

EVERYDAY PRACTICES FOR A BALANCED LIFE



# THE 7 WHOLLY HABITS

by The Wholly Shift



# Shift Into Your Best Self

We're all on a quest to become the best versions of ourselves. To find balance and fulfillment in a fast-paced, overwhelming world. The demands of work, family, social commitments, and even the mundane tasks of daily life can often crowd our focus on personal well-being. Yet waiting for a perfect moment to start self-care can turn into a never-ending postponement, a game of "I'll start next week." It's time to change the narrative and assert control over our health and happiness!

We are so glad you decided to start this journey. We're here to support you along the way. Get ready to cut the sh\*t and start the shift!

♥ Les & Jos

DISCLAIMER





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# WHY ARE HABITS IMPORTANT?

## Habits.

We all have them. They're a part of our daily routines. Some we love, some not so much. But ever wondered why habits are such a big deal?

**Here's the truth:** Our habits form the backbone of our lives. They shape our future, influence our health, and govern our happiness. In essence, we are what we repeatedly do. Now, imagine if we intentionally curated our habits to be positive, wholesome, and enriching. Imagine the powerful ripple effect they could create, transforming not just our days but our lives. That's what this guide is all about.

Ready to kickstart the shift to your best self?  
Keep reading!



# Introduction

## THE 7 WHOLLY HABITS

The **7 Wholly Habits** are not just standalone actions but a holistic system designed to enhance physical, mental, and emotional wellness. These habits work in harmony, each one enhancing and supporting the next. They tackle stress - the common villain of modern life - and promote an overall quality of life. We're not pushing some over-complicated wellness scheme (or a cult). We're talking about achievable practices that have the power to create a world of difference that literally anyone can do.

In practicing these habits consistently, you're not merely surviving day by day; instead, you begin to thrive, becoming more attuned to your body's needs, more in touch with your surroundings, and more engaged in daily life. You develop resilience and adaptability, turning life's challenges into opportunities for growth. Most importantly, you actively shape your life into one of fulfillment and well-being.

So, without further ado, let's meet our seven simple life-changers!



# The 7 Wholly Habits



1. Practice Gratitude

2. Foster Mindfulness

3. Move Your Body

4. Eat Healthfully

5. Learn Something New

6. Go Outside

7. Prioritize Sleep



# Habit #1

## Practice Gratitude

The first habit is the art of practicing gratitude. It's the simple act of acknowledging and appreciating the goodness in your life. The practice of gratitude is essential because it shifts your mindset and helps you focus on the positive aspects of life, even on the toughest days. The act of expressing gratitude can be done in a multitude of ways, from journaling to verbally expressing your thanks. You might even find yourself naturally radiating positivity, attracting more good things your way!

### Example activities:

- Writing a daily gratitude journal entry
- Expressing thanks before meals
- Sending thank-you notes to friends and loved ones
- Creating a gratitude jar to fill with notes of things you're grateful for
- Expressing gratitude to yourself for your achievements and efforts
- Sharing daily gratitude with a family member or friend
- Reflecting on one thing you're grateful for before bed



"GRATITUDE IS NOT ONLY THE  
GREATEST OF VIRTUES, BUT THE  
PARENT OF ALL OTHERS" - CICERO



# Habit #2

## Foster Mindfulness

Our second habit is all about mindfulness: the practice of staying present and fully engaged with what's happening in the moment. Mindfulness is your secret weapon against the stresses of modern life.

When you're mindful, you observe your life as it happens, without judgment or distraction. This practice is key in creating mental clarity and helps you experience life as it unfolds. By embracing mindfulness, you cultivate a deeper connection with yourself and the world around you. It encourages patience, enhances emotional regulation, and paves the way for more compassionate interactions with others.

### Example activities:

- Meditating for 10 minutes a day
- Practicing yoga or tai chi
- Taking mindful walks in nature
- Mindful eating, fully savoring each bite
- Mindful listening during conversations
- Setting aside daily quiet time for self-reflection
- Using mindfulness apps to assist in daily practice



"THE PRESENT MOMENT IS FILLED WITH JOY AND HAPPINESS. IF YOU ARE ATTENTIVE, YOU WILL SEE IT " - THICH NHAT HANH



# Habit #3

## Move Your Body

Movement is more than just physical exertion; it is a celebration of your body's capabilities. It's a form of self-care, a way to show love and appreciation for your body. Movement is medicine for the body, mind, and soul.

The elation you feel after a good workout is not just physical; it permeates your entire being. Regular exercise is scientifically proven to reduce stress and anxiety, improve mood, and enhance self-esteem. By making physical activity a daily habit, you're not just enhancing your physical health but also boosting your mental well-being.

### Example activities:

- Taking a 30-minute walk every day
- Attending a dance or fitness class
- Doing a home workout or stretching routine
- Practicing yoga or Pilates
- Biking to work or to run errands
- Playing a sport or engaging in recreational activities
- Swimming or other water-based exercises



"PHYSICAL FITNESS IS THE FIRST  
REQUISITE OF HAPPINESS" - JOSEPH  
PILATES



# Habit #4

## Eat Healthfully

Eating healthfully is not about strict diets or deprivation. It is about making conscious choices that serve your body, allowing it to function at its best. When we fuel our bodies with whole, nutritious foods, we experience higher energy levels, better concentration, improved mood, and overall improved health. Embracing a healthful eating pattern not only contributes to physical well-being but also helps in preventing chronic diseases and maintaining a healthy weight. When we eat well, we start to create a sustainable relationship with food while honoring our bodies, feeding them the quality nourishment they deserve

### Example activities:

- Preparing a healthy home-cooked meal
- Drinking green juices or smoothies for breakfast
- Adding more fruits and veggies to your diet
- Reducing processed foods
- Hydrating adequately throughout the day
- Trying new healthy recipes each week
- Planning and prepping meals in advance



"THE FOOD YOU EAT CAN BE EITHER THE SAFEST AND MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON " - ANN WIGMORE



# Habit #5

## Learn Something New

Continual learning stimulates your mind, broadens your perspective, and improves your problem-solving skills. Embracing the habit of continuous learning fosters a sense of curiosity and keeps the mind sharp and engaged. It allows you to stay current in a rapidly changing world, adapt to new challenges, and even contribute to a more fulfilling and enriched life. By committing to lifelong learning, you're investing in yourself, nurturing your intellect, and opening doors to new opportunities and personal growth.

### Example activities:

- Reading a book or article on a new subject
- Listening to a podcast or audiobook
- Taking an online course or workshop
- Learning a new instrument or craft
- Joining a local club or group with a shared interest
- Exploring a new hobby like painting or gardening
- Volunteering in a field you want to learn more about



"AN INVESTMENT IN KNOWLEDGE  
ALWAYS PAYS THE BEST INTEREST " -  
BENJAMIN FRANKLIN



# Habit #6

## Go Outside

Spending time outdoors is a natural mood booster. It's a chance to soak up vitamin D, breathe in fresh air, and reconnect with nature. Even a quick walk outside can reduce stress, increase energy, and improve mental well-being. The sights, sounds, and scents of the great outdoors invigorate the senses and provide a refreshing break from the artificial environments we often find ourselves in. Engaging with nature can awaken a sense of awe and wonder, enhancing our connection to the world around us and often inspiring creativity and a deeper sense of peace.

### Example activities:

- Going for a nature walk or hike
- Meditating outside
- Gardening or planting something new
- Having a picnic in the park
- Outdoor sports or activities like kayaking or biking
- Playing with your kids outdoors
- Stargazing or watching the sunrise/sunset



"LOOK DEEP INTO NATURE, AND THEN  
YOU WILL UNDERSTAND EVERYTHING  
BETTER " - ALBERT EINSTEIN



# Habit #7

## Prioritize Sleep

Sleep is a non-negotiable part of maintaining health. Good quality sleep is crucial for physical and mental health, productivity, and overall quality of life. Prioritizing sleep means setting boundaries to ensure you get the rest you need. It also involves understanding the importance of sleep in recovery and regeneration and in supporting cognitive functions like memory, creativity, and decision-making. Developing good sleep hygiene can transform your waking hours, adding energy and focus, while a lack of proper sleep can have far-reaching negative impacts, affecting everything from mood to long-term health.

### Example activities:

- Setting a consistent sleep schedule
- Creating a relaxing bedtime routine
- Keeping screens out of the bedroom
- Using relaxation techniques to improve sleep quality
- Adjusting your sleep environment for optimal comfort
- Reading or meditating before bed
- Avoiding caffeine and heavy meals close to bedtime



"SLEEP IS THE GOLDEN CHAIN THAT TIES  
HEALTH AND OUR BODIES TOGETHER " -  
THOMAS DEKKER



# TAKING ON THE 7 Wholly Habits

Initiating the **7 Wholly Habits** is an invitation to weave these practices into your daily life over the next 30-90 days. We like to start at 30 days and then build up from there. The magic of this approach is its adaptability; it molds to fit you. Rather than a one-size-fits-all list, you craft each habit's role, tailoring them to resonate with your unique lifestyle and goals.

Starting with seven new habits might seem like a lot, but remember, **simplicity is key**. A brief moment of meditation or a rejuvenating outdoor walk suffice. Anything counts as long as it enriches you and adds to your well-being. The beauty of the seven habits is that they are designed to complement each other, working in sync. They're not just chores on a list but a promise to yourself. A promise to elevate each day. Stick with them, and they won't just be habits; they'll be your lifestyle.



# YOUR PERSONALIZED ROAD TO WELLNESS

A balanced life isn't just a checklist; it's a journey. Let's map it out.

**Break Down Big Goals:** If a habit seems too big, split it up. Want to meditate? Start with 5 minutes. Want to eat better? Begin by adding an extra fruit or vegetable to your meals. Start small and build from there.

**Habit Stacking:** Make your habits play nice together by stacking similar habits with one another! Try doing your daily workout out in nature or practicing mindfulness and gratitude prior to eating your healthy meals. Feeds two birds with one scone!

**Enhance What You're Doing:** As habits become routine, find ways to build on them. If you already walk daily, try a more challenging hike. If you've been meditating for 10 minutes consistently, try going for 20 minutes.

**Introduce New Habits:** Once you're comfortable with your current habits, think about adding more. Just ensure they align with what you want for yourself. This could be reading more, adjusting your sleep schedule, or spending more time in nature.

**Do What Works For You:** This is about you. If something doesn't fit, adjust it. Find habits that make sense for your life and your goals.

At TWS, we're here to support you every step of the way. Our wholly habits are flexible and adaptable to fit your unique needs and aspirations. Start where you are, and let's grow together. The key is consistency, patience, and the willingness to evolve. You have the power to shape your habits into a life that feels good to you, and we're excited to be a part of that journey.

START DATE:

END DATE:

# My 7 Wholly Habits

Practice Gratitude

Foster Mindfulness

Move Your Body

Eat Healthfully

Learn Something New

Go Outside

Prioritize Sleep

# 30 DAY HABIT TRACKER

#1 PRACTICE GRATITUDE	#2 FOSTER MINDFULNESS	#3 EAT HEALTHFULLY	#4 MOVE YOUR BODY	#5 LEARN SOME -THING NEW	#6 GO OUTSIDE	#7 PRIORITIZE SLEEP
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
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6	6	6	6	6	6	6
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30	30	30	30	30	30	30



## CONCLUSION

# Congratulations on finishing the guidebook!

The "**7 Wholly Habits**" are about more than personal transformation; they are your key to achieving a balanced, fulfilling life. This journey invites you to break the cycle of procrastination and actively cultivate a healthier, happier life. Embrace this opportunity to become your best self and witness the transformations these wholly habits can bring about in your life.

Are you ready to board the "**Wholly Habits**" train? To break free from the loop of deferred promises and start nurturing a healthier, happier life today? Join us in this challenge because everyone deserves to live a life they love. It's time to roll up our sleeves and make meaningful changes because your best self is waiting for you.

Let's embark on this journey together! Tag [@thewhollyshift](#) and [#7whollyhabits](#) on your wholly habit stories & posts so that we can follow along and cheer you on!

