

# 365 EASY

## 6 Habits to Master the Basics in 2026

### 1 Brain Reframe

Your body doesn't need a "reset", your brain needs "reframe". Focus on what's being added in and improved. Adding in more protein, more fruits & veggies, more movement etc. (not what's being taken away or restrained)

#### ALL or NOTHING Self-talk

The two most effective ways to deal with negative self-talk is to question it & counter it with neural/positive supportive statements. You can weaken the hold of your negative self-statements by exposing them to rational investigation. Ask questions like "Is this really true? Am I being fully objective here? [For more read here](#).

Countering involves writing down & rehearsing positive statements that directly refute or invalidate your negative self-talk.

- Spend 5 min each day identifying and countering your self-talk.
- What is self-talk? and why it is important? [Read here](#)
- More brain reframe insights [here](#)

### 2 Stress Management

(and your mindset around stress)

Stress is the root cause of many diseases and loss of self-control. Stress and self control are related, but not in a good way. [Learn More](#)

- Prioritize minerals daily: Sodium, Potassium, Magnesium, Calcium and Trace Minerals from sources like fruit, salt, meats, broths, dairy, organs and shellfish. Individuals who exercise need even more than the RDA recommends.
- Intentional movement 10-45 min walk/workout
- Get Sunlight Everyday: our body interacts with our environment. Try SAD Therapy lights first thing in the morning in winter.
- To improve the mindset around stress answer these questions in:
  1. How do you perceive stress?
  2. How do you recognize and monitor your stress levels currently?
  3. Do you view the stress you are experiencing as Enhancing (a challenge to overcome) or debilitating (problem)?

### 3 Sleep

This is consistently the most underrated aspect of any health & wellness journey. & Should be one of the biggest priorities if you have an aesthetic goal.

Creating & maintaining a bedtime routine is the best way to prioritize a good night's sleep.

- Block blue & green light, lower the temperature in your bedroom & reduce the volume on TV 1-2 hours before bed.
- Be sure to sleep in complete darkness, wear sleep mask if needed
- Use a white noise app or air filter, or ear plugs if you're a light sleeper.
- Go to bed early around 9-10pm
- Incorporate Magnesium glycinate before bed
- Stick to a sleep schedule (even on weekends)
- Get out of bed briefly if you do wake up in the night

Each bullet (•) is a specific action you can select from the habit category to implement for the week.

## Digestive Health

Your body isn't made up of what you eat, but what you can DIGEST & ABSORB! Working on optimizing digestion and having healthy poops is crucial for overall health and transformation.

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- Take 5 Deep Breaths before each meal. Make it a habit to take deep belly breaths throughout the day for vagus nerve stimulation.
- CHEW YOUR FOOD, try counting at least 10-15 chews before swallowing.
- Incorporate digestive bitters or 1 tbsp apple vinegar diluted with water 15-20 min before meals.
- 5-10 min walk after meals

## Adequate Nutrition

Under eating works against your health and goals. Let's focus on optimizing your metabolism, building muscle, and living your life, so that IF the time does come to enter a fat loss phase, it will be an easier & HEALTHIER process!

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- If you don't know how much or what you are eating currently: track your food for 2-3 week days and 1 weekend day to get an understanding first.
- Eat a protein rich breakfast within 60 min of waking.
- Focus on eating 90-120 g protein per day, which is about 30 g per meal.
- Eat 2 colors of the rainbow with each meal

## Gratitude Practice

Spending time in meditation, visualization or prayer and focusing on what you're grateful for has many science-backed benefits! Including being more consistent with diet and exercise goals!

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- Sing a song, pray or meditate for 2-3 min and write down 3 things you are grateful for each morning.
- At the end of each day reflect on where you may need to repent or to make adjustments and 2 small wins.
- Overcome Negativity with Gratitude

Each bullet (•) is a specific action you can select from the habit category to implement for the week.

Pick **two** out of the six that you are **most comfortable** with to start implementing.

Then add **one** action from the other 6 habits each following week as the month progresses.

For ex: The first two habits, I chose are brain reframe and digestion

**My daily actions are journal/reflect on negative self-talk and take 5 deep breaths before each meal.**

In week two, I'll add one action from the gratitude practice habit. Week three, I'll add another habit until by week five I've incorporated an action from each habit category.

Now it's your turn! Pick **two** out of the six that you are **most comfortable** with to start implementing. Then add **one** action from the other 6 habits each following week as the month progresses.

# 365 EASY

# JANUARY 2026

Week 1

Week 2

Week 3

Week 4

Week 5

1

2

3

4

5

6

7

8

9

10