



MY EVERYDAY

- JOANNE MICHELLE -

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RECOVER

REBUILD

RENEW



My Everyday

Are your everyday habits creating a life of health, love and harmony? Or are they hindering your happiness and your ability to live a fulfilled life with vitality?

Great daily habits set up your day and if your habits are not serving you, how can you live your best life? From time to time we need to check-in and see how we are travelling. A chance to look at your everyday routine and see if your daily habits are working in a positive way for you.

Coming out of a relationship, plenty of changes happen in your life and you need to ensure you are living at your best every day. It's not easy but if you could develop your day with a few great everyday habits, before you know it you will be functioning better than ever before and with that have control on what happens in your life in a positive way.

So recently I checked in with myself, and I want to share with you what my everyday looks like.

My everyday is not flawless, let's be honest, if we lived in an ideal world, my home would illuminate like a magazine cover, my body sculpt to perfection and I would be running marathons around the world.

Having great habits reflects in your everyday. The key is to check in with yourself often and take note what you do each day, for instance are you having 4 cups of coffee a day and not sleeping well at night? Are you exercising each day, yet feel lethargic? could it be you are not drinking enough water? Your habits set you up and there is no better time than now to check in and see what works. I checked in and looked at what was working and not working and I want to share with you what I do that makes me jump out of bed and keep moving forward.

Let's talk about you, what do your everyday habits look like? Do you have habits you love and your body thrives? Or do you have habits you know you need to adjust?

Are you moving forward and evolving or are you stuck with habits that no longer serve you?

Today we tend to put so much pressure on being everything and keeping up with modern life, but what if we step back when we are not and be ok with...? Living in my 40's as a single woman and a single parent, I need to ensure my everyday habits are easy yet great for my body inside and out. By having great habits this ensures I have enough energy and a positive mindset to support myself and my children. I haven't always had great habits and I'm not perfect and every day isn't the same (that would be boring). Since being single I have habits I stick by and it helps ensure I am on track to living my best life, even when the days I don't sneak in.

Life happens and moving forward things occur we can't control. Post-surgery after being diagnosed with endometriosis early 2017, some of my daily habits were holding me back, I wasn't feeling like myself, and I struggled at times. But what it taught me as a single woman and parent was I needed to be ok with myself and know that I can't control everything, but I can control what I do for myself. *My everyday habits.* And to know that each day comes just



as, one day at a time. We will have our good days and our not so good days, but if you have simple yet effective great habits every day, when those not so good days show up, that is when you will be able to cope more so.

Revisiting my daily routine, I realised I wasn't mediating every day, I had lost this habit that helped me through my break-up, it helped me everyday. Once meditation came back into my daily routine, I saw a shift in my mood. Something so simple I loved doing every day was missing and once I began this again, I felt more at peace, I felt more in control with the day.

It is important to check in with yourself and often. With life becoming more hectic and we seem to have less time to do things we love, we tend to forget about looking after ourselves. Checking in from time to time will ensure you are on track. Once we live with habits that may not be serving us we tend to become comfortable. Comfortable can be ok, as long as it's not making you go backwards.

Break-ups are hard..., there I said it and it's real. Yes there are good days and those crappy days, and on the days when everything seems useless, or the feeling there is no light at the end of the tunnel feel impossible, having great habits, rituals perhaps, help you during this time. I want to remind you, you are the light in the darkness of your break-up and making sure you are eating well, sleeping well, keeping a healthy mindset and moving your body, that is when you will shine the light in your everyday. You are the light, maybe we just need to be reminded of this from time to time.

Looking after yourself is key to functioning well, because if you continue to have habits that don't serve you, life becomes more stressful and possibly your future more confusing. Having great everyday habits will have you navigating out of your break-up and into single womanhood freely.

On the following pages I share with you my typical everyday routine where you can see exactly what happens, remembering I am ok when it doesn't. Maybe you do the same everyday habits or perhaps you can take some of what I do and incorporate into your everyday.

At the end of this book, I have included a part for you to print and write your *everyday routine* (just as I shared) with what you do on your typical day. This is where you can track your everyday habits. You may need to include new habits or take out ones that don't serve you to ensure you are functioning well and looking after yourself the best you can.

Following, I have included a check-in page focusing on positives, three things you did great today and three things you want to achieve tomorrow. Print this page many times and write down what you achieved on a daily basis, it's a great way to connect and keep yourself accountable.

Together we can live an amazing life. A life where you feel in control and nothing stands in your way.

What habits are you doing today to make your tomorrow better?

Let me share.



Routine

6.15am

Alarm goes off and I wake up

Snooze

Yes I hit the snooze button... for 10 minutes

By snoozing, it gives me time to slowly wake up, it is a gentle way to grab my thoughts.

6.25am

My morning MUST

Meditation, this is done by sitting up in my bed comfortably pillows propped and taking in deep breaths in through the nose and out the mouth. I focus on the breath, thoughts may come in and when this happens, this is where I move my concentration back to my breath. My meditation practice will go for about 10 minutes.

I have a glass jug with filtered water and glass by my bed each night, after I meditate, this is where I pour a large glass of water and hydrate.

I write down three intentions for the day, in my snooze time this is where I have been thinking about what is planned for the day. It could be anything from meetings booked and what I want to achieve to aiming a PB on my 5km walk.

I then do gentle stretches (yoga poses such as downward dog, cobra and child's pose) However right now I am in rehab after my surgery so it's all about the pelvic floor and abdominal work. But the reality is we should be doing our pelvic floors every day.

Shower and dress. While I am getting ready, I pump some music on and begin the day. Music is a huge part of my everyday. Depending on my mood depends on the music. I am a huge jazz fan, but jazz usually won't work for the morning, I enjoy pop, so this regularly goes on. Oh and I make my bed!

7.30am

Breakfast, prep lunch and check emails

Breakfast begins with warm water with a squeeze of half a lemon with a tablespoon of apple cider vinegar, then it is followed with my go to breakfast which is usually three eggs scrambled lightly in a little olive oil, a side of half an avocado with some herbs and my vitamins.



Another favourite dish for breakfast is oatmeal with fresh berries and raw honey and a dash of cinnamon.

Or a green smoothie.

I choose to drink lemon water in the morning before I eat to improve digestion and it is also great for your skin. I always drink it with a stainless steel straw, this is to prevent the enamel on my teeth being affected from the acid of the lemon juice.

My everyday MUST vitamins:

Vitamin B

Fish oil

Probiotic

8.10am

School drop off and start the day

Throughout the day I will drink green tea and filtered water along with on occasion 1 hot chocolate or mocha (sugar free and my favourite place to grab this is at Thrive, I choose a blend of cacao, honey and almond milk).

If I am hungry prior to lunch, I usually have a couple of pieces of organic raw chocolate (to be honest, at times I will inhale the whole block of raw chocolate, my favourite is Pana Chocolate cinnamon) or a homemade protein ball or sugar free muffin.

A couple of tips to ensure you are drinking enough water during the day:

- 1. If you work at a desk have a jug of water and glass, that way you can monitor exactly how much you have drunk;*
- 2. Have a water bottle (glass) with you at all times, if you are driving around being mum, it's a great way to keep hydrated.*

12.30pm

Lunch

This could be left over dinner, I sometimes have a green smoothie, a salad with protein or a homemade soup.

There are times during the week I will go out for a half hour walk this is usually on the days I will hit the gym in the afternoon. There is nothing nicer than getting outside and being part of nature.

3.30pm

Workout either at the gym or a 5km walk/jog/hike

This activity is done most days, if not its appointments happening.



4.30pm

Snack

If I am hungry, I usually have a cup of green tea with a piece of fruit and a handful of almonds or a post workout smoothie. The key right now, is to listen to your body.

6.30pm

Dinner and time with my children

It's really important to me to have dinner with my children at the dinner table and we do this the evenings they are with me and there is always music in the background. Conversation flows nicely and it's a great way to catch up and connect. This is also when we put away our electronics.

On the weekends we sometimes take our dinner to the kitchen bench and share our favourite music on Spotify it's a nice way to relax and interact on a different level.

The days I don't have my children, I either go out to dinner with a friend or make a healthy dinner (this wasn't always the case) I will also read, or do some work.

At the beginning of my break-up I didn't enjoy being home and found myself eating not so great which usually ended in cheese and a bottle of wine for dinner. But this wasn't serving me and I changed my habit. It's important to choose wholesome meals for health when you are at home and feeding for one. I tend to make a batch of soup or stir fry which can feed me for a couple of nights, it takes out the stress of thinking what to have after a long day and ensures I am nourishing my body.

7.30pm

Herbal tea and time out

Camomile tea has become my evening habit for the past 7 years where I will make 1-2 cups in the evening. There are times my children will also have a cup of tea with me. It's a great unwind, and part of my bedtime ritual.

The night is usually of conversation, TV time, homework and reading. Lights are dimmed in the home which helps begin the night for bedtime. The evening's I don't have my children and I am home I will usually grab a book to read and a little Netflix after emails are answered and work is done, this may include a glass or two of red wine.

9.30pm

My night time MUST

Shower, cleanse the face, moisturise not to mention brush and floss teeth. It's important to take care of your skin and pearly whites for good health continuously.

10.00pm

Bedtime



Some of my unwind habits

- I read a lot, mostly books for Joanne Michelle, but every now and then, I love to lose myself in a novel, where I don't have to think about anything except the story. It's a nice way at times to just be and I feel I am giving a little back to myself.
- Candles, I have a little obsession with candles and love to burn them around the home. Candles give out a calming feeling. I have in my living room candles on the wall, and it is those nights when I light them and put on some jazz I can really unwind.
- Lavender bath time. This is a soothing time where I can stop and give myself some me time. With a few drops of lavender oil to running water and a cup or two of Epsom salts to the bath where the salts help soothe the muscles. I will light some candles, prop a folded towel for my head, play some music and just lay and relax. *This is a must.*
- Walking, for me gives myself time to reconnect with nature and thoughts. I have a few great local places I enjoy heading out to. I prefer off the road, where there is less people and cars which can be distracting. It is also a great way to keep fit on a gentle scale.
- Electronic switch off. I have a habit now of putting my phone away for a few hours once I am home. This makes a huge difference. I had found myself grabbing my phone because it was such a habit, but I was there staring at the screen, having no idea what I wanted to do on it. Electronic switch off has been a great new habit and one I try to do more so on the weekends and my children are also doing electronic switch off.
- Spa time. There is nothing nicer than going to a day spa and treating yourself. I try to head to my favourite spa every 4-6 weeks. Anything from a pedicure (a must), facial, massage or manicure. Choosing a beautiful environment where you have time out just for yourself is extremely worth it. It's a time to enjoy a little pampering and at the same time allows your body to be nourished from the outside.



Time: _____

What is my breakfast? Is it nourishing my body?

Time: _____

When does my day begin? What day to day habits am I incorporating?



Let's check-in each day

3 THINGS I DID GREAT TODAY

1. _____

2. _____

3. _____

3 THINGS I COMMIT TO DO TOMORROW

1. _____

2. _____

3. _____



About Joanne Michelle

My Mission is to EMPOWER Women to rediscover their identity after their break-up.

I choose to live a healthy lifestyle not only for myself but for my children. Being a single parent, I need to support myself the best way I can and to be the best role model for my children.

I founded Joanne Michelle, break-up recovery coaching, after my own break-up from a 20 year relationship. With the completion of IIN's certified health coaching course, and what I learnt through my own healing I chose to support women who were going through a break-up.

Once I started to heal myself, I started helping my friends with ways to improve their health and wellness. Once I divorced I had realised through my own experiences with healing my mind, body and soul and finding my way through my break-up, I could help other women who were going through their break-ups. I've always been one to help others and what better way for me to do that than by helping women live a healthy, happy life after their break-up.

Joanne Michelle is a support service where I support women across the globe to rebuild themselves after their break-up.

With a lot of hard work and dedication over the past three years, I have finally found what I was meant to do. Support, mentor and guide women after their break-up, making healthy choices for their whole self as they move forward into the next phase of their life.

Since creating Joanne Michelle, it's been exciting watching my business grow and new opportunities arise which are expanding my support. With my background as a *corporate professional* in *finance* and *executive coordinating* along with *health coaching*, I have the tools and knowledge to guide and support amazing women just like you back to their core self. I work collaborative with professionals such as Family Lawyers, Financial Planners and Health Professionals. My service is the first break-up recovery support in Canberra for Women.

With my experience, studies and research, I am living a life I love! with more energy and zest for life, and now I want to help you with what I know.

I hope by sharing my everyday with you, you will have a chance to check-in with yourself to see what habits are working for you and perhaps ones that are not.

Remember a break-up is an opportunity for self-discovery, a chance to grow and one you don't have to do alone with my support.

VISIT: www.joannemichelle.com.au

Disclaimer: I am a qualified Health Coach who specialises in supporting women from break-up. I am not a Nutritionist, a Doctor, a Psychologist, a Lawyer, Financial Planner or Personal Trainer. In this book I share personal habits that work for me. Please consult your Doctor before changing your diet or exercise routine.

