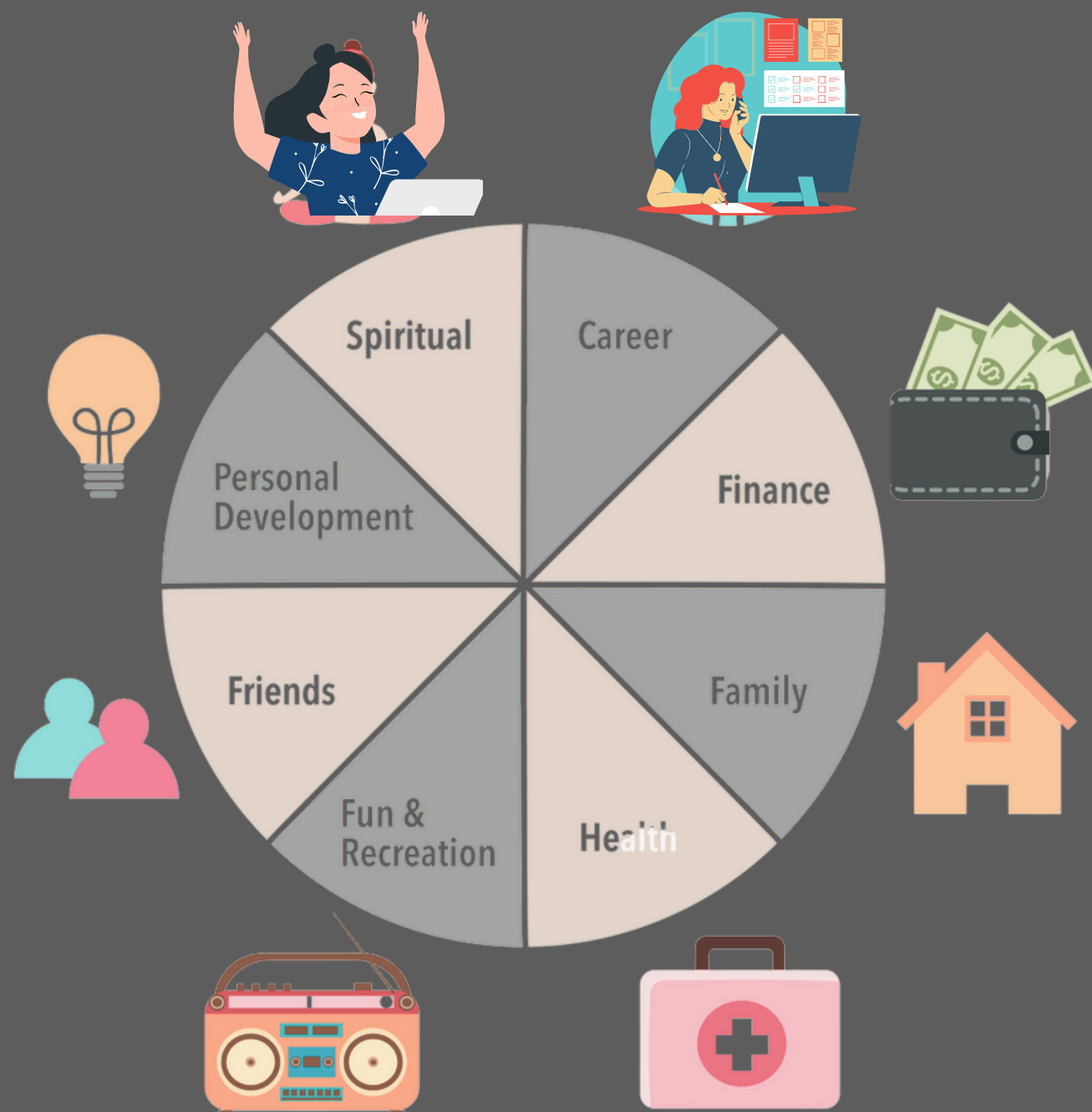


HOLISTIC COACHING WITH SAKINAH B.

Week 1

- **Accountability**
- **Mindset**
- **Water Intake**





Did you connect with yourself and accountability partner?

Facets of Life for Accountability


Remember before you can move on to the next facet of your journey, you must complete the last assignment to get the most out of your 90-Day Reset.

Did you connect with yourself and accountability partner?

Facets of Life for Accountability

We can do so much more when we know who we are, what we want, and have others to encourage us and others to encourage along the way.

We reach our goals much faster and retain the knowledge longer.



Your Accountability Partner

Have you contacted your accountability partner this week?

How are they doing with their goals this week.?

How can you support those goals?

SB

Mindset - 7 Attitude Blockers:



1. I am too busy.
2. It's all or nothing.
3. I will do it later.
4. Sweeping superhero.
5. My happiness can come later.
6. I am not seeing progress fast enough.
7. I've tried so many other systems and fad diets, this probably won't work either.

Mindset - 7 Attitude Adjustments



1. I have plenty of time as long as I plan.
2. Slow and steady wins the race.
3. Time is of the essence. I will do it now!
4. I am not responsible to save the world.
5. When I have joy I can give joy.
6. Progress comes in my daily routine.
7. I am giving this my all and will do what it takes to make it work for me.

Did you know up to 70% of your body is water?

Where there is no vision the people will perish.

Water is so important! We need to drink at least half our body weight in ounces if we lead a sedentary lifestyle.

If you are more active or drink liquids outside of certain teas with nothing added, you will need to drink additional ounces based on your consumption.

The Importance of Water

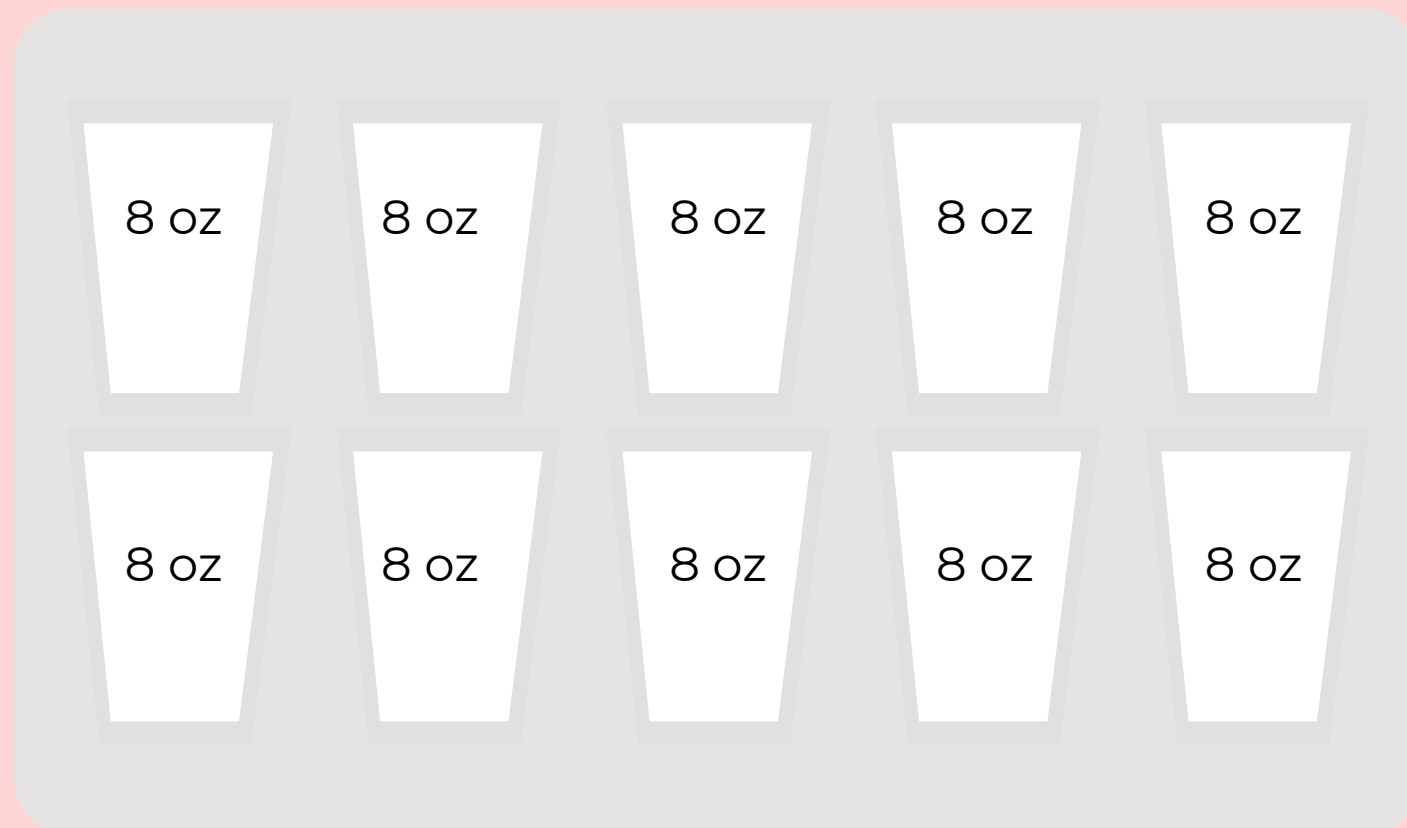
F.L.U.S.H.

- **F**lush - Flush toxins
- **L**oss - Lose weight
- **U**p - Up your energy levels, focus, and alertness
- **S**kin - Skin complexion improves
- **H**omeostasis - Maintain regularity



Did you know up to 70% of your body is water?

Average water intake for a sedentary person weighing 160 lbs.



The Importance of Water

F.L.U.S.H.

- **F**lush - Flush toxins
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Bowel Movement Chart

Check For Consistency

MONDAY

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| hard | norm | soft | liquid |
| # BM's/day | | | |

TUESDAY

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| hard | norm | soft | liquid |
| # BM's/day | | | |

WEDNESDAY

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| hard | norm | soft | liquid |
| # BM's/day | | | |

THURSDAY

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| hard | norm | soft | liquid |
| # BM's/day | | | |

FRIDAY

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| hard | norm | soft | liquid |
| # BM's/day | | | |

SATURDAY

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| hard | norm | soft | liquid |
| # BM's/day | | | |

SUNDAY

| | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| hard | norm | soft | liquid |
| # BM's/day | | | |



SB

Supplemental Pages Include...

- Water intake tracking
- Bowel movement chart
- Recipes
- Sphere of Life
- Note pages
- Resource guide for supplements
- Print this page out and use it as a tracker

Goals for the Week...

Where there is no vision the people will perish.

When we fail to plan we plan to fail. We are not about failing here. Write down your goals each week. Keep them ever before you. When they are in constant view motivation is higher and they are more easily achieved.

Goals for this Week>..

- Continue with morning routine
 - **Meditate and focus on what I desire to achieve in this course and post in the group what are my blockers to success**
 - **Talk to my accountability partner by Wednesday**
 - **Drink 1 glass more of water a day than what I am used to**
- 