

WELLNESS STARTER KIT

6 Vital Habits to Live by Every Day



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LET'S GET INTO IT

When you prioritize taking care of your body & mind...

You feel nourished and amazing to your core. But who am I kidding, you already knew that! So what is it that's holding you back from doing the habits you KNOW will help? Do you not have enough time? Do you think you don't deserve it? Are you overwhelmed with information overload and don't understand what's best for you?

I feel you. There are so many options and distractions but you're here because you want something different for yourself. Something BETTER. You want to feel strong and clear in your body and it is 100% possible.



I created this Wellness Starter Kit to help steer you towards the top 6 healthy habits to make the biggest impact with the least amount of effort within your day.

Truly, you deserve abundant health, inner peace, and a radiant glow - and it shouldn't be a secret of how to get there.

Let's do this together!

Natalie





HABIT 1

Enjoy Going to Bed Before 10pm

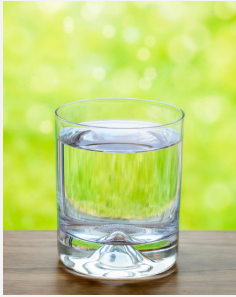
The benefits of getting those zzz's early

There is a natural cycle of day and night, every 24 hours, which means you also have a cycle of being awake and asleep. Going to bed at or before 10pm allows you to fall asleep and stay asleep because there is a universal energy that fluctuates at this time.

If you're a night owl, you know about the "second wind" that happens around 10:30pm which can keep you up and leave you feeling restless between 1-3am. Getting deep rest literally resets your hormones, cells, digestion, memory, emotions, and toxic load.

How to get started

1. Start to wrap up your evening around 9pm. Put away any work items, tidy the kitchen, and change into pj's.
2. Set a friendly reminder on your phone or a written note on your kitchen counter if you know you'll forget .
3. Bring the overall energy of your home down a notch by dimming the lights. Switch from overhead lighting to lamps and white string lights. Create a cozy scene!
4. Be in bed by 10pm, take 3 deep breaths & flutter your eyes closed.



HABIT 2

Drink Water to Flush the Body

The benefits of a morning poop!

Upon waking, the body is ready to release any waste the was loosened up over night. If not flushed first thing, your channels become clogged and make it difficult to absorb nutrients, bounce back from emotional moments, and have vibrant energy.

To have more mental clarity and a complete bowel movement at home, water is the first thing you should ingest.

How to get started

1. Within the first 15 minutes of an early rise, brush your teeth and scrape your tongue. This removes gunk and toxins from your mouth that you don't want to recirculate back in the body.
2. Pour a tall glass or room temperature water (similar to the one in the photo above) and drink the whole thing. No sipping here! The goal is to create water pressure and stimulate a bowel movement.
3. If nothing happens, drink another glass of water. If still nothings happens, your body may need an adjustment period to get used to the new practice. A pro is you're also getting hydrated for the day!



HABIT 3

Pause to Connect with Yourself

The benefits of going inward

To live an empowered life, you need to settle the busy mind and process your experiences. Sitting on purpose in silence, you digest your emotions, thoughts, ideas and experiences.

This then opens you up to profound insights, lowers daily anxiety and stress, and provides resilience in tough situations. You access your inner well of freedom and alignment, which lends itself to a higher immune function and improved mental function.

How to get started

1. Create a quiet space to be with yourself for 5 minutes. Stop, drop, and sit! Ideally, pick the same time and spot.
2. This can be a breathing meditation (follow your breath in and out), answering a journal prompt, writing 5 things you are grateful for or verbally repeating 3 affirmations in the mirror.
3. Think of this as a positive brainwash session



HABIT 4

Eat a Bigger, Better Lunch

The benefits of a satiating lunch

Midday the sun is highest in sky, and so is your digestion and metabolism. This is the most crucial time to eat your most filling meal because this is when your body can best breakdown, absorb, and distribute nutrients from your food.

This habit often goes against cultural norms competing with dinner as the "sit down" meal but why would you have your largest meal a couple hours before bed? You'll notice a decrease in bloat, gas, with improved focus and energy, plus you'll fall asleep easier at night eating midday. It's a game changer.

How to get started

1. Aim to eat your lunch between 11am-2pm.
2. Include fat, fiber, greens and protein (try this [tofu & veggie quinoa bowl with coconut yogurt garlic chili sauce](#) recipe)
3. Plan ahead of time so that you don't work through or forget to pause for lunch. Set a reminder ping on your phone.
4. Do some meal prep the day before or the morning of along side your breakfast so you're ready to go.
5. For full enjoyment and satiation - eat outside (no screens), with your hands, with others, and eat slowly and relish in every bite.



HABIT 5

Weave in Natural Movement

The benefits of moving often

The body is designed to move. Our spine and joints move in multiple directions and crave to be used throughout the entire day. And I'm not talking about exercise or fitness (which is a type of movement).

I'm referencing activities that don't require a clothing change, gym visit, specific equipment or lots of time. We've become quite the sedentary culture so it's more important than ever that you squat, stand, walk, roll around, hang and rotate

How to get started

1. Shift your mindset to consciously move your body as often as possible. Resist the constant temptation to sit down.
2. Incorporate movements like changing your seated position, playing on the floor with your kids, working at a stand up desk, walking with your neighbor, or stretching on the floor when you watch a show.
3. I'm not saying "don't exercise" but place movement higher up on the priority list as something you can do anytime in a subtle and gentle way



HABIT 6

Reflect & Relax with Nature

The benefits of processing the day

In the evening, there is a universal downward energy that mirrors the setting sun. This is your queue to bring it down a few notches and begin to enjoy a more reflective time. When you don't process the day and bulldoze with constant productivity or mind-numbing activities like TV and social media, you miss out on integration.

What happened today? What did you learn? How did you grow? What emotions were present? Connection, creativity, socializing, reflection, gratitude and introspection rule this part of the day. Align and feel amazing. Go against the order of nature and you experience accumulating stress.

How to get started

1. Schedule down time after dinner. Put it in your calendar, write it down and share it with others. Make it sacred.
2. Limit screen time by replacing it with a good novel, a puzzle with the family, watercolor, or a walk around the yard or neighborhood.
3. Embrace the slow down make yourself a warm tea or special drink to savor the moment. Express thanks for 3 things before you head off to bed.

TO WRAP IT UP

This is the beginning of something good.

Create an intention to do at least 4 of the habits every single day. The reality is some days you won't feel motivated, some days you won't feel like you have 1 minute extra of time and other days you just might feel exhausted. That's ok! Aim for consistency, not an "all or nothing" approach.

Start with the habits that you're genuinely excited about. Which one(s) are you gravitating towards? The ones that made you think, "Oh, if I did that daily I would feel amazing." Those just might be the ones your body and mind need right now.

Follow your bliss. Choose a habit that feels manageable. Write down your intention. Put it in your calendar. Show up daily. Be kind to yourself as you get going. You will notice a big difference just in a couple days.



SO WHAT'S NEXT?

Your Wellness Journey Awaits

I hope this starter kit gives you the refresher and clarity you needed, and an insight on which self-care habits are truly foundational to your health, along with steps to begin!

Ready for more?

I suffered from my own set of health challenges that made me feel anxious, lost, exhausted and frustrated in my body, but by getting curious, reaching out for help and joining a like-minded community I began to see changes, heal and become empowered. You too can have this transformation. I've created [Longevity Blueprint](#) to do just that! Here's what's included:

- Build an adaptable set of habits that work anywhere you go
- Eat, exercise, sleep and produce energy for your body type
- Establish a strong and confident sense of self and physical body

This is a space to heal symptoms relating to digestion, sleep, energy, nutrition, movement and stress management, all with personalized coaching. [CLICK HERE](#) to learn more. The next group starts every September and February.



Longevity Blueprint has helped so many get unstuck and thriving again and it can help you too!

With excitement,

Natalie

Let's connect! (click on them)

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