



## Warm Up Week: Mom

1. Watch the Warm Up Week welcome video
2. Print the PDF workbook
3. Watch the videos and fill in the workbook questions
4. Share your thoughts, reactions, and insights in the Revive! Facebook group

### Videos in this Module:

- 1. Intro
- 2. Sleep
- 3. Get moving
- 4. You are What you Eat
- 5. The One Habit



## Warm Up Week : Video 1: Mom's Health

### Think about it

How would you rate your current health level? 1 is the worst you've ever felt and 10 is the best you've ever felt.

1      2      3      4      5      6      7      8      9      10

Imagine your life with more energy and focus. How would things be different? What changes would make the biggest difference in your day?

### Take Action

Are you ready to commit to taking small steps to improving your health? Why or why not?



## Video 2: Sleep

### Think About It

What is getting in the way of better sleep for you? How can you minimize the effects of this so that you can sleep more or better?

### Take Action

If your sleep habits could use some help, choose at least one of the tips from the video to implement this week and commit to sticking with it.

Which habit will you choose?



## Video 3: Get Moving

### Think About It

What is stopping you from exercising regularly?

### Take Action

Brainstorm ways that you can add more movement to your days. Pick one. Do it. Record how you felt. Don't forget to share your successes with the FB group.



## Video 4: You Are What You Eat

### Think About It

Think about your food and water intake. What is your ideal diet?

### Take Action

Choose one way you will improve your diet and commit to drinking more water. Write your choice here and share in the Facebook group how it's going.



## Video 5: The Most Helpful Habit

### Think About It

There is always *something* to be thankful for. Brainstorm 10 things you are thankful for right now.

### Take Action

Download the planner pages from the resources section and make a habit of practicing thankfulness by writing 3 things you're thankful for everyday.

