



# KATIE LOWNDES

— WELLNESS —

## INTRODUCTION

Think about each area below and tick where you think you are currently placed on a scale of 1-10. 10 means amazing, not concerned about this at all. 1 meaning - definitely need help in this area.

DAY	1	2	3	4	5	6	7	8	9	10
Emotional										
Spiritual										
Intellectual										
Physical										
Environmental										
Financial										
Occupational										
Social										

Anything marked 7 and below should be an area of focus for you.



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DAY	If you could improve this, how would things change and feel for you?	What is stopping you from this change?	If you don't change, how would things look for you?	How do you think you can make a change?	How confident are you that you can make this change?
Emotional					
Physical					
Financial					
Social					
Spiritual					
Occupational					
Intellectual					
Environmental					



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What are your key strength's that will help you on this journey e.g. driven

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1

2

3

Why have you chosen to do this journey?

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What would you like to achieve by the end of it?

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How will life be different?

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What is your vision?

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By the end of this course i would like

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So that

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## CLEAN CHECKLIST

### GENERAL

- Tend to the plants
- Eliminate clutter - if you don't use it or notice it you may not need it!
- Photos - place in albums rather than loose in boxes. Then you might look at them more.

### BEDROOM - 1 TICK PER BEDROOM

- The Chair aka 'The Bermuda Triangle'
- Wardrobe clothes
- Wardrobe hangers
- Shoes
- Bags
- Belts
- Miscellaneous
- Bed covers
- Bed cushions
- Bed sheets
- Bed pillows
- Draws - underwear
- Draws - t-shirts
- Draws - fitness
- Draws - jumpers
- Draws - miscellaneous rubbish
- Jewellery box/draw
- Scarfs

### KITCHEN

- Pantry - loose flours etc. Make sure they are in boxes or sealed correctly
- Check expiry dates on jars and packets
- Old / broken / unused cutlery
- Old / broken / unused crockery and glassware
- Old / unused / broke pans
- Line cupboards in paper to protect

Remember; If its broken, contains holes, is unused or stained. Ask yourself; Can it be fixed? Sold? Or donated?

### LIVING ROOM

- CD's Sort
- DVD'S
- Books
- Ornaments - necessary? Or unnecessary?
- Kids toys - organise. Donate unused or sell
- Old cushions and throws – refresh, donate or tidy

### BATHROOM - 1 TICK PER BATHROOM

- Bag or box in categories
- Check expiry dates on products and medications
- If no expiry dates bin if it has been opened for more than 6 months
- Make - up - wash brushes and again bin old used make up as may be carrying lots of bacteria.
- Bin sell or donate anything unused

### OFFICE

- Clear desktops
- Are your papers filed?
- Shred unnecessary papers
- What can you online rather than posted?
- Have you organised your important paperwork into a file? Passport, birth/marriage certificates etc
- Are your computer emails organised and filed or do you have 1000's of unopened emails?!
- Do you have a draw or box/pencil case for pens etc

### GARAGE / SHED

- Allocate zones/shelves
- Gardening
- Electrical
- Sports
- Anything to donate? Anything unused in the last 6-12 months?

### UTILITY / CUPBOARDS/MISCELLANEOUS

- Remove anything unused, broken
- Sort in to easy to find system



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## FOOD AND ALCOHOL

Think about the next 7 days and plan what you can eat / drink.  
Hit those cookbooks or google!!

DAY	BREAKFAST	LUNCH	DINNER	ALCOHOL	WATER
1					
2					
3					
4					
5					
6					
7					

**New Government Alcohol Guidelines for Men and Women**  
You shouldn't regularly drink more than 14 units a week

This means you should not drink more than this amount of...

Wine - Standard size of 175 ml

...Or this amount of lager or ale - Standard size of 568 ml

...Or this amount of cider - Standard size of 568 ml

...Or this amount of spirit - Standard size of 25 ml

Try for 2litres of water per day.  
The body is over 70% water!  
At least 2 portions of fruit  
and 3-5 portions of vegetable's  
per day



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## EXERCISE

When in the day do you feel like you can exercise best?  
Before, during or after work?

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What do you enjoy doing?

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What is easy to get to or start doing? i.e is there a gym next door,  
in your building or at work

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How many times do you exercise now?

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Do You have a budget / or no budget?

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Do you have any injuries or need guidance in this department?  
Do you need to seek help from PT or doctor/specialist

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Realistically what can you start this week? Even if it's one session ...

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- Is there anything in your day to day life that you could easily change to increase exercise?  
Take public transport?  
Walk the dog for an extra 10 minutes. Take the stairs rather than the lift?





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## BEAUTY

Daily Routine	Currently doing	What you would like to do? (and can do)
<b>MORNING</b>		
Face		
Cleanse/wash		
Tone		
Eye cream/serum		
Serum		
Oil		
Moisturise		
Body		
Body Brush		
Body wash (non chemical)		
Body cream/oil		
<b>EVENING</b>		
Face		
Cleanse/wash		
Tone		
Eye cream/serum		
Serum		
Oil		
Moisturise		
Body		
Body Brush		
Body wash (non chemical)		
Body cream/oil		
<b>WEEKLY ROUTINE 1-2 PW</b>		
Face		
Cleanse/wash		
Exfoliate		
Eye Mask		
Face Mask		
Tone		
Eye cream/serum		
Oil		
Serum		
Moisturise		
Body		
Boby Brush		
Salt / Oil Bath		
Exfoliate		
Wash		
Moisturise - cream/oil		

♥ Have you sought out professional advice from a local spa, salon or clinic? You may think your skin is one condition but actually may be another... What is local to you.

\*If you do not have the budget for a facial, they will normally offer a free consultation if you wish to purchase skincare. The alternative is to head to a beauty counter.

♥ Don't forget to Clean Clean..... brushes, make up bags. Also, eliminate anything that has been opened over 6 months. Make sure you aren't dipping those fingers in to eyeshadows, the powder will become hard and contain bacteria.

♥ Check your skincare ingredients. Avoid Parabens, PEGS, DEA, Silicones, Mineral Oils, SLES,SLS... and if this is really important to you there is a lot more information online. These are the bad boys though!



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## WELLNESS

	THINK ABOUT ...	YOUR COMMENTS
Work	Have a look at how you work, your desk, or car seat. How is your posture? Do you need to seek advice or help from an Occupational therapist	
Sleep	How many hours of sleep do you get? Optimum is 8-10. Is there anything you can do to help this?	
Self-Care	As well as your home routine, do you take time to meditate, breathe or just be. Do you ever catch yourself holding your breath?	
Massage	When was the last time you had a massage? Can you budget for this? How often could you have one	
Doctors	Are you up to date with your checks? Think moles, boobs, prostate for gents, cholesterol etc	
Dentist	When was the last time you went? It is recommended you visit every 6 months.	
Optician	Is your prescription up to date if you have one? If you don't have one how are your eyes? Do you have headaches, or do you find yourself squinting or holding reading material far away as you read	
Hair	How is the condition? Do you love the colour, condition and cut? Do you need to visit your local hairdresser	
Nails	How are your nails, think of your feet too! Do you need to see your salon or podiatrist? Also, look at the skin on the sole of your feet, is it cracked or sore?	
People/ connection	When was the last time you laughed, danced, played? Whatever makes you happy. Could you do it more? Is there anyone or anything that you have been doing that makes you unhappy or drains your energy. Is there anything you could do about it? Time is precious and relationships are two way.	







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## VISION PLAN TRAVEL

Now is the time to have some fun!! Look at each area in your life and think about how you want it to be! Picture yourself on that beach, or in the country mansion or simply being in your garden growing herbs and tending to what you love. Whatever your dreams might be. I recommend thinking about each part of your life and a good way of doing this is thinking about the wellness wheel. This was developed based on research into what makes people well and happy. You can print and cut out from the attached wheel and then work on each section. This is YOUR vision though so do what feels right to you - I am only suggesting this method as this is what I like to do.

Cut out inspirational pictures from magazines or the internet

Type and print out financial figures

Get a giant cork board or white board and stick everything on with magnets or pins

Go crazy creative and really sit and think about it and imagine yourself living the life of your dreams!!

