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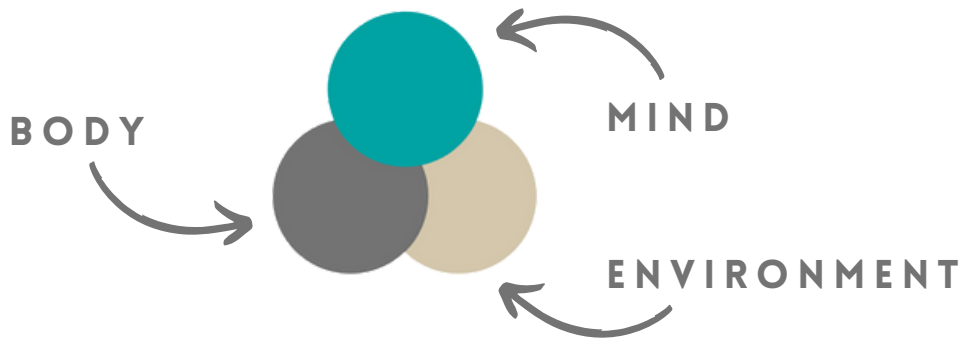
# MINIMAL HABITS

16 master habits to support your

# HEALTH

# THE **3** PILLARS

of HEALTH



## 3 COMPREHENSIVE PILLARS FOR HEALTHY HABITS

Three pillars are connected and interact with each other. Each of them waterfalls into the others. For you to decide in which ways. You are in the driver's seat of your life.

Your MIND empowers the whole wheel. When strong, calm and clear, it can enable both your Body and Environment to operate on their optimal levels.

Your BODY is a precious and complex tool you have to nurture and preserve for power & longevity. It fuels your Mind all the time.

Your ENVIRONMENT is crucial in matters of support, love and community. Often undervalued, it can in fact fuel your Mind or deplete it, you decide!

## NOTES

In the next pages, I have listed 16 foundational habits supporting these 3 pillars of health. While some are easy to set up and do not require any specific skill, others might need some more work to be implemented. I have added an icon for each, indicating if they are for Beginners **B** or Advanced **A**

# MIND

## MASTER YOUR EMOTIONS

# 1

### JOURNALING <sup>B</sup>

Journaling is without any doubt, the most effective and simple way to declutter your thoughts and emotions, so you can clear your mind and reorganize your personal folders. It is like talking to someone, but instead, you write it all in a safe and private notebook. There are no rules of how and when. Do not seek perfection. Just write what comes to your mind. It relieves stress, anxiety, improves sleep quality and unlock tons of ideas, thoughts and a-ha moments.

### <sup>A</sup> BREATHWORK

# 2

The newcomer of health practices. Breathwork consists in deep breathing patterns, at different paces and rhythms depending on the chosen practice and facilitator. It helps you to not only relax, but also tap into your subconscious where a lot of stress and emotions are trapped, waiting to be released. I call it the "daily tooth brushing of the nervous system". I promise, you do not need to be a yogi to do breathwork. And although online practice is common and practical, I do recommend you to find a in-person session for your first time, it is a more transformational experience.

# 3

### REFRAMING <sup>A</sup>

Life happens. Failures and negative events affect everyone. Do not let anything take you down. Reminder here: you are in the driver's seat of your mind. You decide what and how to feel. Try "reframing", a technique often used in psychotherapy and NLP (Neuro-Linguistic Programming): transforming a bad event into a positive one. I challenge you. Build this habit for every single thing that disrupts your balance, and you will see another side of life! Reframe, learn a lesson, and move on positively. Give it a go!

### <sup>B</sup> SEEK PROFESSIONAL HELP

# 4

When it comes to deeper emotions and trauma, do not underestimate your needs. You will do yourself a huge favor by consulting the right professional. Mental health is a foundation in your overall health and without a good balance, nothing will work optimally. You will carry your ghosts and pain for as long as you shall live. Do not think that by sweeping your trauma under the rug, you will be fine. It is your duty for yourself, but also as a parent, sibling, friend or partner, to take responsibility for healing. Many professionals can help you: psychotherapists, hypnotherapists...

# MIND

## PROTECT & RECHARGE

# 5

### PRACTICE MINDFULNESS <sup>A</sup>

It is not a simple habit to create because our monkey minds are always occupied and excitable. This is precisely the point: mindfulness is a practice! It consists of only being present in the moment of what you are doing or experiencing without parasitizing thoughts. When you feel that your mind is flying away elsewhere, re-center on what you are doing. Mindfulness creates gratitude and awareness of the small moments. It relieves stress and anxiety. Start with one activity you can do while being mindful, like eating a meal without any distractions.

### <sup>B</sup> SPEND TIME IN NATURE

Pause, leave your phone at home and go for a walk in nature. Make space in your mind and use all your senses to absorb sounds, colors, textures and smells surrounding you. Spending time in nature is well-known for boosting serotonin levels (the happy hormone), reducing stress levels, anxiety and depression. If you live in the city, fear not, a park or a lake will do the job perfectly. Get sunshine, specially in the morning, you will increase your chances to get vitamin D, boost your immune system and regulate your circadian cycle (aka sleep quality).

# 6

# 7

### TV & NEWS DETOX <sup>B</sup>

Make a habit of not watching or listening to the news on the daily. Most of what happens in this world is sad and dramatic and often drives people into depression, especially if they absorb news media every single day for a few hours. Preserve your mind of negativity. And if you want to ditch your TV, please be my guest! I did it myself in 2008 and never looked back. With social media, nowadays, when news are worthy, they will find you in no time.

### <sup>A</sup> SET BOUNDARIES WITH PEOPLE

Being kind and generous is one thing I encourage. But when it jeopardizes your own balance and does not feel right, put a stop to it. At work and in your personal life, putting boundaries in place is necessary. Learn to say "no" without apologizing, to overtime, invitations you don't feel excited by, loaning money, birthday cakes, replacing a colleague... You will earn respect and peace of mind.

# 8

# MIND

## BUILD YOUR MINDSET

### 9 BE PICKY WITH CONTENT <sup>B</sup>

When it comes to building your mindset, there is tons of amazing content out there at your disposal. Do not waste energy and time listening or reading things that do not support your goals. Social media has been designed to make you scroll mindlessly for hours. Do not fall into this trap. Nourish your soul & mind with things that matter to you. What are your goals, challenges, directions and achievements you envision for yourself? This is certainly the content that will support your goals and happiness. Podcasts, books, audiobooks, videos... Curate, curate and curate again. Be picky with what you feed your mind with, as you should with your food.

### <sup>A</sup> CREATE A DAILY ROUTINE

Humans are creature of habits. One of the best habit you can put in motion, is precisely the creation of a daily routine made of a set of habits that will support your lifestyle and goals. Not everyone will get positive outcomes from waking up at 5 or 6am. Ask yourself the right questions. What is the direction you want in your life? What is your next chapter? Your goals to finish this chapter? What are the steps to reach each of these goals? Back to your daily life: what should you do each day to achieve these steps? Build your day with a set of habits that serve YOU, not your best friend or a random Instagram influencer.

### 11 HIRE A HABIT COACH <sup>B</sup>

Mindset building and habit forming can feel lonely at times. But it does not have to. You certainly have your own resources but things can often get in your way. Limiting beliefs and fixed mindset are the most common enemies to personal growth. Habit forming, although a science, is very specific to put in place, and accountability plays often a good part in it.

Knowing where you want to go is one thing, but how to get there is a totally different story. A mindset and habit coach will help you tap in your own resources and design the elements of your success, without detours, trial and error and you feeling defeated.

I have coached many individuals on their life goals and habits to support them. I can help you too.

Contact me for a free discovery call at [info@minimal-habits.com](mailto:info@minimal-habits.com)

# BODY

## 12

### SLEEP <sup>B</sup>

The most foundational habit for optimal health! Sleep is often underestimated and considered as a "waste of time", simply because we are spending a third of our life asleep. But sleep is a "reset" button you have the chance to activate every day, for both your body and your mind. Our bodies are machines. They do all the hard wiring and work when you simply sleep. While lack of sleep can have terrible side effects on your health, ranging from depression to hormones unbalance, enough quality sleep has tremendous positive effects on your mood, weight-loss, immune system, stress levels & cognitive functions.

Quality sleep is supported by a calm and dark environment, good bedding, right temperature and ventilation, low stress levels & a proper circadian cycle. Aim for 7 to 9h of sleep per day.

### <sup>B</sup> NUTRITION

## 13

Eating healthy not only supports your sleep, but also your energy levels during the day. Quality in the plate is as important as in the sheets! Try eating wholefoods as much as possible, while in your calories expenditure. Stay away from packaged industrial foods that often contain additives, preservatives, colorants and unnecessary sugars, salt and seed oils. Cooking does not have to be complicated. Get a list of basic food items for crafting meals and snacks when you need. Drink your water and avoid sugary drinks and caffeine at least 6h before bedtime.

## 14

### MOVEMENT <sup>B</sup>

Anything from walking to swimming is a good start to maintain good health. Do what makes you happy, it is the secret for consistency. Aim for at least 8.000 steps a day. Add 3 cardio sessions a week (whatever you want, just make sure your heart rate is increasing to the point you can barely maintain a conversation). Add some weightlifting here and there, as it promotes bone health; maintaining muscle mass and bone density is very important when aging, Moving your body in different ways is also good for cognitive work, so your brain will thank you, and you will definitely sleep better.

# ENVIRONMENT

## 15

### SURROUND YOURSELF WITH POSITIVE PEOPLE **A**

The five people closest to you shape who you are, your interests and your habits. It is unnecessary to say that toxic people will slow you down, if not completely jeopardize your energy for growth in life. It is sometimes hard to do when they are loved ones, but stepping back and taking some distance is a crucial move I recommend you initiate.

If you want to stop smoking but all your friends smoke, you are definitely going to feel uninspired and won't have chances on your side for succeeding.

Furthermore, building your community with positive and uplifting people is frankly life changing. Network around people who have shared interests with you, who are already where you want to be, inspirational, skilled, kind and who are wanting to transmit their experiences to you and be by your sides for your own success.

### **B** MINIMALISM

## 16

I believe in minimalism. In everything. Interiors, objects, cabinets, clothing, styles, books, friends, cooking...

I strongly think minimalism brings peace of mind. Having less makes more space for thinking, understanding and learning. When your interiors are clean and organized, it creates calm and welcomes ideas, creativity and thoughts. It encourages focus and clarity.

Keep your living spaces free of clutter. Keep them clean & organized. Only possess what you actually use. For your dressing-room, I recommend emptying its content every 3 months and reviewing what you wear or not, cleaning your shelves, and only reorganizing inside what you want to keep. The rest can go in a bag to be sold or donated.

Pantries, bathroom cabinets, storages, fridges must also be kept clean and organized with only the essentials.

Your bedroom should be a space for resting, with no screens or electronics and not used for work.

# TAKEAWAY



## YOUR HEALTH AS A "WHOLE"

Your health is composed of a whole lot of components that should not be ignored, and seeing your health through all these angles is what we call "holistic health": which I regroup in my 3 pillars: Mind, Body & Environment.

When people are suffering with depression and go see their doctor for help, they unfortunately rarely get to dig in the 3 pillars. They will most likely end up with pills that not only, won't solve their issue, but will certainly affect other aspects of their lives.

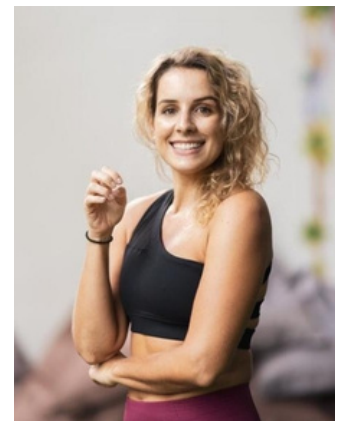
Each of these 16 master habits you can develop for optimal health will support and reinforce each other. When you only surround yourself with uplifting people, you feel more motivated, confident and on a better ground for designing a daily routine. And if you are sleeping well, you definitely have enough clarity for being mindful and reframing negative events.

Life then become easy; it flows in the right direction. Your direction. Habits are anchored and sustainable. They are put in place so you do not have to really think of doing them. They are deeply rooted into your subconscious and provide you with results that satisfy you and bring you to the ultimate level: Optimal Health.

## YOUR HABIT COACH

I am Sandra, certified Health & Wellness Coach. I help people & organizations designing healthy & efficient habits, so they can THRIVE. I specialize in habit forming & procrastination. I am a big believer of routines and healthy habits and love finding new ways for doing things. I can help you design a plan for your personal or professional goals, set up healthy habits to support them, and keep you accountable along the way.

Let's hop on a free discovery call so you can tell me more about your needs!



**BOOK YOUR  
FREE CALL NOW**