in food says the fitness coach. “Food is our ‘go to’ when we need a little bit of comfort. When we have a routine that is established, it is comforting. “Mindfulness is really important. A lot of people want to do things in leaps and bounds, and they don’t think it’s enough. I would love for people to know they are enough as they stand, and any baby step they take is huge. “They should celebrate it.”



# FREEDOM WITH ROUTINE



Five-year Life Coach, Tara Stricker, says there's another option for those who prefer flexibility in their routines.

Stricker recommends writing an undemanding list, in the morning, of things we'd like to do, otherwise known as our list of intentions. It is an effective alternative and is as equally beneficial as a time specific routine.

"For me, I set my intention of what I'd like to get done for the day, and I also tune into 'does this feel like a 'have to do', or a 'want to do'.

"It's really important that we focus on what we want to do."

She says the list of intentions brings clarity and focus, but the times aren't set in stone.

"Rather than having the routine of a schedule, it's more so, 'this is what I'd like to accomplish today', and then going with the flow."

The Coach Training World graduate also recommends giving ourselves a longer window to accomplish our list of intentions.

The extended time frame sparks the mindset of 'want to' rather than 'have to', which immediately enhances our motivation.

"If I'm in a 'have to do' state of mind, that's hard work. If it's a 'want to do', it feels better, free and less restricted."

The born and raised hatter emphasized the importance of creating a routine based on our individual needs, and knowing if we like a timely or flexible routine.

"There are people who value a routine and find comfort in that, so they would need theirs to be stricter.

"It's all in getting to know who you are."

Stricker says whether someone is setting a routine, or listing their intentions for the day, what is done in the morning should hold priority.

"When we wake up and it's a free for all, it puts us in an anxious state that increases throughout the day, and it puts us in a state that we're running behind."

The expert suggests meditation, setting our intentions, or an activity that reminds us to purely exist in the moment.

"It's really important to have a morning routine that's peaceful and calm and that sets the tone of your day."

After the calm, the life coach reminds us to make time for activities we wholeheartedly enjoy, even as adults.

"I'm realizing that even things I find fun, I'm doing it because it has a purpose. So, I'm no longer doing it for the fun, but because it has a purpose."

She says being purpose driven and goal driven is part of our cultural training. It's trying to let go of that drive when having fun that will ultimately place us in the moment.

Presence isn't only pivotal during satisfying activities, says Stricker. She is a firm believer in remaining grounded.

"It's good to ground all throughout the day. Take five minutes to reset yourself. Let what happened in the morning go to reset your intentions for the afternoon."

Stricker says with building a routine, and anything in life, self-awareness will help us in deciding what is best for ourselves.

"The more you know yourself, and the more in tune you are with your intuition, the easier things are and the less stressful, overwhelming, and frustrating they feel."

# Stimulation

## Rather

## Than

# Activation



Feelings of anxiety have come to light more throughout the years. As we socialize with each other, we learn that more of those who surround us live with anxious emotions. As we grow older, we may feel this emotion intensify within ourselves.

Stacey Steele, five-year registered provisional psychologist, says practicing good habits widens our window of tolerance.

The expert says the window represents how much one can tolerate before entering a state of anxiety during a stressful situation — otherwise known as our fight or flight mode.

The fight or flight mode is triggered when we activate our nervous system, leading us to respond in an anxious state. Eventually, if the nervous system is activated enough, being in this state becomes our body's natural reaction to everything.

"When we're always going into that state in activation, because of chronic stress or past traumas, we are more likely to stay there.

"So, even in periods of calm and no stress, we are more likely to feel anxiety."

Steele says when we continuously

activate our nervous system, we are more likely to feel overwhelmed, have outbursts, or excessive behaviours. We may overeat, or become more prone to addiction.

Steele says if our nervous system is consistently activated and uneasy emotions are always felt, we need to create valuable habits that calm us to create a new baseline, and widen our window of tolerance.

"We want to offer ourselves more opportunities to increase resilience and stability in our day, so that when we are faced with a crisis or an unexpected event, we are more able to bounce back."

The expert says the more we do an activity, the more we train our brain and nervous system to respond in a way that is adaptable to the environment.

This has us to feeling in control, rather than feeling the environment is controlling us.

"The more opportunities we have to practice a habit, ...the more we're able to create a new baseline that is in our optimal level of performance."

The psychologist says new habits can help us practice interoception, which is the connection between our mind and body.

There are three ways we can respond to challenging circumstances.

Hyperarousal, which is where our sympathetic system is activated, causes us to go into the fight or flight mode.

Hypoarousal, which is where our parasympathetic nervous system is activated, causes us to go into a freeze response.

"Our brain and nervous system begin to shut off, and signs of being in that freeze zone would be, numbing out, feeling tired, disassociating, and spacing out."

Steele says the primary emotions felt in this state are numbness and depression.

Optimal zone of arousal, which is where our parasympathetic nervous system is stimulated, causes us to go into our window of tolerance.

"When we're in hyperarousal, or hypoarousal, our brain isn't functioning and communicating effectively."

Stimulating our parasympathetic nervous system by creating good habits gives us opportunity to widen our window of tolerance.

"This can help us to think better, manage emotions, plan, and sort out what's going on in our head."



### DAILY INTENTIONS

### WEEKLY INTENTIONS

### MONTHLY INTENTIONS

Empty box for daily intentions.

Empty box for weekly intentions.

Empty box for monthly intentions.

# Itinerary One

# Itinerary Two

## MORNING

Morning Affirmations

NEW Recipe for Breakfast + NEW Beveridge

Stretch in the Sunshine

Library or Local Bookstore

## AFTERNOON

Bakery/Cafe for Tea/Coffee + Other Goodies

Research/Journal at Bakery/Cafe

Mindful Walk at Nearby Path

Visit Local Animal Shelter

## EVENING

Greenhouse for Vegetables

Garden Centre to Gift Yourself Flowers

NEW Recipe for Dinner

Face + Hair Mask

Entertainment  
ex. Documentary/Movie/New Music

Evening Affirmations



## Weekly Cleaning

Laundry  
Clothes + Bedding + Towels

Dust  
TV + Shelves + Blinds

Wipe  
Counters + Door Handles + Light Switches

Floors  
Sweep + Mop + Vacuum

Bathroom  
Mirror + Counters + Sink + Shower + Toilet

## Monthly Cleaning

Fridge

Wipe  
Walls + Baseboards



# ASTROLOGY

Building a routine based on your sign by BlueSky Palmistry and Tarot.



### AQUARIUS AIR

PLANS FOR FUN AND ENJOYMENT.

THE AQUARIUS GRAVITATES TOWARDS GOAL ORIENTATED HOBBIES SUCH AS, PUZZLES, BOOK CLUBS, AND RESEARCHING. THEIR STRONGEST CHARACTERISTIC IS THEIR ADAPTABILITY AND FREE SPIRIT. THE AQUARIUS FEELS MOST INSPIRED BY THE COLOUR BLUE.

**MORNING ACTIVITY:** YOGA AND STRETCHING.

### PISCES WATER

NOT A NATURAL PLANNER.

HOBBIES FOR A PISCES ARE ONES THAT HELP THEM ESCAPE THEIR REALITY: BOATING, MUSIC, MEDITATION AND NATURE WALKS. THEIR STRONGEST CHARACTERISTIC IS THEIR IMAGINATIVE MIND, AND HIGH STANDARDS. THE PISCES FEELS MOST INSPIRED BY THE COLOUR TEAL.

**MORNING ACTIVITY:** GRATITUDE JOURNALING TO APPRECIATE THE BEAUTY WITHIN.

### ARIES FIRE

NOT A NATURAL PLANNER.

HOBBIES THAT MOST SUIT THIS SIGN ARE MARTIAL ARTS, AND ANYTHING THAT INVOLVES UNIQUE IDEAS THAT ARE HARD FOR OTHER TO DO. THEIR STRONGEST CHARACTERISTIC IS THAT THEY'RE COURAGEOUS AND ALWAYS UP FOR A CHALLENGE. THE ARIES FEEL MOST INSPIRED BY THE COLOUR RED.

**MORNING ACTIVITY:** VIGOROUS EXERCISE

### TAURUS EARTH

TAURUS LOVES TO LOOK FORWARD TO THINGS, MAKING THEM NATURAL PLANNERS.

STIMULATING HOBBIES SUCH AS, FINE WINES, COOKING, HIKING AND MAKING MONEY INTEREST A TAURUS. TAURUS' STRONGEST CHARACTERISTIC IS THAT THEY FINISH WHAT THEY START. THEY ARE MOST INSPIRED BY THE COLOUR GREEN.

**MORNING ACTIVITY:** BREAKFAST

### GEMINI AIR

NOT A NATURAL PLANNER.

THE GEMINI ARE MOST INTERESTED IN HOBBIES THAT MEET THEIR NEED FOR MENTAL DIVERSITY: LECTURES, LEARNING NEW THINGS, WRITING, AND TUTORING. THEY ARE MOST INSPIRED BY THE COLOUR YELLOW.

**MORNING ACTIVITY:** MOTIVATIONAL QUOTES AND READING TO GET THAT BUZZ GOING.

### CANCER WATER

PLANNING BRINGS HAPPINESS TO A CANCER.

THEY ENJOY SPECIAL INTEREST HOBBIES SUCH AS, CANNING FOOD, ACTIVISM, AND CHARITABLE EVENTS. THEIR STRONGEST CHARACTERISTIC IS THAT THEY ARE VERY FAMILY ORIENTATED AND BUILD STRONG FRIENDSHIPS. THEY ARE INSPIRED BY THE COLOUR GREY.

**MORNING ACTIVITY:** CONNECTION TO A LIVING CREATURE, LIKE A PLANT OR ANIMAL.

### LEO FIRE

NOT A NATURAL PLANNER.

THE LEO HOBBIES ARE CREATIVE AND PLAYFUL, WHERE THEY CAN INSPIRE OTHERS: THEATRE, KARAOKE AND PAINTING. THEIR STRONGEST CHARACTERISTIC IS THEIR CONFIDENCE AND THEY DREAM BIG. THEY ARE MOST INSPIRED BY THE COLOUR ORANGE.

**MORNING ACTIVITY:** LISTENING TO MUSIC TO GET MOVING.

### VIRGO EARTH

NATURAL PLANNERS WHEN THEY REALIZE OTHERS CAN'T DO IT, OR IF THEY DON'T TRUST OTHERS TO DO IT.

VIRGO'S ENJOY PROBLEM SOLVING HOBBIES: FIXING THINGS, HANDCRAFTS, POKER, AND HUMAN ANIMAL RIGHTS. THEIR STRONGEST CHARACTERISTIC IS THEIR HUMILITY AND HARD WORK. THEY ARE INSPIRED BY THE COLOUR BROWN.

**MORNING ACTIVITY:** TO DO LIST AND ORGANIZE PRIORITIES.

### LIBRA AIR

NOT A NATURAL PLANNER.

AESTHETICALLY PLEASING HOBBIES LIKE, JEWELERY COLLECTING, THE ARTS AND SOCIAL CLUBS, ARE FOR THE LIBRA. THEIR STRONGEST CHARACTERISTIC IS THEIR WIT AND EQUALITY TO ALL. THEY ARE MOST INSPIRED BY THE COLOUR PINK.

**MORNING ACTIVITY:** AROMATHERAOY OR RELAXATION BEFORE STARTING THEIR DAY.

### SCORPIO WATER

THE SCORPIO PLANS BASED ON THEIR NEEDS.

HOBBIES THAT EXPLORE USING POWER SUCH AS, STARGAZING, YOGA, AND BOARD GAMES ARE WHAT INTEREST THE SCORPIO. THEIR STRONGEST CHARACTERISTIC IS THEIR CHARM AND TRUSTING NATURE. THEY ARE MOST INSPIRED BY THE COLOUR BLACK.

**MORNING ACTIVITY:** A MORNING BODY MASSAGE SO THEY CAN CONNECT THEIR BODY, MIND, AND SPIRIT.

### SAGITTARIUS FIRE

NOT A NATURAL PLANNER.

THE SAGITTARIUS ENJOY PHILOSOPHICAL YET FUN HOBBIES, SUCH AS STORY TELLING, BLOGGING, CAMPING AND THEIR STRONGEST CHARACTERISTIC IS THEIR GENEROUSITY AND OPTIMISM. THEY ARE MOST INSPIRED BY THE COLOUR PURPLE.

**MORNING ACTIVITY:** LISTENING TO PODCASTS.

### CAPRICORN EARTH

PLANNING AND ACHIEVING THEIR PLANS GIVES CAPRICORN A HIGH.

RELAXING HOBBIES SUCH AS, YOGA, GOLFING, BIRD WATCHING AND THE SHOPPING CHANNEL ARE FOR THE CAPRICORN. THEIR STRONGEST CHARACTERISTIC IS THEIR HONESTY AND KINDNESS. THEY ARE MOST INSPIRED BY THE COLOUR CHARCOLE.

**MORNING ACTIVITY:** EARLY MORNING FACE MASK.

# eat what YOU want

The endless pit of finding what we want to eat while researching 'how to lose weight' is one we all get lost in. The common advice within these articles suggest we cut foods from our recipes, rather than adding them in.

Nutrition Coach, Tammy Nunweiler, explains the misconceptions about diets that flood the internet. She says usually one product is promoted as the absolute answer for filling our tummies while shrinking our clothing size.

"In reality there is no magic pill when we're talking about long-term success."

Fad diets promise results, which is why we gravitate towards them. The downfall is that in order for us to obtain our results, we must stay committed to the diet and say 'taste you never' to a lot of our favourite foods.

"Different fad diets offer a main source of weight loss, whether it's a shake, body wrap, or tea.

"I don't know a single person who wants to live off shakes forever."

Disregarding the product that is offered, the reason these fad diets are quickly effective is because they all have the common denominator. We're in a caloric deficit.

Creating self-awareness with knowing what healthy foods we truly enjoy, while remaining in a caloric deficit,

gives us more control. We don't need to rely on these products to see results, says Nunweiler.

"The biggest thing is finding healthy foods that you like, and searching for the recipes that contain those ingredients."

Nunweiler says while researching meals for the week, in the first stages, we should remain simple so we don't overwhelm ourselves.

When we plan our meals based on our own tastebuds, being on a diet isn't on our mind. We are just simply enjoying a meal.

"Enjoying what we eat can bring us so much happiness."

When making substitutions, finding similar but healthier alternatives with texture and taste is crucial.

"If I'm craving sweet, fruit doesn't cut it. I need something to mimic stuff I'd usually go for."

Nunweiler curbed her craving by finding a 'cookie dough protein bites' recipe. She confirms it tastes almost identical to the more common cookie dough snack.

"I am a total sweets lover! I wanted to get off refined sugar, so I found recipes that use natural sugar like maple syrup and honey."

The saltiness and crunch of chips are also an intriguing snack. Nunweiler encourages substituting those with sliced pickles.

For ultimate success, the

expert says loving what we eat holds precedence. She says when we're filled with enjoyment and satisfaction, it erases the anxiety out of dieting.

"There's nothing worse than eating bland food because of a diet and thinking about the food you love."

Without satisfaction, we get into a habit of eating for reasons other than hunger. Nunweiler says boredom can sometimes trigger us into thinking we're hungry, or we may often use eating as an activity to fill our time.

She says building a routine allows us to move not only our mouths, but other body parts as well.

"When we build a routine, there is less time for us to be bored, and we may eat less."

As we hit milestones with our meal plan, every four weeks is the preferred time to make changes to our personalized grocery list, and the recipes.

"We will need new recipes, because our energy needs will change," says Nunweiler and added our outcomes from exercise, such as weight loss, are reasons why we would change our meal plans.

After we've listed our favourite foods, and researched the recipes that incorporate them, we must choose a day to grocery shop that works best for us.

"Busy stores can be overwhelming. Go during a

time when it's not busy, so you can take your time and not feel rushed."

When it comes to actually eating, our nutrition coach says our meal times don't need to be correspondingly planned every day. There is freedom with listening to your honest hunger cues and then eating.

For those who struggle with thinking about food all day, the nutrition coach advises us to ask ourselves why.

"Dig out some answers. There's always a reason, whether it be emotional, boredom, or we're avoiding something.

"Always ask why."

Nunweiler opens up and says something we rarely hear. Depending on how much we ate that day, and what we're choosing to snack on, eating before bed isn't always a bad thing.

If we're hungry at night, or we're in the mood for food, we should remember how much we ate that day. If we didn't eat a lot of food, that would explain why we'd be so hungry before bed.

Nunweiler says drinking a lot of water and choosing a filling snack is effective.

"Something like a satiating healthy protein or fat, like those Babybel cheeses or a handful of healthy nuts."

Nunweiler mentions that our sleep should be considered when eating or having a snack before bed as well.

# YOUR FAVOURITES

Vegetables	Fruits	Protein	Carbohydrates
<b>TIP:</b>  Cutting up our produce into small pieces and storing them into Ziploc bags, or environmentally friendly reusable bags, saves space in our fridges.  "When we go camping, I have to get creative, so that is what we do," says Tammy Nunweiler.	<b>Tammy's Favourite Spices:</b>  Chili Powder  Paprika  Garlic  Onion  Cumin  Oregano  Basil	<b>Your Favourite Spices:</b>	<b>TIP:</b>  Nunweiler says with spices, less is more. They're a true treasure, because they add so much extra flavour to any dish. Blending spices at home is something Nunweiler recommends doing.

# 10 Questions to Ask Yourself Before Starting a New Routine

## 1. What is draining me?

For me, I spent an unreasonable amount of time deciding what to wear in the morning. This would cost me almost an hour during the course of the work week! So now I pick my outfits out for the week and forget about it. What is on your to-do list or in your environment that is draining you?

## 2. How do I want to feel at the end of the day?

Knowing the why behind the what can improve your mental health and adherence to healthy habits if it is meaningful. Do you eat kale because you love the taste or because you want the health benefits? Exactly!

## 3. What were my favorite ways to play as a child?

No, you may not be able to spend the day playing Sims or playing soccer if you want to keep your job, BUT identify what brought you happiness as a child. Picture your favorite playtime activity. Now stop and notice what you feel. If that feeling was happiness and lightness, wouldn't that be nice to feel that way when you think about how you spend your time now?

## 4. What do the answers to

question four say about me as a person?

I worked with a young mom several years ago who was training for a marathon with a group of colleagues. She finally said "Stacey, I don't even like running!". What did she really want that the running gave? To be active with friends just like when she was young and would spend her days riding her bike and exploring.

If you are struggling to find yourself now, look at yourself then.

## 5. What matters most to me?

Life is not made up of peak experiences, but rather the day to day tasks and activities. Research demonstrates that coherence and structure underlie meaning in life. Coherence is how much the day to day tasks align with your own identity and values whereas structure promotes stable and reliable connections (physical, psychological, and social). Grab a pen and paper and write down what and who are important to you. What are your non-negotiables and priorities? For example, when I make a business

decision I always check to see how it affects my business non-negotiables: professional obligations, personal well being, time for family, financial and client care.

## 6. What am I actually doing with my time?

Track your time for a week (or go back in your calendar) and see what you are doing with the 24/7 gift of time.

When I did this exercise, it turns out I did have time to read that novel sitting on the night stand if I was purposeful in my social media use (rather than watching classic Vines compilations or online window shopping). Go back to question 5, do your

priorities show up as often as you want?

## 7. Where are the anchors and hot spots of my day?

These are the times in your day that naturally occur (either because of your own body's rhythms or your obligations) where you are transitioning such as meal times, awakening, dropping the kid's off at daycare, catching the bus to work.

The anchors are the times where you are more likely to remember a new habit and stick to it while the hotspots are those times when you may have competing demands with limited time and resources, therefore are more likely to quit a new habit. Building a routine takes repetition which in turn improves mental and physical health. Start with your anchors.

## 8. What is my future/higher self like?

Think of yourself a few years in the future. What do you look like, how to act, speak, feel? Write this out in detail. This can be a motivational guide that you can aspire to each day. Start the day visualizing stepping into your higher self's shoes and use that image to motivate you throughout the day.

## 9. What is my ideal day?

Take all of the information you have so far and formulate your ideal day, tracking each hour you are awake. Make extra time for anchors and hot spots and include energizing down time! Create coherence between your activities, lifestyle, and what is important to you.

10. What is the smallest possible action I can take to move me towards how I want to feel and what I want to achieve?

10. What is the smallest possible action I can take to move me towards how I want to feel, and what I want to achieve?

Routines and habits are more likely to be easier to adhere to when you start small and simple. Starting too much at once will create less of a chance that you will get the results you want.

Pick one action and do it each day for a few days before adding on another small action. Don't add another one until you are confident that the first two are automatic. Track your progress by monitoring physical and mental health considerations such as mood, sleep and energy.

**“Creating a meaningful routine can improve your mood and brain power along with increasing your life satisfaction. Do in the present what your future self will thank you for!”**

Stacey Steele MACP  
Registered Provisional Psychologist  
[www.steelecounselling.com](http://www.steelecounselling.com)

1. What is draining me?

2. How do I want to feel at the end of the day?

3. What were my favourite ways to play as a child?

4. What do the answers to question four say about me as a person?

5. What matters most to me?

6. What am I actually doing with my time?

7. Where are the anchors and hot spots of my day?

8. What is my future/higher self like?

9. What is my ideal day?

10. What is the smallest possible action I can take to move me towards how I want to feel and what I want to achieve?

# YOUR ROUTINE



## A Look Back On Expert Advice

- ✿ Stretch
- ✿ Itinerary One
- ✿ Itinerary Two
- ✿ 15 Minute Mindful Walk
- ✿ Morning Astrology Activity
- ✿ Choose Your Grocery Shop Day
- ✿ Journal Three Questions per Week
- ✿ Adding a Hobby Based on Astrology
- ✿ Adding Astrology Colour Into Your Life
- ✿ Create a List of Intentions for the Month and/or Week
- ✿ Grocery List + Find Recipes Based on “Your Favourites”
- ✿ Focus Daily on Strongest Characteristic Based on Astrology Sign.
- ✿ Create a list of potential hobbies and include top three into your routine
- ✿ Write everything into September Calendar on Page 2.



# TAMMY NUNWEILER

## WELLNESS

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All source information was voluntary. There was no money or gifts exchanged or given during, before or, after the interviews.