

JUST A MINUTE

CREATING  HUMANITY

www.creatinghumanity.com

For those who too easily lose sight of what is important and get caught up in the excitement of the hustle.

This book is dedicated to my wife and kids, without whom this may not have existed.

INTRODUCTION

There is only one of you.

There is no doubt you are special. A big part of that is because you are absolutely unique in mind, body and spirit.

But you are also like everyone else.

You have variations of yourself that are the result of thoughts and activities you are exposed to each day.

Like us all, you have a recipe for what makes the 'best version' of you.

This mindfulness activity will help you find the recipe for the best you. The happiest you. The most energetic and positive you.

All you need to start,
is to give yourself,
Just A Minute.

HOW IT WORKS

Before you begin, you will have the opportunity to set what a top score is for each 'ingredient'. Each night before bed, do this small ritual. Ideally do it with someone else like your partner. Just a Minute.

1. Plug your phone in another room.
2. Open this book
3. Reflect on the day and the ingredients that contributed to you.
4. If you can, take some time to colour in the rest of the page or doodle around the edges.
5. After each week, fill in the weekly panel and take some time to consider what you might try and do more of, or less in the next week.

Help when you need it

Sometimes you might feel that you aren't able to change your recipe. Give it time. But if you need help; scan one of the QR Codes in the book to access qualified guidance, advice, support or motivation.

Motivation here:



Set your goals for the week.

Quality time for yourself

e.g. 1 hr per day. Reading or learning something new

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

What would you consider a '10' for each day this week?

Be realistic. There's only so much time in a day. Start small if you have to.

TOTAL: ____ /70

Each day, take Just a Minute.

Reflect and colour

Quality time for yourself



/10

Quality time with your family

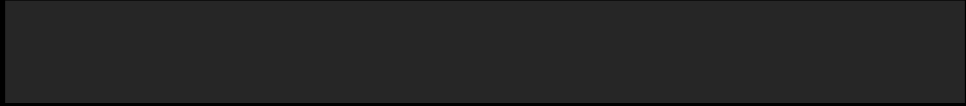
Colour here to an amount that



/10

Quality time with your partner

reflects your day



/10

Quality time with your friends

Keep a score to keep it real and measurable.



6 /10

Amount of Sleep

Consider what would make a '10' for you.



/10

Amount of Exercise



/10

Quality of your living

Add it up. We'll map it each week to see if it can get higher.

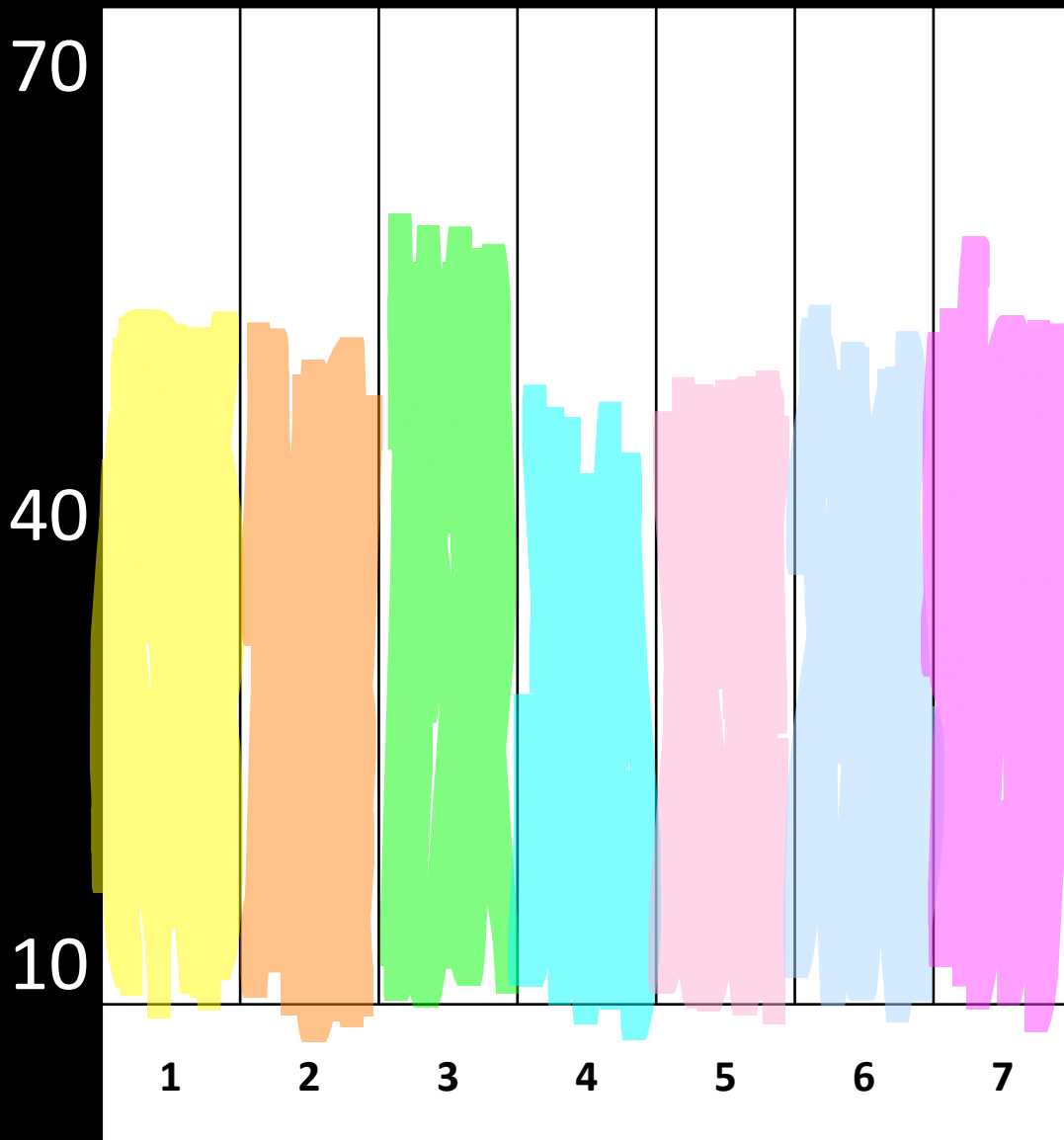


/10

TOTAL: 49 /70

Colour in the amount for
each day this week

WEEK REVIEW



This is day 1.

It's not about getting a perfect score. It's about being mindful of your recipe and improving where you can, when you need it.

After a week - Check in with yourself. What needs most help. Start there and keep it up.

YOUR INGREDIENTS

There's a lot in your day, but these things matter. Each night take a minute to reflect, did you get enough of each?

Quality time for yourself

Quality time with your family

Quality time with your partner

Quality time with your friends

Amount of sleep

Amount of exercise

Quality of your diet

Quality time for yourself

It's not uncommon you put yourself last.
There's a lot to do.

But sometimes you have to be selfish in order to
be selfless.

Sometimes you have to take a deep breath and
let go.

Be bold if you have to. Ask for help. Give your to-
do list to someone if you can and let them know
you need a break for yourself.

They will support you. And in doing so, you are
supporting you.

If you burn out, so to will your to-do list.
If you fade away, so will your friends, family and
partner.

Look after yourself.

Quality time with your family

More than just chores.

More than just discussing logistics.

Consider how much quality time you spent with your family.

Did you take a breath. Pause and just be in the moment with your family?

Talk about each others day?

Read a book or play a game?

Talk through any concerns or problems?

Remember that working through your own vulnerabilities and challenges help demonstrate strength, resilience and form a stronger connection.

The power of vulnerability

At the end of 2010, a researcher named Brené Brown gave a talk at her local TEDx event, TEDxHouston. That talk, “The Power of Vulnerability,” has since been viewed and shared by millions of people. Her words on shame, vulnerability and honesty move and inspire millions. Watch it here:



Quality time with your partner

More than just a kiss on the cheek.

More than just discussing logistics.

How much quality time did you spent with your partner?

Were you able to put your thoughts on hold and truly be with them?

See them for who they are and what they need?
Listen to them and not just hear them?

Did you communicate with them in their love language? Or your own?

Take the test

There are 5 love languages. Despite knowing that you love each other it can sometimes feel like you're not on the same page. Take the test, find out what each other's love language is so you know how to connect with each other.



Quality time with your friends

Did you see your friends? Maybe a call?
It doesn't have to be a call about something specific, in fact, a call about nothing is just as good.

Listen. Learn. Debrief. Inquire. Laugh. Reminisce. Enjoy.

Whether you like it or not, you are influenced by your closest friends and environment. Be mindful of time you spend time with your friends. But don't cut out those who disagree, they can be helpful too.

Your closest five

Motivation speaker Jim Rohn famously said that you are the average of your five closest friends. Keep those who are toxic out, and nurture your close friends.



Amount of sleep

This is an obvious one. Try and get at around 7-8 hours and consider that sleep before midnight is most valuable.

Know yourself.

Yep, there's both too much and too little sleep. But everyone is different. Take a moment to consider how much is right for you.

Maybe you need to sleep a little one night, but don't make it a habit. Keep yourself honest.

Sleep tips

This code will take you away to a helpful article on how to get better sleep.

If you're reading this (hopefully hard copy) before bed; skip the code till tomorrow. For now, take Just A Minute, with your phone aside, colour your day, reflect and relax.



Amount of exercise

Daily exercise is an important ingredient to make the optimal you.

The recommended amount of exercise for an adult is around 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week.

Whether you split it out to 25 minutes per day or do it over 1 or 2 days, keep yourself honest. If you don't have the energy or motivation, consider why. Correct your sleep and diet, get a friend to join... but don't skip it.

Start small if you have to. Walking meetings are still a thing. Respect to those who juggle it all.

Exercise motivation

Choosing the music you like best can enhance the performance boost and reduce your perceived exertion. In other words, listening to music can make your workout feel easier or encourage you to work harder without you feeling like you are. An example playlist to get you started:



Quality of your diet

We hear it in the back of our head when we try and ignore the delightful smells coming from the fast food joint.

Eat poorly, feel poorly.
Eat good, feel good.

That's all well and good, but it's as much time management as it is knowing what to eat.

Try and make the time to prepare healthy meals and snacks. A cheat day or two is fine... but just be sure it's not all the time.

It all starts here

Don't allow yourself the excuse that there's no time to eat well. Have healthy and tasty food/snacks at the ready.

Avoiding unhelpful foods is hard when they're in your ownership. So... don't own them. It's easier not to buy them than it is to avoid eating them.

5 easy snacks



Take a deep breath.
Take stock of your day.
Take Just A Minute.



Enjoy,
Creating Humanity

Quality time for yourself

e.g. 1 hr per day. Reading or learning something new

/10

Quality time with your family

Playing 1 game. Staying off phone around the kids.

/10

Quality time with your partner

1 hour to chat about our days... 5 kisses per day

/10

Quality time with your friends

Chat to at least one friend outside of work

/10

Amount of Sleep

8 hours sleep... not necessarily uninterrupted

/10

Amount of Exercise

Enough to get my heart rate up. Even if it's 10 mins

/10

Quality of your diet

At least 1 fruit and 1 veg... no sugar in my coffee

/10

Be realistic. There's only so much time in a day. Start small if you have to.

TOTAL: _____ /70

*Be real. Be mindful.
Be gentle on yourself*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

*Consider what your '10' would be.
Everyone's '10' is different.*

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

To get a perfect score is not likely possible each day.

Strive for a happy balance.

TOTAL: ____ /70

Consider talking to a friend or partner about this exercise...

DAY 3

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

...it's most often helpful to get a different perspective.

TOTAL: ____ /70

Sharing, as they say, is caring.

DAY 4

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Send this to others you think might benefit from taking Just A Minute.

TOTAL: ____ /70

Once you've coloured in your day, keep going...

DAY 5

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

... the page is pretty white, maybe give it some colour too ;) it'll help clear your head.

TOTAL: ____ /70

All work and no play made Jack a dull boy.

All play and no work made Jack a mere toy.

DAY 6

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Jack, like everyone, needs balance.

Hopefully by taking Just A Minute,
you're finding yours

TOTAL: ____ /70

Well done! Your first week.

DAY 7

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

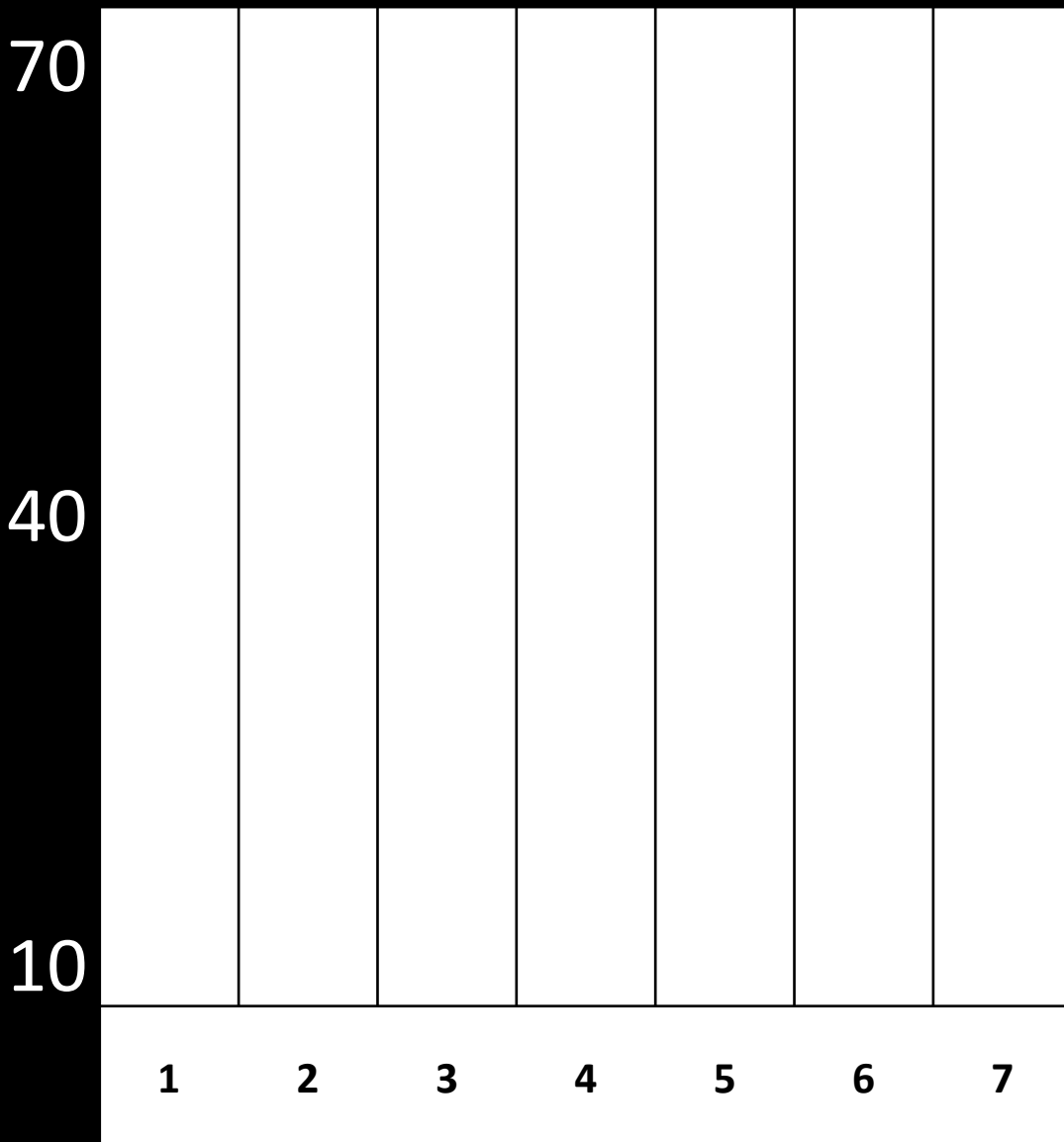
/10

Keep it up. Stay mindful.

TOTAL: ____ /70

Colour in the amount for
each day this week

WEEK REVIEW



This is day 1.

After a week - Check in
with yourself. What needs
most help. Start there and
keep it up.

Quality time for yourself

e.g. 1 hr per day. Includes some time with Netflix

/10

Quality time with your family

Reading a book with the kids. Playground or walk.

/10

Quality time with your partner

1 hour to chat about our days and personal goals.

/10

Quality time with your friends

Send a message to 2 friends just check-in on them

/10

Amount of Sleep

8 hours sleep... not necessarily uninterrupted

/10

Amount of Exercise

30 minute walk, with company, music or podcast

/10

Quality of your diet

At least 1 fruit and 1 veg... no alcohol

/10

Be realistic. There's only so much time in a day. Start small if you have to.

TOTAL: ____ /70

A slight adjustment to the design of this week.
More room for you to doodle and colour in the
margins ;)

DAY 1

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Great!

Second week taking

Just A Minute each day for yourself.

DAY 7

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

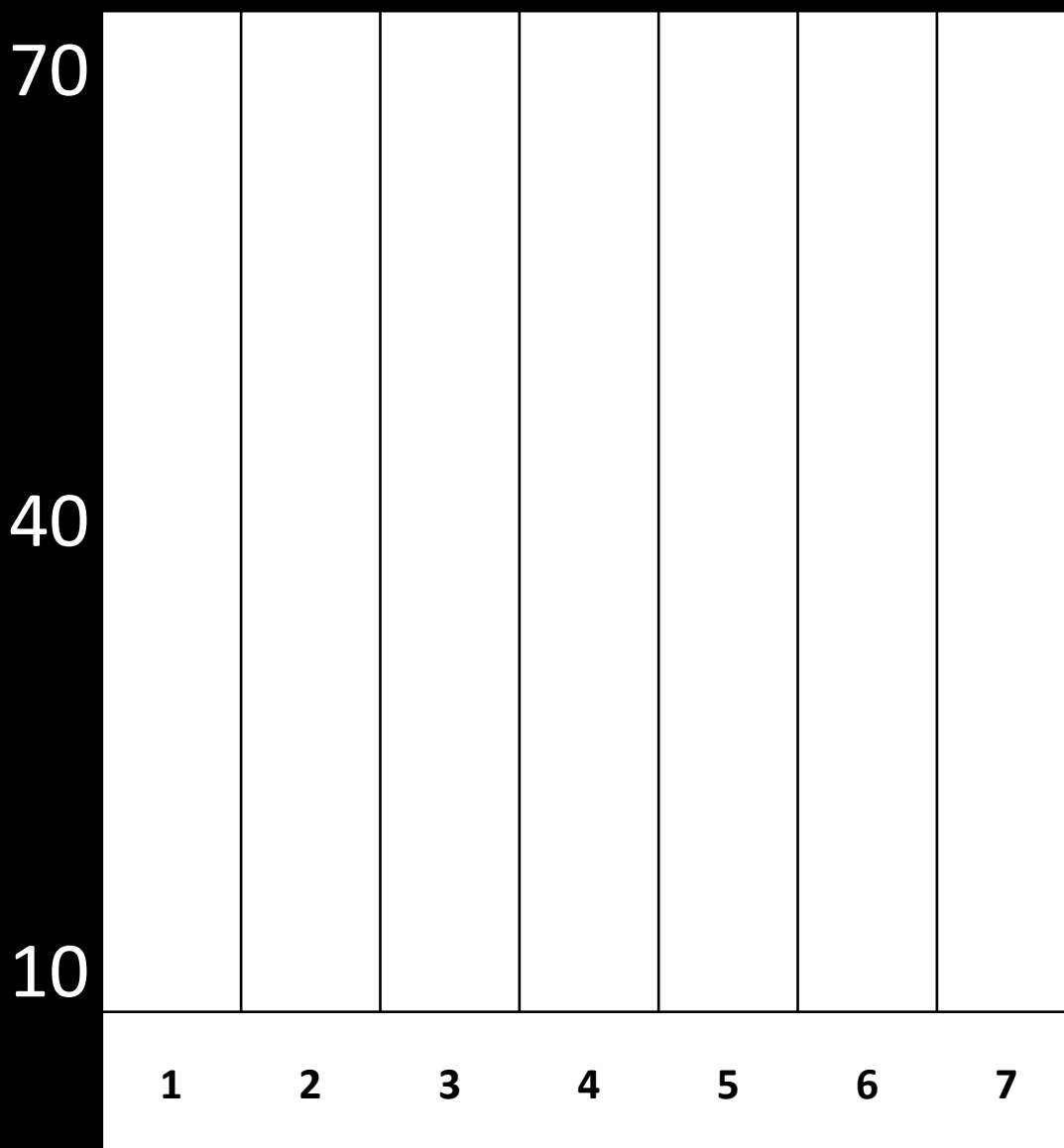
/10

Next week, starts a series of some images to colour in each night. They'll get more intricate as you go. Enjoy.

TOTAL: ____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*Some days, some weeks
your recipe might not be
optimal, that's ok.*

*Carve out time for yourself
and correct your recipe when
you have the chance.*

You'll taste better for it ;)

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

What's one thing you want to try and improve. Consider how. Discuss it with a friend or partner if it helps.

TOTAL: ____ /70

DAY 1

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: _____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 4

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 6

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL. _____ /70

DAY 7

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

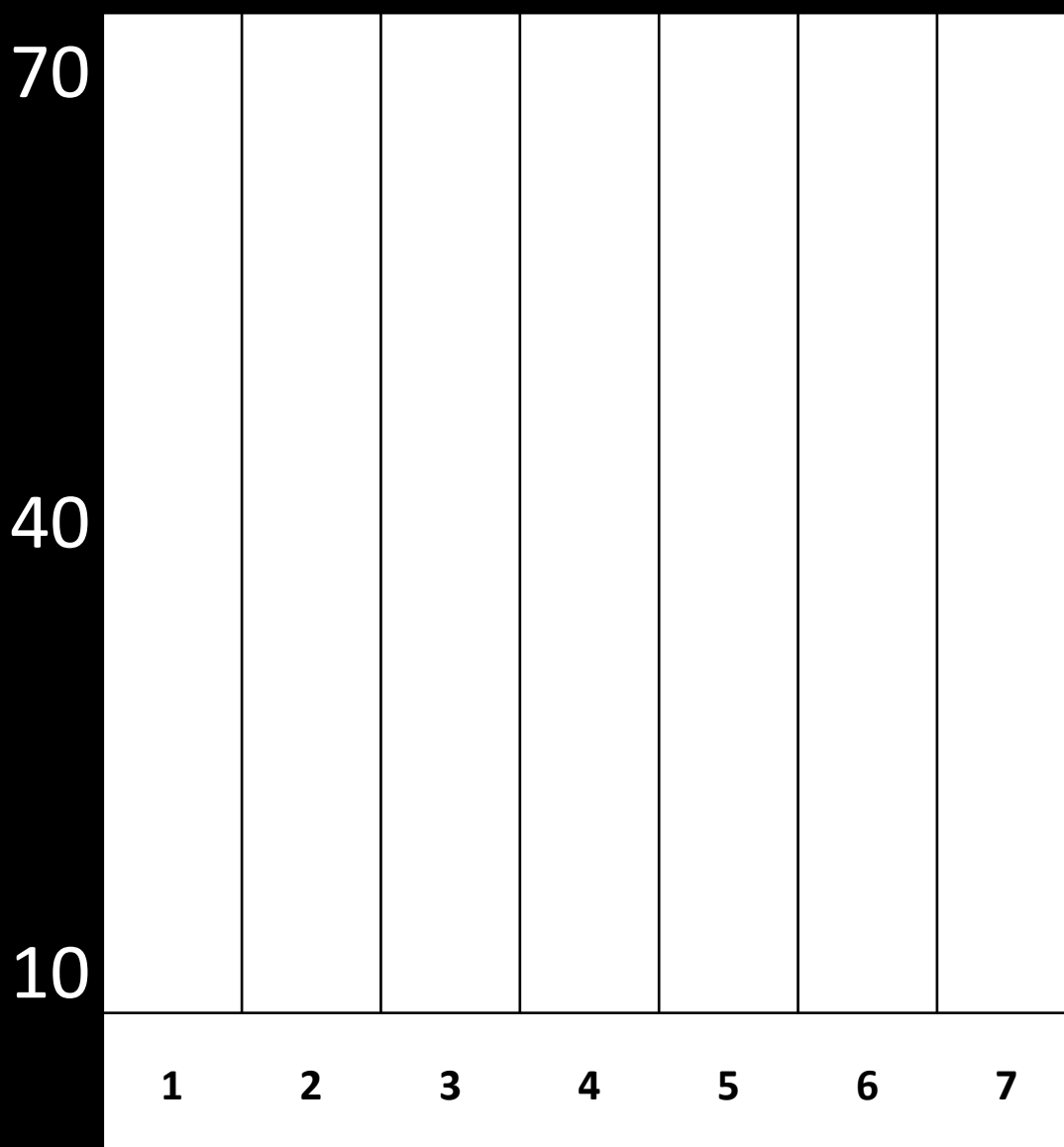
Quality of your diet

/10

TOTAL: _____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*What you allow is what
will continue.*

*It's not about being the best,
it's about being better than you
were yesterday.*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

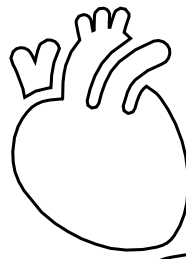
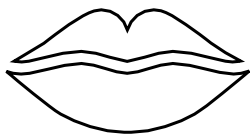
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Quality of your diet

/10

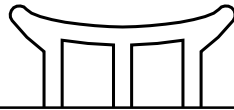
What's one thing you want to try and improve. Consider how. Discuss it with a friend or partner if it helps.

TOTAL: ____ /70



Quality time for yourself

/10

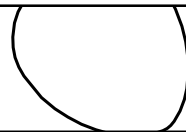
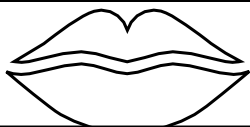


Quality time with your family

/10

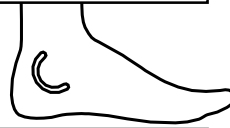
Quality time with your partner

/10



Quality time with your friends

/10



Amount of Sleep

/10

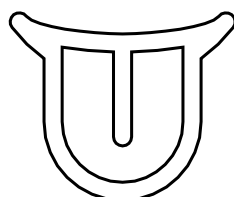
Amount of Exercise

/10

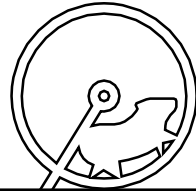
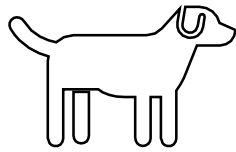


Quality of your diet

/10

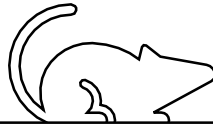
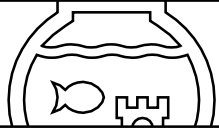


TOTAL: ____ /70



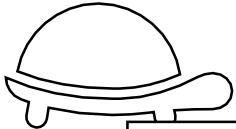
Quality time for yourself

/10



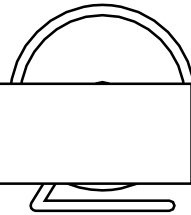
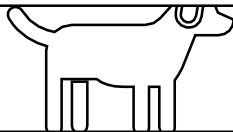
Quality time with your family

/10



Quality time with your partner

/10

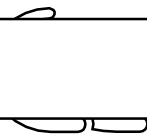
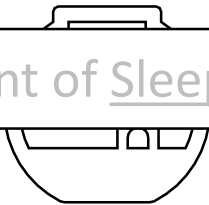


Quality time with your friends

/10

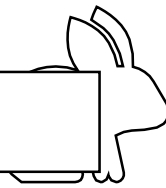
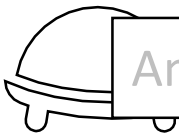
Amount of Sleep

/10



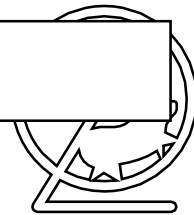
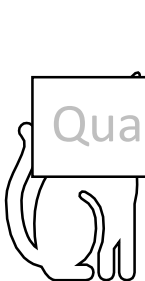
Amount of Exercise

/10



Quality of your diet

/10



TOTAL: ____ /70



Quality time for yourself

/10



Quality time with your family

/10

Quality time with your partner

/10



Quality time with your friends

/10



Amount of Sleep

/10

Amount of Exercise

/10



Quality of your diet

/10

TOTAL: ____ /70



Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

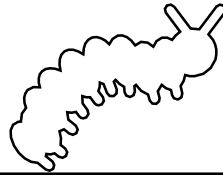
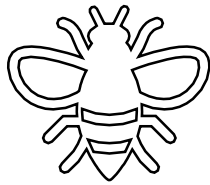
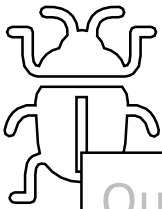
Amount of Exercise

/10

Quality of your diet

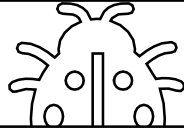
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TOTAL: ____ /70



Quality time for yourself

/10



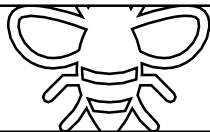
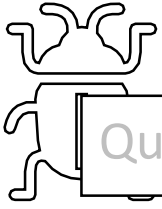
Quality time with your family

/10



Quality time with your partner

/10



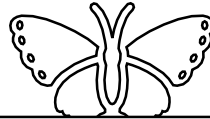
Quality time with your friends

/10



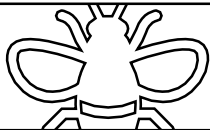
Amount of Sleep

/10



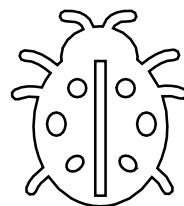
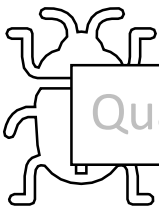
Amount of Exercise

/10



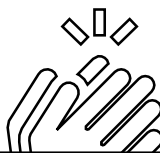
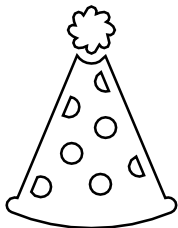
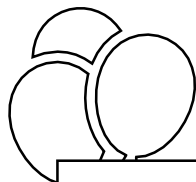
Quality of your diet

/10



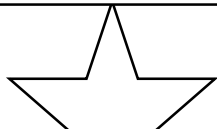
TOTAL: ____ /70





Quality time for yourself

/10



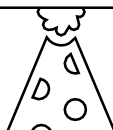
Quality time with your family

/10



Quality time with your partner

/10



Quality time with your friends

/10

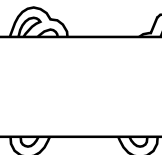
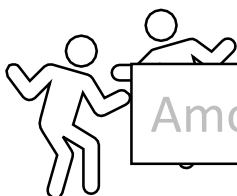
Amount of Sleep

/10



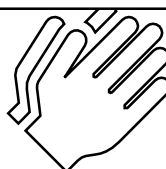
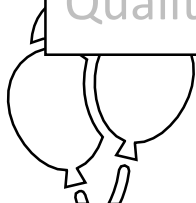
Amount of Exercise

/10

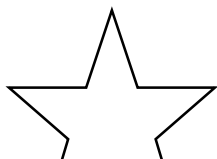


Quality of your diet

/10



TOTAL: ____ /70





Quality time for yourself

/10



Quality time with your family

/10



Quality time with your partner

/10



Quality time with your friends

/10



Amount of Sleep

/10



Amount of Exercise

/10



Quality of your diet

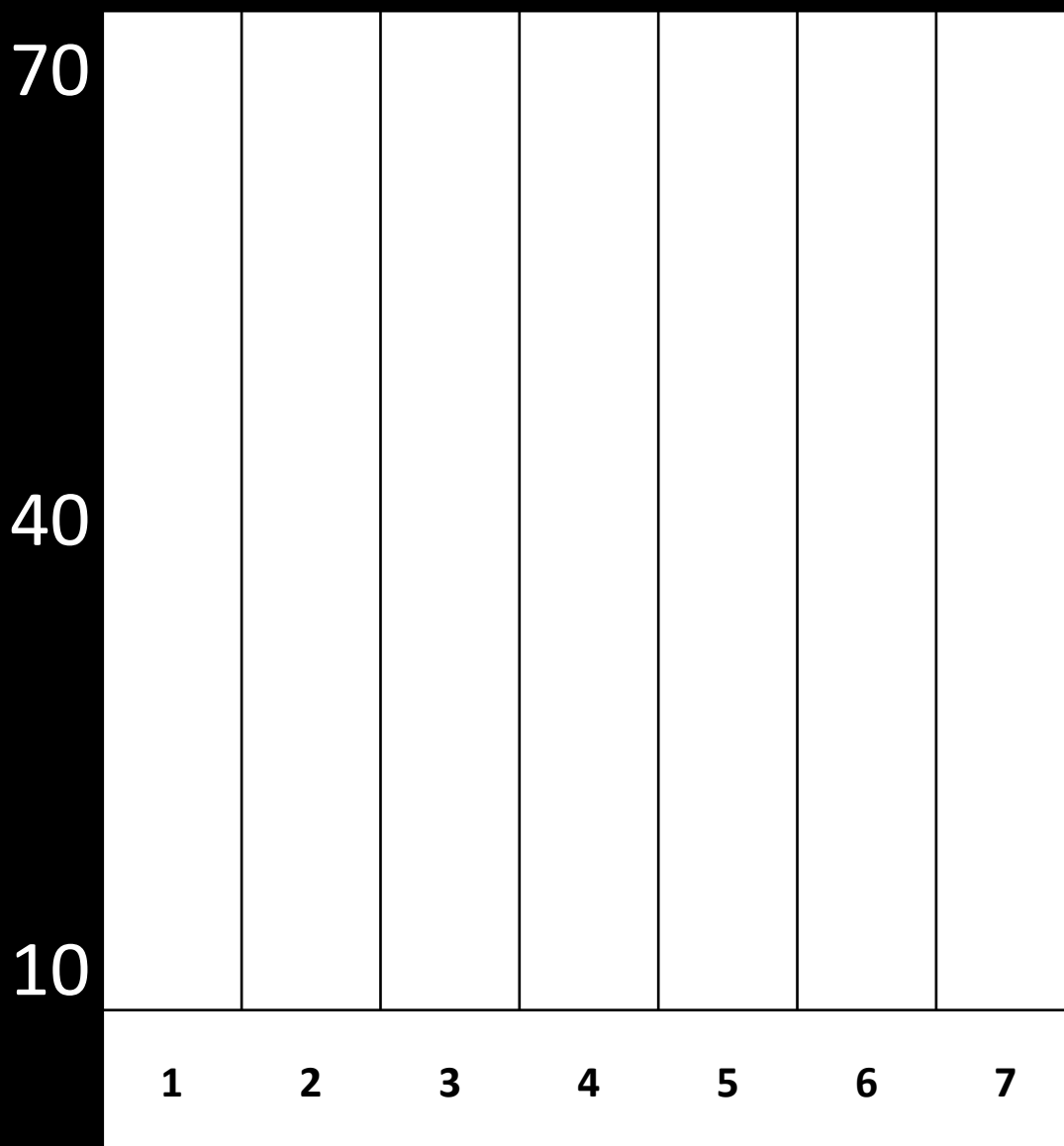
/10



TOTAL: ____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*Sometimes life doesn't feel
like the party we'd hoped
for, but while we're here,
we should dance.*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Have a look at the links from the QR codes at the front of this book. It might give you some inspiration..

TOTAL: ____ /70

DAY 1

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: _____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

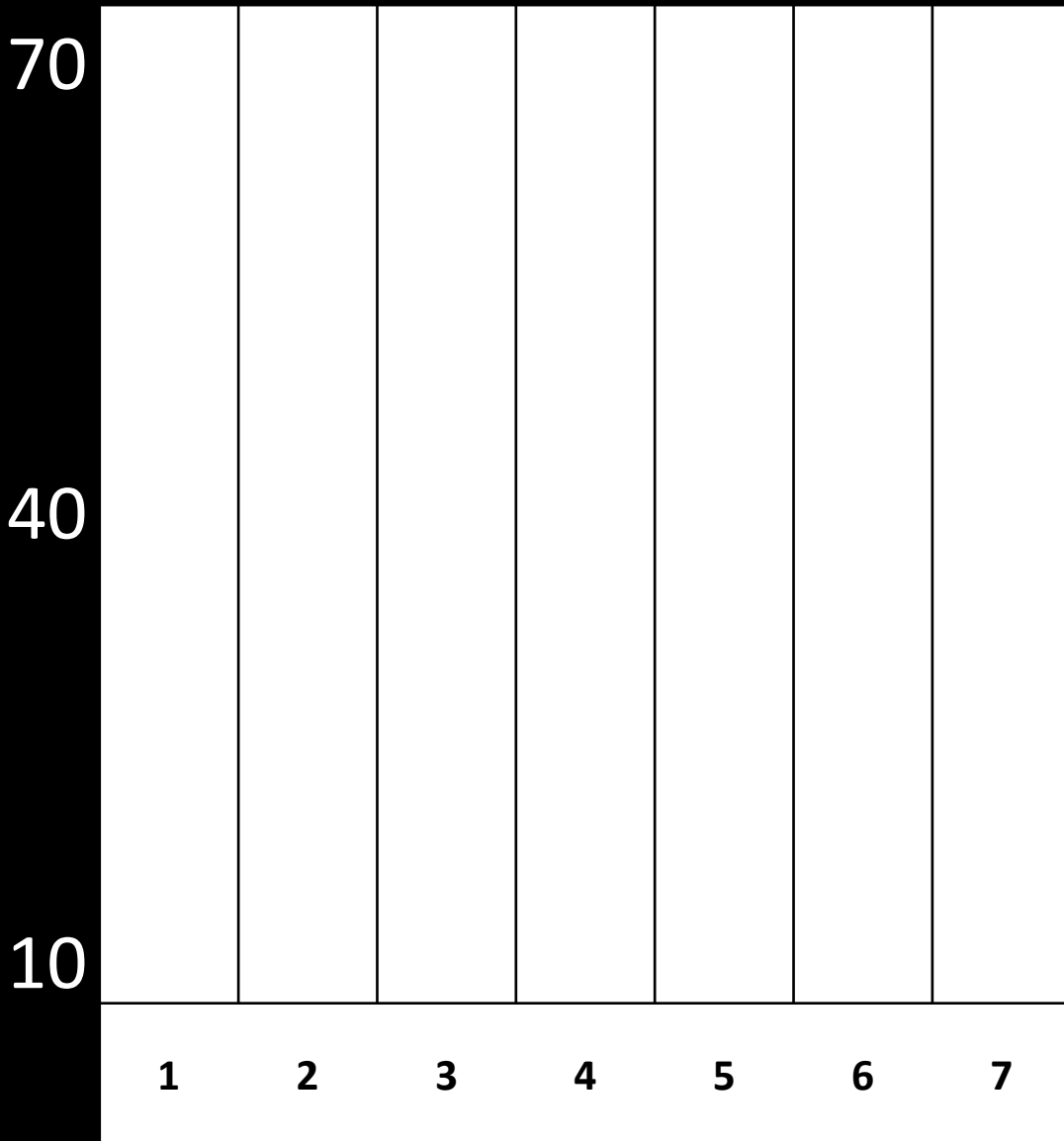
Quality of your diet

/10

TOTAL: /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*Expecting things to change without
putting in any effort is like waiting
for a ship at the airport.*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Have a look at the links from the QR codes at the front of this book. It might give you some inspiration..

TOTAL: ____ /70

Your turn to doodle

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Find your inner squiggle

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

*In doodling... there are no mistakes...
...just happy accidents*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 5

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 6

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Doodle like no one is watching.

DAY 7

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

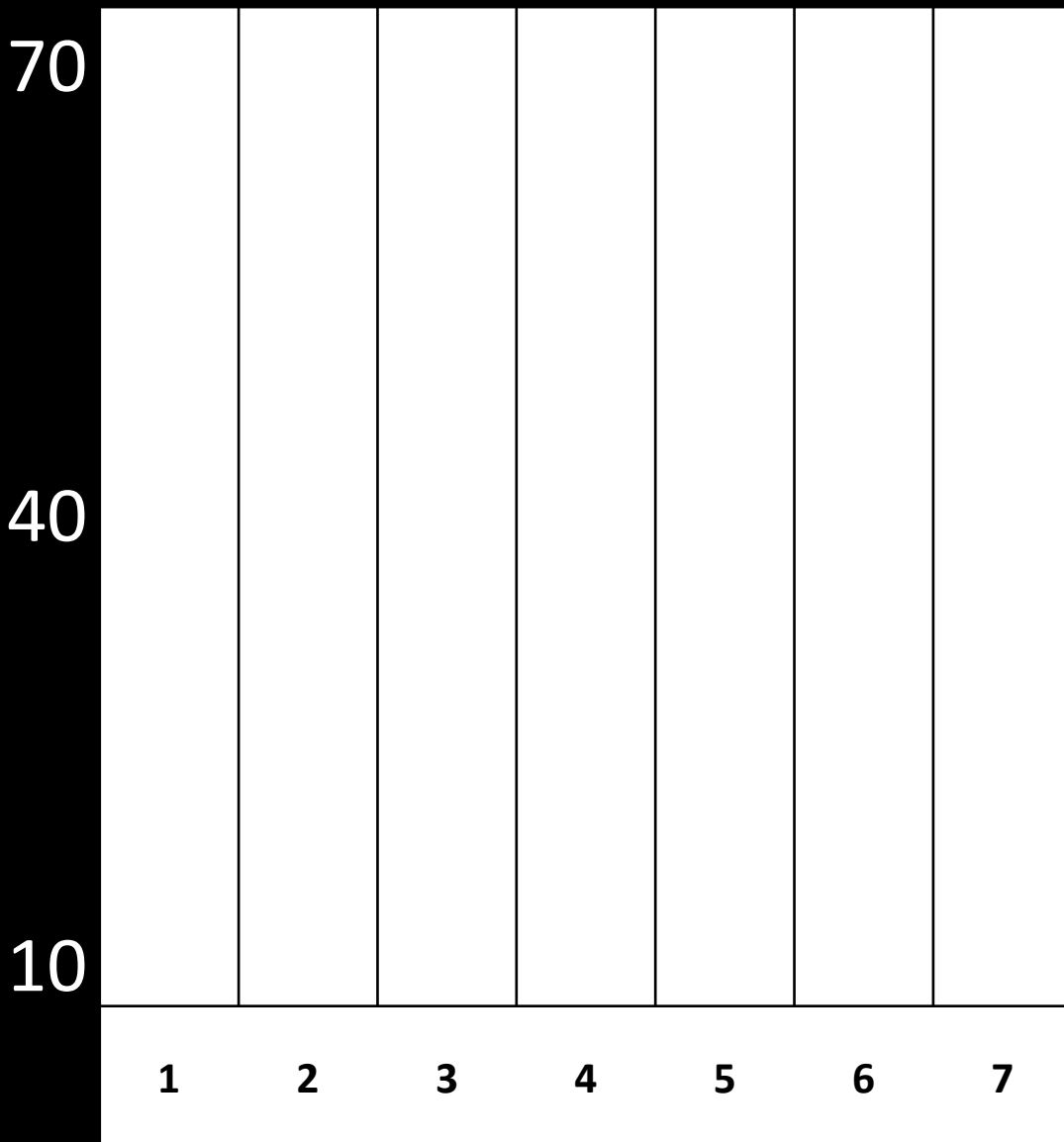
Quality of your diet

/10

TOTAL: ____ /70

Colour in the amount for
each day this week

WEEK REVIEW



*Allegedly, You have to
fight through some bad
days to earn the best
days of your life...*

*... but mostly realise that
there are ups and downs.*

*Be mindful of your recipe to
help keep the downs in check.*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Have a look at the links from the QR codes at the front of this book. It might give you some inspiration..

TOTAL: ____ /70

DAY 1

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 2

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 3

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 4

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 5

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 6

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 7

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

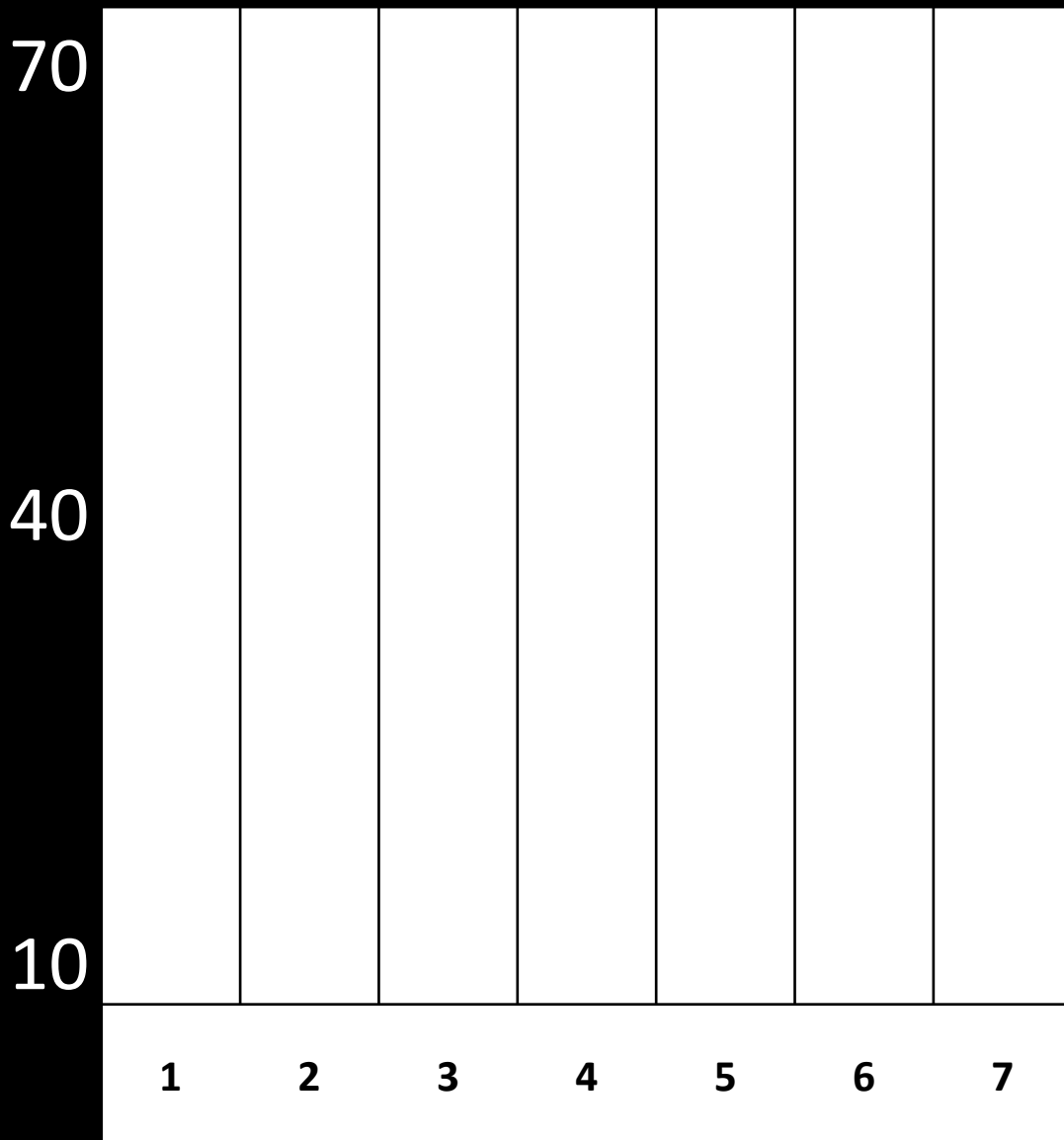
Quality of your diet

/10

TOTAL: ____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*Don't wait until you've reached your goal to be proud of yourself.
Be proud of every step you take to reaching that goal.*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Talk it through with your partner, friends, family or mentor. It's good to get different perspectives sometimes.

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: _____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 6

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 7

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

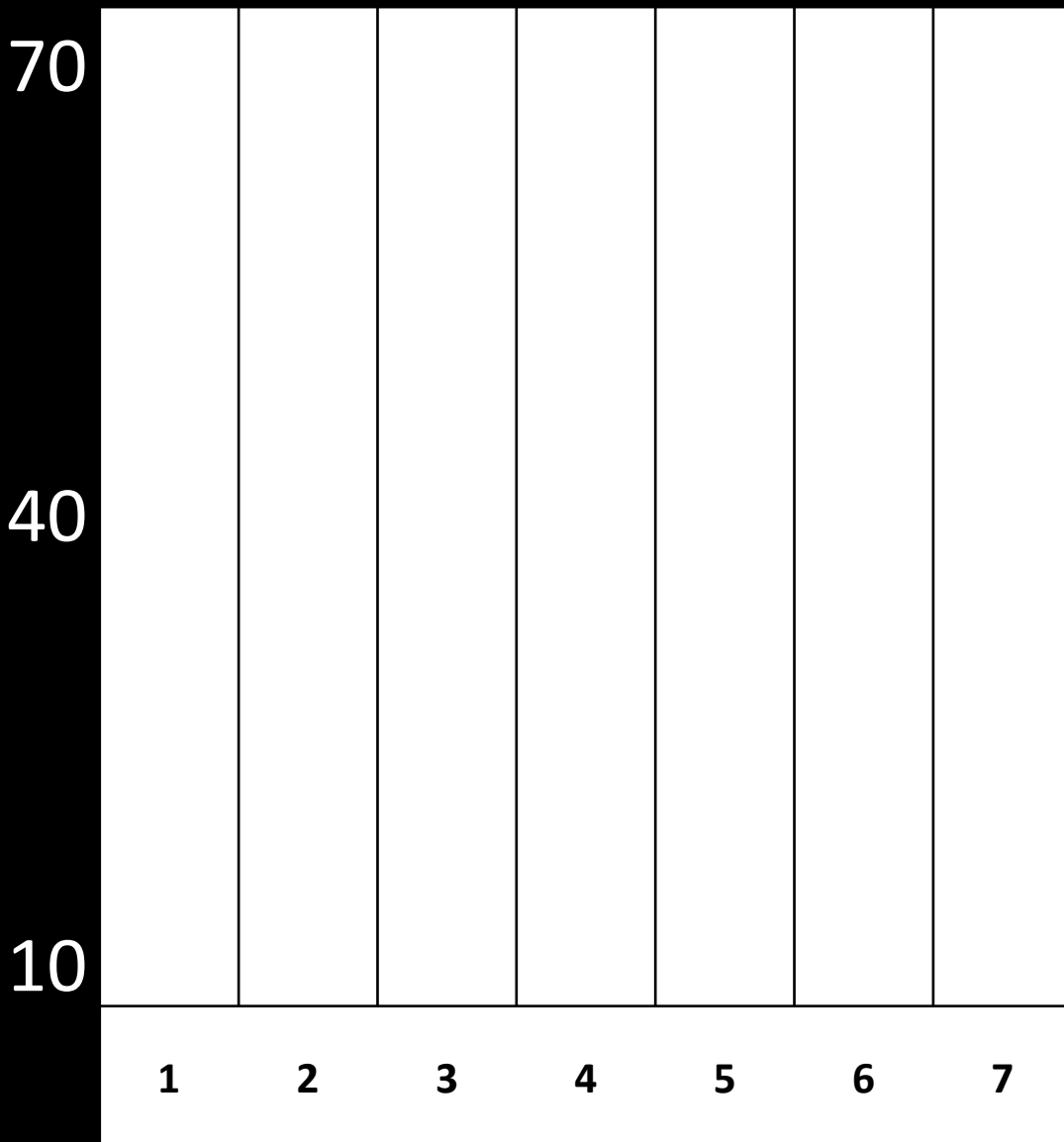
Quality of your diet

/10

TOTAL: ____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*Never regret a day in your life.
Good days give you happiness and bad days
give you experience.*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Talk it through with your partner, friends, family or mentor. It's good to get different perspectives sometimes.

TOTAL: ____ /70



Quality time for yourself

/10

Quality time with your family

/10



Quality time with your partner

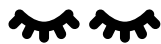
/10

Quality time with your friends

/10

Amount of Sleep

/10



Amount of Exercise

/10

Quality of your diet

/10



TOTAL: ____ /70



Quality time for yourself

/10

Quality time with your family

/10



Quality time with your partner

/10

Quality time with your friends

/10



Amount of Sleep

/10



Amount of Exercise

/10

Quality of your diet

/10



TOTAL: ____ /70



Quality time for yourself

/10



Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10



TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10



Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70



Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10



Quality time with your friends

/10

Amount of Sleep

/10

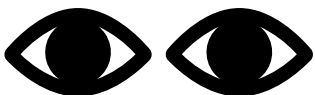


Amount of Exercise

/10

Quality of your diet

/10



TOTAL: ____ /70



Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

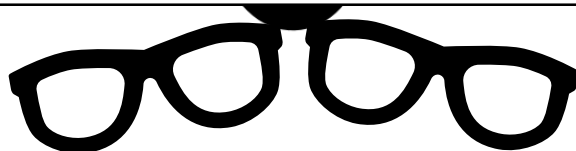
/10

Amount of Exercise

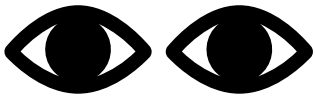
/10

Quality of your diet

/10



TOTAL: ____ /70



Quality time for yourself

/10



Quality time with your family

/10



Quality time with your partner

/10

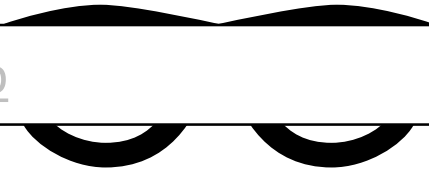


Quality time with your friends

/10

Amount of Sleep

/10



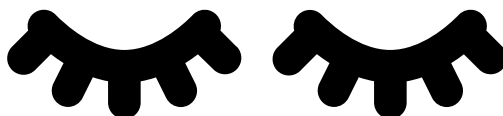
Amount of Exercise

/10



Quality of your diet

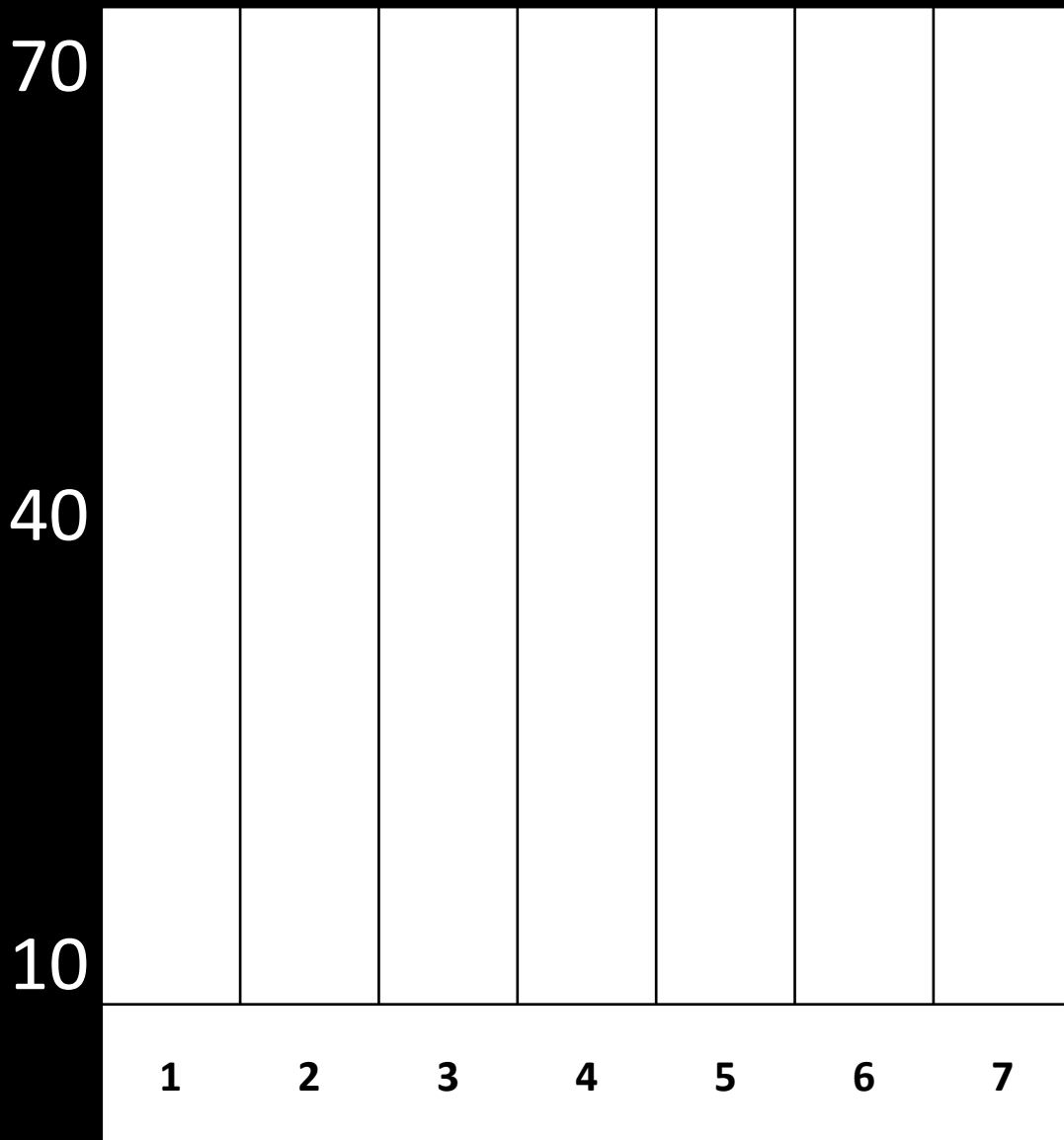
/10



TOTAL: ____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*Surround yourself with
positive, successful people*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Make sure you're keeping it real. No one is perfect, and each week can bring challenges that get in the way. That's ok, roll with it.

TOTAL: ____ /70

DAY 1

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

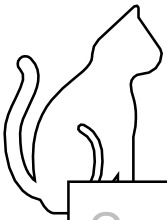
Amount of Exercise

/10

Quality of your diet

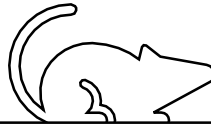
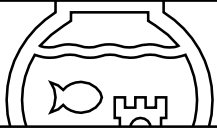
/10

TOTAL. _____ /70



Quality time for yourself

/10

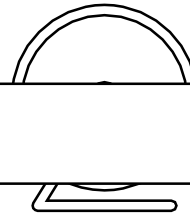
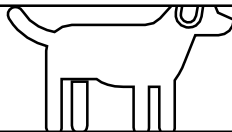


Quality time with your family

/10

Quality time with your partner

/10



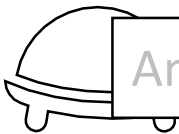
Quality time with your friends

/10



Amount of Sleep

/10



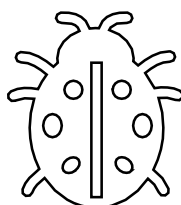
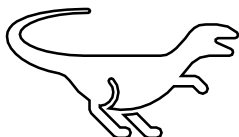
Amount of Exercise

/10



Quality of your diet

/10



TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 4

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 5

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

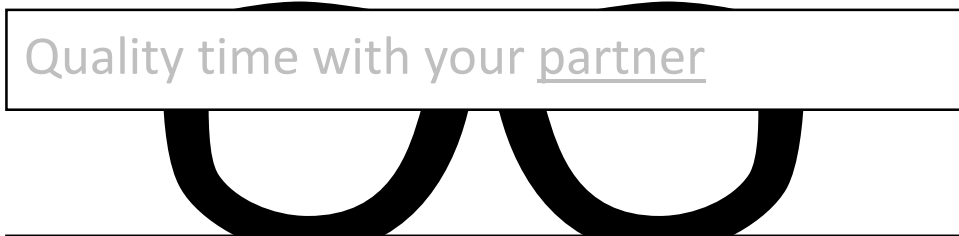
/10

TOTAL: ____ /70



Quality time for yourself /10

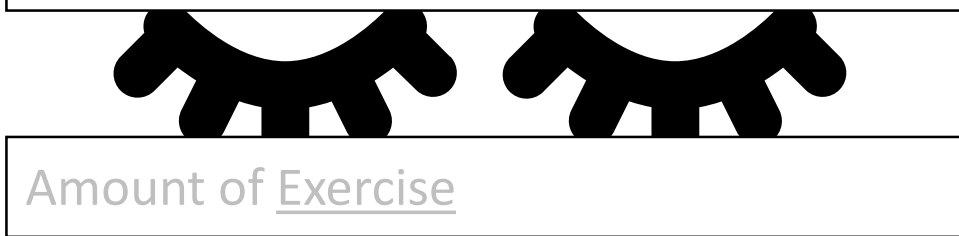
Quality time with your family /10



Quality time with your partner /10

Quality time with your friends /10

Amount of Sleep /10



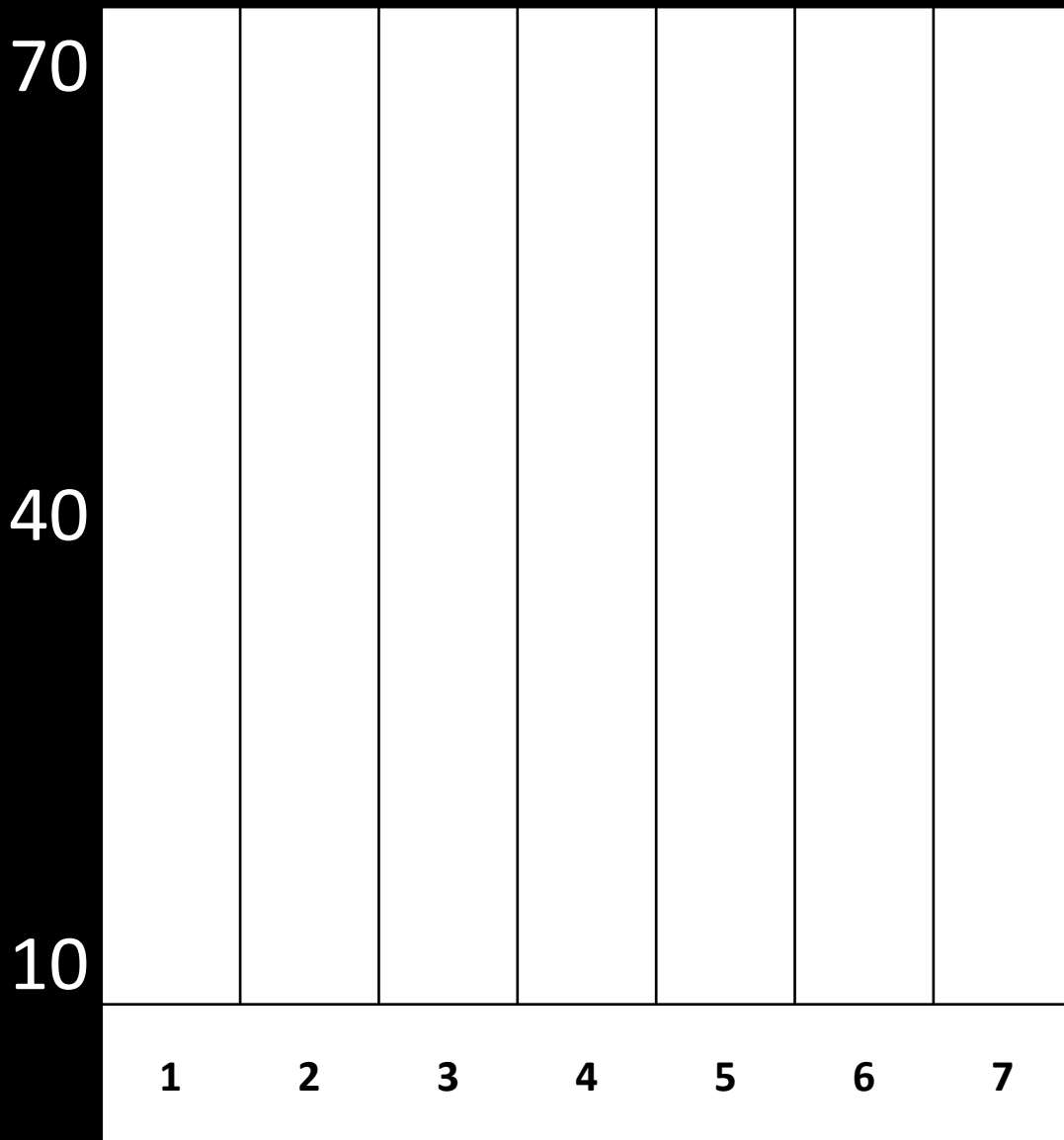
Amount of Exercise /10

Quality of your diet /10

TOTAL: ____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*Replace the thoughts
that don't make you
stronger*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Make sure you're keeping it real. No one is perfect, and each week can bring challenges that get in the way. That's ok, roll with it.

TOTAL: ____ /70

DAY 1

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 4

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

DAY 6

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

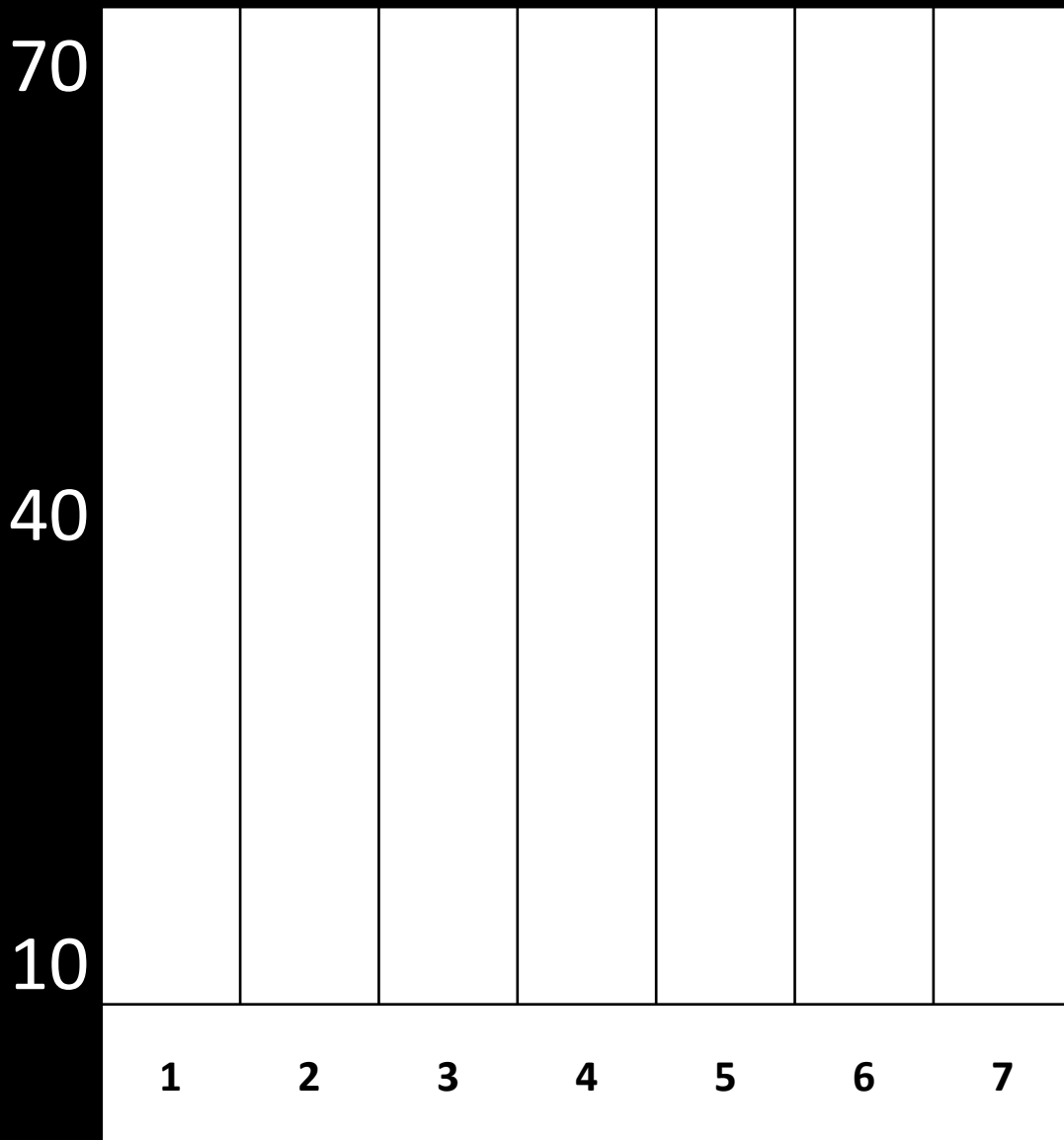
Quality of your diet

/10

TOTAL: ____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



*Know that you can start
late, look different, be
uncertain and still
succeed.*

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

Make sure you're keeping it real. No one is perfect, and each week can bring challenges that get in the way. That's ok, roll with it.

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

Quality of your diet

/10

TOTAL: ____ /70

Quality time for yourself

/10

Quality time with your family

/10

Quality time with your partner

/10

Quality time with your friends

/10

Amount of Sleep

/10

Amount of Exercise

/10

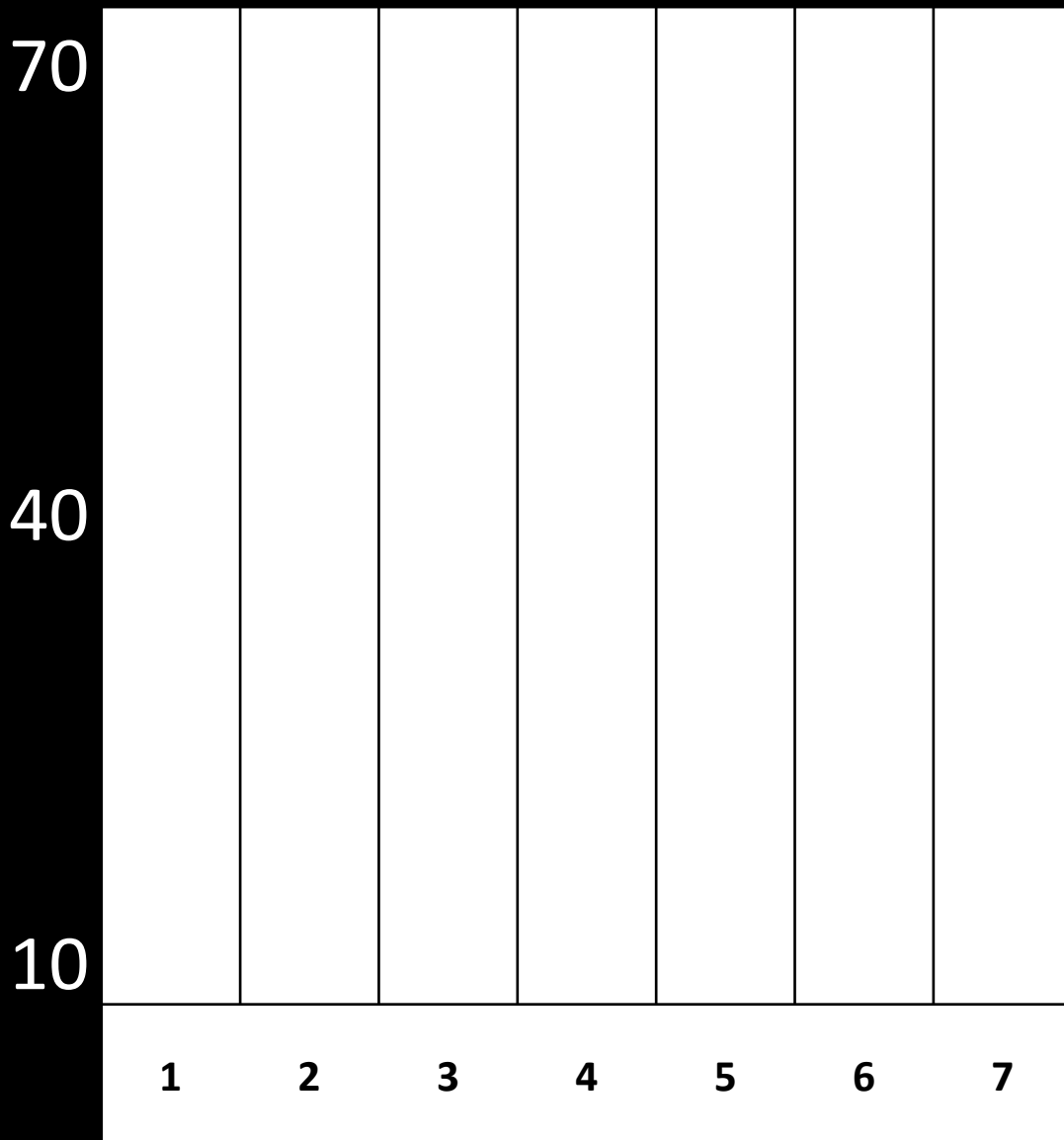
Quality of your diet

/10

TOTAL: ____ /70

*Colour in the amount for
each day this week*

WEEK REVIEW



Listen.

Just A Minute, 12 WEEKS ON

It's been 12 weeks.

That's a good amount of minutes for yourself; to reflect, to relax and be mindful.

Your choice to change is your own.

Do it in your own time, but always remember it is in your control to make a difference.

Whether you have changed a lot, or a little is not the goal.

You are the goal.

Do what is necessary to find the recipe that helps you. Keep it in check. If you find yourself off a bit... recognise it and do what you need to do to find a more healthy balance.

Of course, don't let this be the end of this routine.

Do it all again, or even buy a colouring book and chip away at it each night as you did here. At least, Just a Minute.