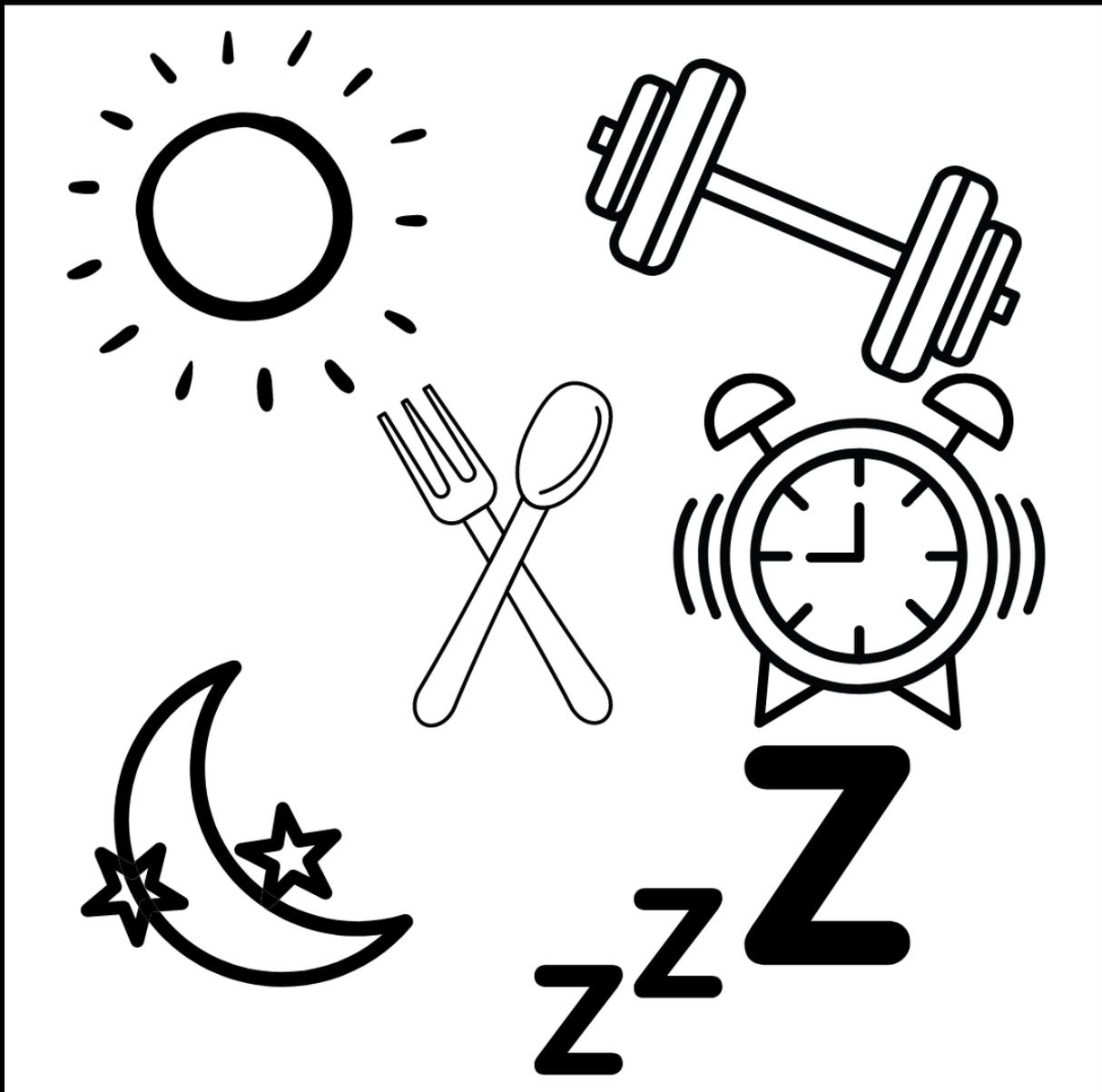


CHANGE YOUR MINDSET, CHANGE YOUR LIFE CHALLENGE
8 WEEK CHALLENGE – H is for Healthy Habits and Lifestyle

H FOR HEALTHY HABITS & LIFESTYLE



1. Morning EMPOWER Routine
2. Night EMPOWER Routine
3. Healthy lifestyle choices

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How you start your day will determine if you are
successful or not.

Ash Turner

HEALTHY HABITS & LIFESTYLE

Now there are three parts to embedding healthy habits and lifestyle.

These include a morning EMPOWER routine, setting up a night EMPOWER routine that will set you up for success the next day and giving you tips on how to live a healthy lifestyle every day.

The important thing to remember is that **you need to sometimes change your lifestyle and environment to change your life.**

I can say from my experience, morning routines are a GAME CHANGER. They have honestly changed my life, the way I work, think, feel, start my day and have allowed me to tap into this untapped creativity and my soul.

Night routines have changed the way I sleep, how I operate and have helped me so much with my INSOMINA and ANXIETY.

Embracing the healthy lifestyle instead of just being healthy in one area has empowered my mind, body, and soul.

I am also walking the walk with my son. He sees what I am doing, sees the changes in my energy, mood and mind and he is making those changes as well. Monkey see, monkey do.

There are a few things in here you may or may not already know, but I can tell you that you will learn a few things from here and will be a few aha moments.

There are key things in here that you will need to add to your personal develop and health and fitness goals... keep your eyes peeled.

MORNING ROUTINES...

Have you heard of this quote before? It perfectly sums up this chapter.

**IF YOU WIN THE MORNING,
YOU WILL WIN THE DAY**

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To have a successful day, you **MUST** have a successful morning routine.

If you just rollout of bed, put clothes on and go to work you are not doing yourself any favours.

How are you activating your brain?

How are you getting your mind right?

How do you know what you need to do for the day?

How are you connecting with your inner self?

How are you manifesting your dreams and goals?

The answer is **YOU ARE NOT** with this routine.

I know so many people that do this and then complain to me that their lives are miserable, lonely, they have been doing the same thing for years, get frustrated as they are not progressing and are not happy.

The reason for this is YOU. If you are in this position, you are here because of your life choices.

**YOUR LIFE IS A REFLECTION
OF YOUR CHOICES.
CHOOSE WISELY.**

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So, what makes a healthy successful morning routine?

A successful routine will include a few mandatory things like:

- ✓ Exercise
- ✓ Meditation
- ✓ Affirmations
- ✓ Visualising your goals
- ✓ Knowing what you have to do for the day
- ✓ Writing down your goals
- ✓ Connecting with yourself spiritually

I call this the morning EMPOWER routine.

E = EXERCISE

M = MEDITATION

P = PURPOSE FOR THE DAY

O = OPEN YOUR MIND

W = WISDOM WITHIN

E = ENVISION & MANIFEST

R: REVIEW YOUR GOALS

E = Exercise

You must exercise in the morning which may be cardio, weights, stretching etc.

It can be 15 minutes to an hour, whatever you have time for in the morning.

Personally, I like to do my sprints in the morning, while afternoons are weight sessions and body stretches.

Exercising in the morning also makes you feel like you have accomplished something big for the day. It makes you FEEL good as well.

Key thing is you will be doing exercise DAILY.

Figure out what exercise makes you feel good and what you like to do.

You may want to do a fitness program in conjunction with this mindset challenge. Check out the Library for recommended fitness challenges, but be sure to consult your doctor before you purchase any of these fitness programs.

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If you don't want to follow an exercise schedule and want to do it yourself, I got your back also.

Below is an example of how to schedule your workouts each day and track them if you are not following a fitness program. You can find this in the "templates sections".

EMPOWERED WORKOUT SCHEDULE

MONDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:

TUESDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:

WEDNESDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:

THURSDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:

FRIDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:

M = Meditation

It is important to have morning meditation, focusing on silencing the thoughts in your head.

This is where I also do “O = open your mind, W = wisdom within and E = envision and manifest.

I call this “thinkitation time” during my meditation time.

Allow yourself 5-15 minutes to do this in the morning after your exercise.

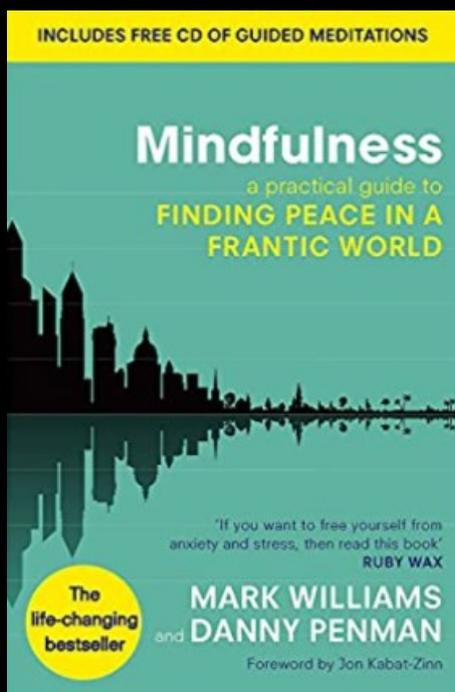
I personally find that I need to exercise first (so that I will do it) and then I get my mind right with my meditative routine.

Quite simply, meditation allows you to calm your mind, let go of stress and anxiety, practice mindful breathing techniques, and refocus your mind.

If you are not familiar with meditation, there is so much information on the web.

Try [Pinterest](#) which has some great visuals on techniques, benefits, practices etc.

The book below was my first introduction to meditation, I would recommend this book for any beginners.



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P = PURPOSE FOR THE DAY

We all need purpose for the day. We all need structure. We all need to know what we want and need to achieve for the day.

This will help you achieve your goals and allow you time to get other “shit” done.

As part of your morning EMPOWER routine, you need to set up your to-do list for the day.

What do you need to achieve for the day?

If you are anything like me, I love to write my goals down and tick them off, because they make me feel so good that I have achieved something for the day.

But on days that I do not plan out my day and do not write it down, I lose track of time, I stray from what I should be doing and end up doing something I should not be doing.

We must remember if we do not set purpose for the day, we do not have purpose.

A **key tip** when it comes to setting purpose and embedding healthy habits into your morning routine, is to write them down and tick them off each day, until it becomes so natural that you do not need to write it down anymore.

**IF WE DON'T SET PURPOSE
FOR THE DAY, WE STRAY
FROM OUR PURPOSE**

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8 WEEK CHALLENGE – H is for Healthy Habits and Lifestyle

Below is an example of a daily planner that you can use to track your to-do list and progress.

The key thing is to list your top 3 things for the day down which should align to the goals you have set for yourself. These are what I called “big bites”.

All the smaller bites can be listed in “important tasks”.

For more information on goal setting check out the “empower your goals eBook” where I share with you 9 tips to kick ass at your goals.

You can find this template below in the “templates section”.

EMPOWERED DAY PLANNER

IMPORTANT TASKS

<input type="checkbox"/>	-----

TOP 3 GOALS

QUICK REMINDERS

O = OPEN YOUR MIND

Opening your mind is exactly that, opening your mind up to opportunities and positivity. Removing the negative thoughts, feelings and energy from your body releasing it through meditative breathes and opening your heart and mind back up to new possibilities.

There are few things that I do to “open my mind” in the morning.

AFFIRMATIONS

Using affirmations is another way to open your mind up.

The power of I AM....

**IF YOU WANT TO FEEL
POWERFUL, MAKE SURE
YOU SAY SOMETHING
POWERFUL AFTER I AM...**

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There is nothing more powerful than affirmations. Especially when you believe it.

You affirming to the universe who you are and what you deserve. That is power.

You may feel silly saying these to yourself at first or you may feel uncomfortable because you do not believe it at first.

But the key is **discipline and consistency**.

You need to keep saying it to you until YOU believe it. Once you believe it others will believe it as well.

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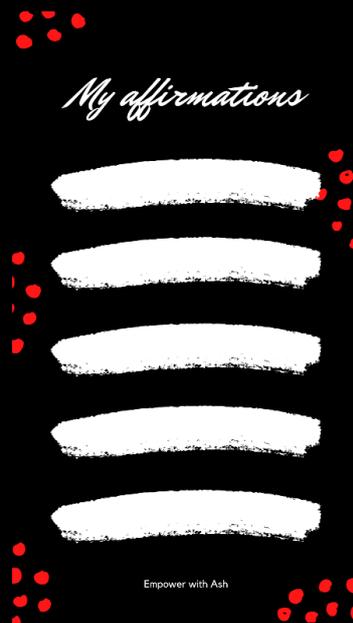
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For example, some of the affirmations I say to myself are...

I AM... STRONG
I AM... POWERFUL
I AM... FEARLESS
I AM... WORTHY
I AM... WEALTHY
I AM... LOVEABLE
I AM... BEAUTIFUL

Now as part of your morning routine you will repeat to yourself 5-10 affirmations daily...

You can write these down in your journal or in the template below.



I would also suggest that you add these to your vision board, which we will cover off in E = Envision & Manifest chapter.

Sometimes, I even say these to myself on my way to work and on my way back home, to reiterate it to the universe that this is who I am, what I deserve and what I stand for.

MOTIVATIONAL QUOTES

Another thing that you can do as part of your “opening your mind” is to review your powerful quotes that motivate and inspire you.

Personally, I have a journal filled with positive and inspiring quotes in there that I reflect on to motivate me, or I look at my vision board that is filled with so many powerful quotes.

Find quotes that truly awaken your soul. When you read them, they feel like an electric shock has gone through your body.

You want these to motivate you to do what you need to do on a shitty day. They get you through the bad times and light a fire inside of you.

**A POWERFUL QUOTE CAN
LIGHT A FIRE IN YOUR SOUL,
AS IF IT'S A SECRET CODE
TO YOUR SOUL**

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MOTIVATIONAL SPEECHES & PODCASTS

Did you know the first 20 minutes of your morning are crucial to setting yourself and your mind up for success?

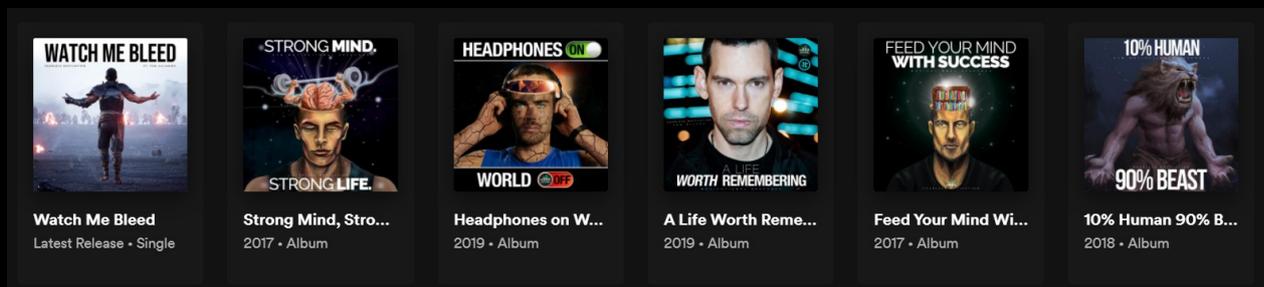
If you watch the news or sit there watching TikTok videos first things in the morning.... Sorry but, that is not opening your mind and activating your brain.

You need to ensure what you listen to is powerful and motivating.

For example, in the morning while I exercise I will either listen to a motivational podcast or motivational speech/music.

This opens my mind, allows me to learn new things and get my mind in the right place. Especially on days when I “don’t feel like it”, they always snap me out of it.

Below are examples of motivational speeches I listen to on [Spotify](#) in the morning. Head to the Library section for direct links to these motivational, speeches.



Think about this part of the morning as getting your mind into gear.

W = WISDOM WITHIN

Now this is an area that I have been working on personally for the last 12 months, which is all about that inner guidance and spiritual connection with myself.

Now when I talk about “spirituality” we all have different beliefs and have different labels for this.

If you are religious use this time as time of prayer for yourself.

Personally, I am not religious, but I use this time to connect with myself via Tarot cards, saying thanks to the elements, the spirits that guide and protect me and check in with my chakras.

Either way this is your special “spiritual wisdom within time”.

I do this as part of my meditation (thanking the spirits and chakra balancing) and then do my daily tarot cards after the meditation as guided by the spirits.

It is up to you how long this takes, but on average my meditation and thinkitation takes anywhere from 10-20 mins in the morning.

Out of anything in my morning routine, my meditation/thinkitation is the one thing I DO NOT MISS every day.

I believe this is the most powerful thing for myself as it allows me to be centered, connect with myself, the spirits around me and visualise/manifest my goals and desires.

**MEDITATION ALLOWS YOU
TO CONNECT WITH YOUR
SOUL AND SEEK INNER
WISDOM AND GUIDANCE**

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E = ENVISION & MANIFEST

I am sure we have all heard about the law of attraction. It is a New Thought Philosophy and it is a belief that positive and negative thoughts bring positive or negative experiences into a person's life.



If you want to attract good things into your life you need to change your mindset and control your thoughts.

This is something we have covered off in Step 1 C = Change your mindset.

This comes into play with your morning EMPOWER routine.

MANIFESTING DURING MEDITATION

During your meditation for example, you will sit in silence visualising yourself completing your goals. Imagining the feeling, what you are wearing, the moment, the environment, every detail.

Go through your goals one by one and visualise yourself completing them.

Imagine where you will be in 12 months from now, who you will be and what you would have accomplished.

Then think bigger... 5 years from now etc.

You are manifesting this into the universe.

For example, I visualised myself winning an award over 5 years ago and 5 years later I did.

The key tip with manifestation is you cannot control timing. The universe will give you what you deserve when you are truly ready.

**WHEN YOU MANIFEST IT,
YOU WILL RECIEVE IT, WHEN
YOU ARE READY**

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VISON BOARDS

During this 8-week challenge you are going to create a vision board which will be images of your goals.

This can be your 8-week goals, 12-month goals, 5-year goals all on a board.

I go into all the details about vision boards in my “empower your goals eBook”, so check that out to get all the details on it.

**YOUR VISION BOARD
SHOULD BE THE KEY TO
YOUR SOUL`S DESIRE**

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You will spend time daily reflecting on these goals on the vision board. You need to have it in a place that you can easily see, and it will remind you why you are doing what you are doing.

For example, I have my pictures on a cork board in my bedroom. But you do not have to have yours on a board, you can put photos on your bathroom mirror, in a scrap book, on your phone notes, on your fridge etc.

R = REVIEW YOUR GOALS

Now that you have set your goals, you need to review them daily and write them down daily!

It is an extra step to manifesting these into the universe.

Each morning I write down my goals again and again to reinforce to myself and the universe this is what I want to achieve.

It is a great reminder on “why” you started, and a great way to motivate yourself to kick ass for the day.

It also should help you set your to-do list for the day, as your “big goals” should be worked on daily.

**REVIEW YOUR GOALS DAILY
AS YOUR GOALS ARE
ALIGNED TO YOUR
PURPOSE & YOUR
PURPOSE IS WHY YOU ARE
HERE**

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This is time for you to also reflect on your progress and ask yourself *which ones are a priority right now?*

Which ones are not a priority?

Which ones are you kicking ass at?

Which ones are your procrastinating on?

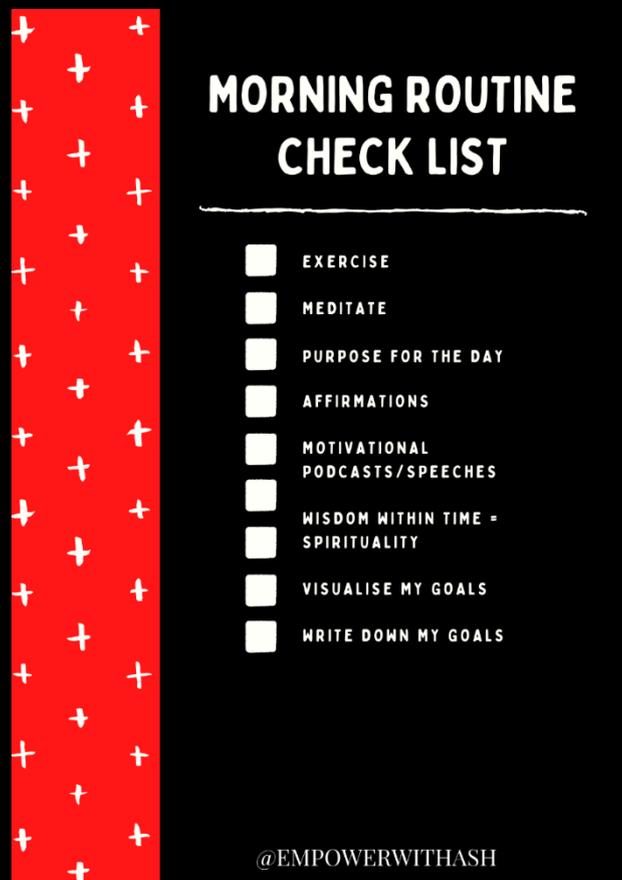
Are there new ones that have popped up you want to add?

We can set goals for the year but remember that as you grow and transform, your goals will grow and transform with you, so it is important to reflect on them on a regular basis.

MORNING EMPOWER ROUTINE CHECK LIST

Below is a checklist for your morning EMPOWER routine that you can use.

You can find this in the Templates section.



BEDTIME ROUTINES

Now that we have covered how to empower yourself in the morning, let us talk about how you EMPOWER yourself in the evenings.

What makes a successful night routine?

A few things in fact, it is all about winding down your mind, reflection on the day and manifesting your goals and purpose into the universe.

To keep it simple (KIS) for you your routine is called EMPOWER.

This is what it means:

E = EXERCISE

M = MEDITATE

P = PAUSE THE SCREENS

O = OPEN A BOOK

W = WRITE IN YOUR JOURNAL

E = ENVISION & MANIFEST

R = ROOM DIMMED TO WIND DOWN

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For me personally, if I do not follow my night EMPOWER routine I do not sleep well, I get insomnia and I feel like absolute shit the next day.

Your night routine is as important as your morning routine as if you do not prepare yourself to wind down and sleep well, your morning routine will be IMPACTED.

It is a domino effect on life.

So, let's break down what each of these means so you can build your own night EMPOWER routine.

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E = EXERCISE

Now you already know the importance of exercise daily, and I have covered this in the morning EMPOWER routine.

However, for night time this is where you should do a more low impact exercise like Yoga, Pilates, Tai Chi, stretching etc.

Personally, I do a combination of Yoga, stretching and Tai Chi in the evening.

It does not have to be 30 minutes; it can be 5-15 minutes if that is what you have time for.

I listen to my meditation music during this time to help me focus on my breathing, release bad energy, thoughts and focus on what I am doing in the present moment.

Meditation music stops my brain from getting distracted.

If you are not a Yoga person, do some basic and simple stretching to help you with your exercise recovery.

I personally I would prefer to do weights over Yoga any day. If I can do a workout that is fast and effective, I am in.

But I am learning to be disciplined with yoga because it is teaching me patience, how to be in the moment and how to slow down my busy mind.

**DOING YOGA WITH
MEDITATION MUSIC, STOPS
YOUR BRAIN FROM GETTING
DISTRACTED, IT ALLOWS
YOU TO BREATHE AND BE IN
THE MOMENT**

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You can find so many YouTube channels that have Yoga, Tai Chi, Pilates and stretching tips, guides, and program. It is for free so do not waste your money on buying a program.

You can also learn a lot on Pinterest. You will learn from this book that Pinterest is life... (according to Ashleigh Turner).

M = MEDITATE

We have already covered this off in the morning EMPOWER routine, so head back to this section and refresh your brain.

Key tips are that you can use this “quiet time” to also check in with your chakras, reflection on your day, who you were, how you behaved, you can also visualise your goals during this time.

This supports E = Envision & Manifest.

You are killing one bird with two stones here.

I would recommend that you get headphones and listen to meditation music as well to block out all the distractions and noises. Meditation music as I have said, helps me focus on my thoughts.

P = PAUSE THE SCREENS

I am sure you have heard how important it is to switch off your screens at least 1-2 hours before you go to bed.

Why? Because if you are looking at your TV or phone screen right before you go to bed, your brain will be WIRED. It will not be able to switch off easily. You will be laying awake for ages. Nobody wants that.

What I would suggest is that as you start your night EMPOWER routine you switch off all your screens, which includes your TV, table devices and phones.

I have a timer on my phone that puts it into “night mode” which means it dims the lighting and blocks any notifications during my sleeping time.

I suggest you do the same.

SWITCH OFF THE SCREENS TO SWITCH OFF YOUR MIND

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O = OPEN A BOOK

One of my favourite things to do at night is read a book.

This is why I have asked you to gather 2-3 books that you will read during this 8-week challenge.

I would suggest you read a personal development book however, if you do not like these types of books than read whatever it is that you like to enjoy.

I have given you my recommendations on personal development books which you can find in the Library section.

If you are not a reader or you tend to procrastinate about reading, I have a tip for you!

Put little post it notes, or paper clips on every 10-20 pages.

This is what I do to ensure that I read those 10-20 pages every night.

You can then also see how many days it will take you to read that entire book and this motivates me to read every night.

Let's say you have a book that has 200 pages, and you want to complete a book a week, you need to read 28 pages per day.

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If you want to read a book a fortnight you need to read 14 pages a night.

It is up to you what your target is to read during this 8-week challenge.

My suggestion is that it is a minimum of 2 books during this phase is read, as you do want to push yourself to read as much as you can.

For example, during this 8-week challenge I want to read 1 book per week, meaning I have a target to read 8 books in 8 weeks.

Before you start the challenge, map out how many books you want to read, how many pages you need to read a night and put that as one of your personal development goals for the challenge.

**READERS ARE LEADERS OF
THEIR LIVES**

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W = WRITE IN YOUR JOURNAL

Night time is the best time to self-reflect on the day, how you were feeling, behaving, thinking, what you learned, what went well or didn't go so well.

This will help you with one of the CHANGE concepts G = Gain self-awareness.

We will cover on all the details in the G = Gain self-awareness chapter, but to **be self-aware you need to be aware of how you act every day, how you think, how you feel, and why etc.**

What you will need for this piece of work is a blank journal.

You do not need to go buy an expensive journal; a plain school notebook will do that you can buy from your supermarket. What I buy each year is the journals and life planners from Kmart.

What do you write in your journal and what questions should you ask yourself?

It is up to you what you write in your journal. It can be structured with questions or you can simply just write from the soul.

When I first started, I structured it with questions, until I got the hang of things and now, I just free flow.

Your journal should be private and for your eyes only. This is something you do not normally share with anyone, as it is between you and you.

**YOUR JOURNAL IS BETWEEN
YOU AND YOU**

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Unless you are bloody Anne Frank... well then, I would be pissed.

You can keep your journals, or you can chuck them out at the end of the year as a mini burning ceremony to celebrate how far you have come for the year.

For those that want a little bit of structure in their journals... here are a few examples of questions you can ask yourself to support with being “self-aware” of yourself and capturing your thoughts, feelings, and experiences for the day.

JOURNAL QUESTIONS TO ASK

- 1. WHAT HAPPENED TODAY?**
- 2. WHAT WENT WELL?**
- 3. WHAT DIDN'T GO SO WELL?**
- 4. WHAT CAN I IMPROVE ON TOMORROW?**
- 5. HOW WAS I FEELING TODAY? MOOD, ENERGY ETC**
- 6. WHAT TRIGGERED NEGATIVE EMOTIONS & THOUGHTS?**
- 7. WHAT DID I ACHIEVE TODAY? DID THESE SUPPORT MY GOALS?**
- 8. WHAT WAS MY MANTRA FOR THE DAY?**
- 9. WHAT MOTIVATED ME OR WHO INSPIRED ME TODAY?**
- 10. WHAT AM I GRATEFUL FOR TODAY?**

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E = ENVISION AND MANIFEST

We have already covered off on this in the morning EMPOWER routine.

What I would recommend is doing this during your meditation time.

Closing your eyes and seeing your goals in your mind so clearly is powerful.

It is unbelievable that we can envision something that has not happened just yet. We can be there already and feel it as if it were happening right now.

If you are new to manifesting though, a book I would recommend which is in the book library is...



Gabrielle's book is all about manifesting, tapping into the high power and achieving your goals through the power of mindset.

R = ROOM DIMMED TO WIND DOWN

Why are you trying to set the mood Ashleigh? I know it sounds like I am, but I am trying to **set the mood for your brain to go to sleep.**

As we covered there should be **no screens on during this time** and no bright lighting.

This is where you should use a table lamp for reading which is not bright white, and when you meditating switch off the table lamp and use a “salt lamp” instead.

You can buy these from so many places online, I am positive I bought mine from Target or Kmart for \$20. These are perfect for bedrooms specially to support your bedtime routine.



What I tend to do is dim the lighting to the salt lamp after I have read a book and then I go into my night time yoga, meditating, journaling etc with the salt lamp on.

Dim the lighting will trigger your mind that its “quiet time” and that it is time to start winding down.

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NIGHT EMPOWER ROUTINE CHECK LIST

Below is a checklist for your night routine that you can use.



NIGHT ROUTINE CHECK LIST

- EXERCISE
- MEDITATE
- PAUSE THE SCREENS
- OPEN A BOOK AND READ
- WRITE IN YOUR JOURNAL
- ENVISION AND MANIFEST YOUR GOALS
- ROOM DIMMED FOR WIND DOWN

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HEALTHY LIFESTYLE CHOICES

We have covered off on morning and night EMPOWER routines that you will do daily as part of this challenge.

But what about the rest of your lifestyle?

This is something that you need to do **to change your life, change your lifestyle.**

We will be making conscience healthier choices when it comes to our lifestyle which will make your feel good and empower you to be the best version of yourself.

This 8-week challenge will help you embed this as a **LIFESTYLE CHOICE = FOR LIFE, not for 8-weeks.**

You will find that when you reflect on your life and your routines, that your mind is clouded and not motivated because of the way you are living.

**YOU WANT TO CHANGE
YOUR LIFE...
LET'S SEE HOW YOU LIVE**

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Other than mindset, which is being covered off in other chapters, we need to cover off on the **three main components** that will help you FEEL good physically and get your brain and body working how it should be.

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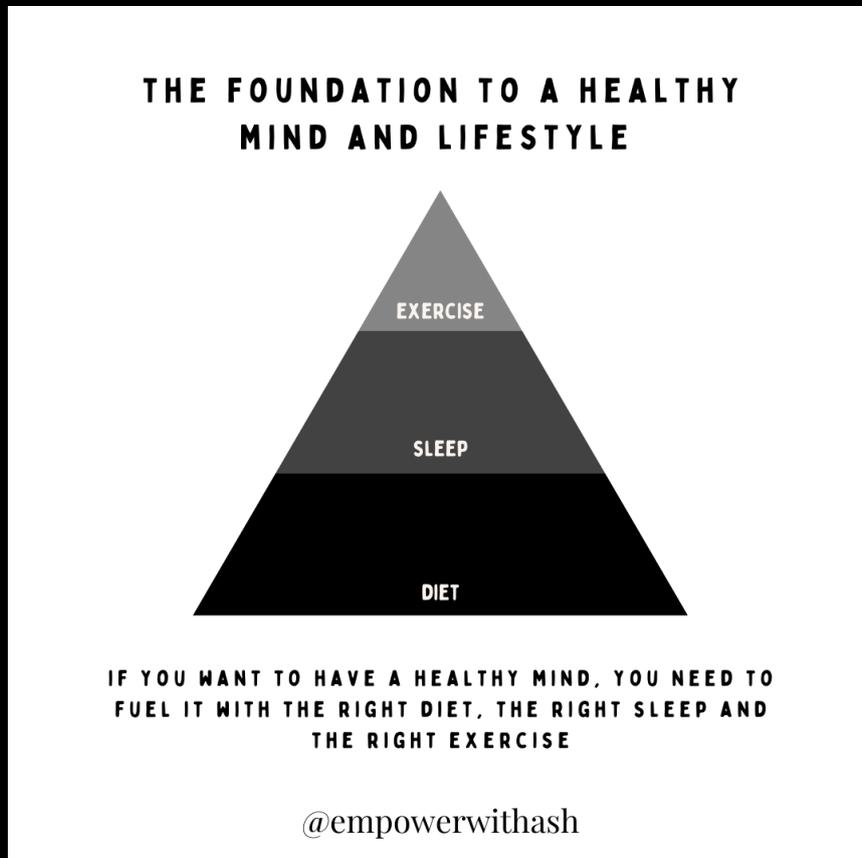
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Your brain and mindset won't work without you feeding it properly.

Here is the foundation to a healthy mind and lifestyle:



You can do all the work in the world on your personal development and mindset, but it won't be sustainable without these three things.

- ✓ EXERCISE
- ✓ SLEEP
- ✓ DIET

So, let's breakdown these three sections and the importance of these "lifestyle choices" which will help feed your mind and purpose.

EXERCISING: MOVE IT OR LOSE IT

Now I know we all know it is important to exercise.

But do we, do it?

Do we prioritise it?

Some of you may be like “hell yes I do”, but then do not prioritise other things. Or some of you may be like what’s exercise, who has time for that?

There are so many things that happen to our bodies and mind when we do not exercise.

We start to “lose it” ... lose our strength in our mind and bodies, lose our sex drive, lose confidence, lose our mindsets, memory, concentration, lose years on our life because we now at risk to so many other health issues.



I know when there are days, I do not exercise I get so moody, so irritable, I can not sleep, my body has way too much energy and I cannot sit still.

It effects our mental and physical state more than we realise.

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For those that do not exercise or have not for a while, you may have lost sight on what it did for your mind and body.

In this 8-week challenge we will be making fitness one of our priorities to get you back on track and I will support you make this a long-term lifestyle choice again.

30 MINS A DAY CHALLENGE

Throughout this 8-week challenge you will be committing to 30 minutes of exercise per day.

Out of 24 hours in a day, I am asking for 30 minutes of that to be for exercise.

Tiny amount of time when you look at it that way.

There are so many benefits to exercising daily, the list could go on.

But for this challenge you will notice a huge difference in your body and with your mind and energy.

In your morning and night EMPOWER routine you will doing some form of exercise, which may be weights in the morning and yoga in the evening.

It may be 30 minutes in the morning and an additional 5 minutes of yoga in the evening.

It does not matter what exercise you do in the morning or in the evening, as long as it is some kind of exercise lasting more than 30 minutes for the day.



WEEKLY WORKOUT PLAN

As part of this 8-week challenge you would have noticed in the morning and night EMPOWER routine there will be exercise involved.

It is up to you what exercise you want to do during this 8-week challenge.

As I have already mentioned in the morning EMPOWER routine section, you may want to do a fitness program alongside of this.

Or you may just want to commit to walking every day and doing some stretches in the evening... that is ok also!

You do not need to be shredding to be a body builder, you just need to move your body every day.

I want you to map out what your weekly workout schedule is going to look like in the morning and in the evening.

You may want to track your fitness in a template like this:

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EMPOWERED WORKOUT SCHEDULE

MONDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:
TUESDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:
WEDNESDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:
THURSDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:
FRIDAY	
LEGS / ARMS / BUTT / ABS / FULL BODY	
TOTAL TIME:	CALORIES BURNED:

Or you may want to just scribble it down in a notebook like I do or put sticky notes on your mirror with it.

Here is another example for you:

	Morning	Evening
Monday	Legs	Yoga
Tuesday	Upper body	Walking
Wednesday	Glutes & Abs	Yoga
Thursday	Legs	Walking
Friday	Upper body	Yoga
Saturday	Glutes & Abs	Walking
Sunday	Yoga	Walking

As long as you are doing minimum 30 minutes each day that is an achievement.

Why I recommend structuring your workouts for the week is, so **YOU DO NOT MAKE ANY EXCUSES WITH "I DO NOT KNOW WHAT TO DO"**.

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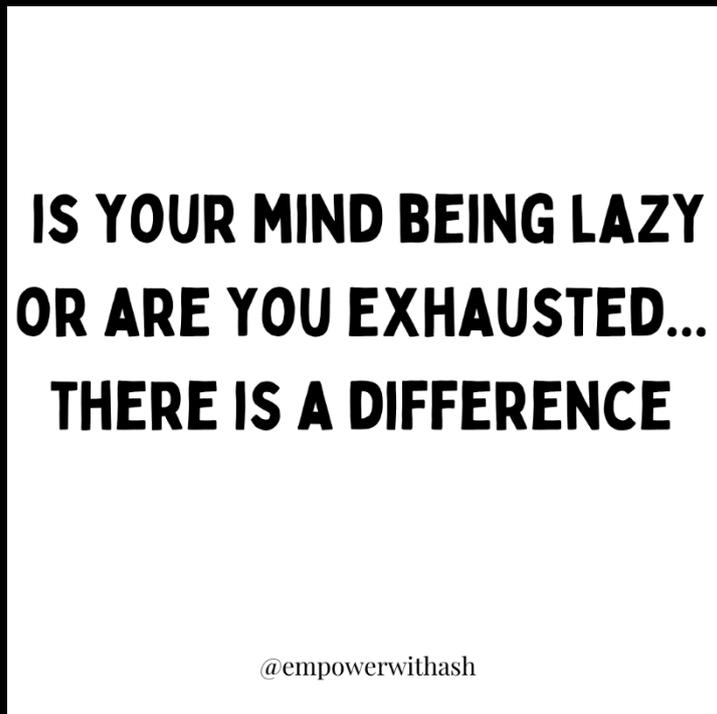
LISTEN TO YOUR BODY NOT YOUR MIND

Now there will be days when “you can’t be bothered” exercising.

That is ok, if it is for the right reason.

For example,... when you “can’t be bothered” is it because your mind is being lazy or is it because your body is exhausted, sore and you need rest.

There is a difference!



If your mind is being lazy... get the fuck up and do what needs to be done.

If your body is exhausted, needs rest and recovery time... then rest.

For example, ladies when you have your period you tend to be so sore and exhausted that you do not have the energy to exercise. So, let your body rest or change up the exercise.

Personally, when I have my period (sorry men reading this) I will be extremely exhausted some days that I will be bed ridden and will need to just rest. Or some days I will not have the strength to do weights or sprints, so I will do yoga instead. Change it up to meet your body’s needs.

So, during this challenge make a conscious effort to understand what is happening with your body and mind.

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If you cannot be bothered understand within yourself if it is the body or the mind. Become self-aware.

If your lazy mind kicks in, you need to address this straight away to get yourself out of this bad habit. This is a bad habit that needs to be smacked down. We will cover off on this a little bit later in “E = Exterminate Bad Habits” chapter.

In simple terms, **there is no such things as I cannot be bothered during this challenge.**

I would recommend putting this photo below on your vision board or mirror to remind yourself of this when it pops up.

**WHEN YOUR BRAIN IS BEING
LAZY... GET THE F**K UP.**

**IF YOUR BODY IS
EXHAUSTED... REST.**

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SLEEP WHEN YOU'RE DEAD.... NOPE WRONG

If you are anything like me, I am an absolute savage when I have no sleep. I am not a nice person at all. I am aware of this.

To me sleep is crucial. If you have a shit sleep, you tend to have a shitty rest of the day.

I absolute hate it when I am in a bad mindset because of my sleep. It impacts my output, my energy, my motivation, and progress.

RECOMMENDED SLEEP

The recommended sleep for a person is 7-8 hours per night.

Ask yourself this... **do you get 7-8 hours every night?**

- ✓ If you do not, why?
- ✓ Is there anything distracting you?
- ✓ Is there anything you can do to improve your sleep?
- ✓ Will the night routine help you?

I used to have such poor sleep and then I started my night EMPOWER routine which really helped me.

I suffer from insomnia and for those that have it will know IT IS AN ABSOLUTE BITCH.

There is nothing worse than being wide awake at 2am, thinking about life and not being able to switch off your brain.

With your new night EMPOWER routine you will be able to track your sleep and see improvements in your mood and energy.

For those that aren't aware of the importance and benefits of sleep here you go:

BENEFITS OF SLEEP

- #1 Cleans the brain toxins
- #2 Restores physical health & recovery
- #3 Helps you process information and improves memory
- #4 Improves mood regulations
- #5 Strengthens your immune system

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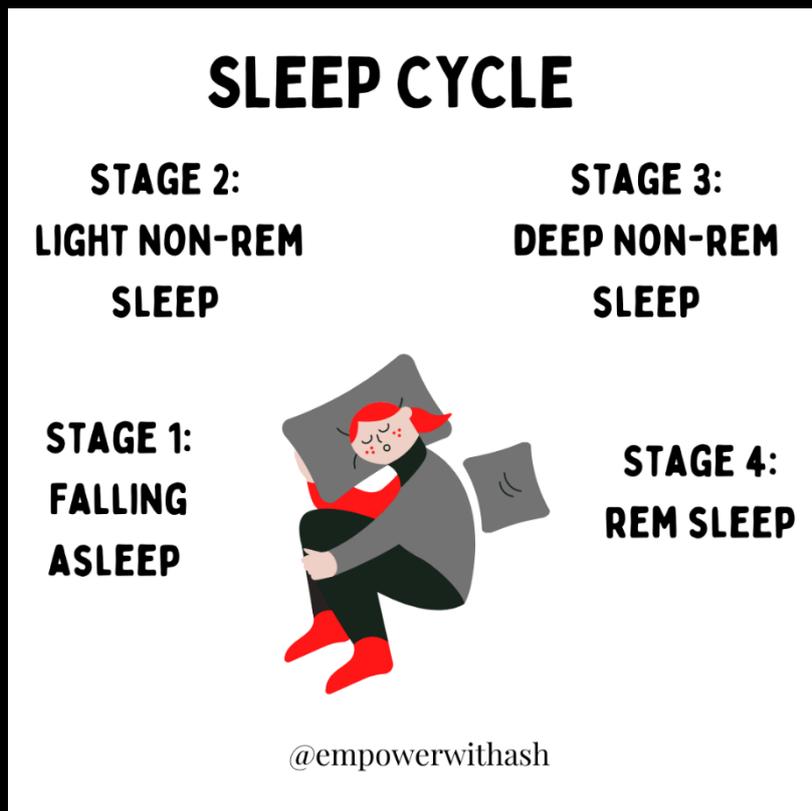
Now you know why you are such an asshole without proper sleep.
#lessonlearned

Sleep is crucial and is one of three foundations to your mindset and personal development. Take the time out to sleep. You only need 7 hours, and you will have 17 hours to kick ass at life the next day.... That is enough time.

TRACK YOUR SLEEP

Do you know how much sleep you are getting and what type of sleep you are getting?

Before I got a fitness watch, which tracks all this, I had no clue. Then I noticed the different patterns of my sleep, how long I was sleeping in each stage for etc.



LIGHT SLEEP (stage 1 & 2): it serves as an entry point into your sleep each night as your body unwinds. This is when you start “falling asleep” and promotes mental and physical recovery.

DEEP SLEEP (stage 3): This tends to occur in the first few hours of your sleep and makes you wake up feeling refreshed. Deep sleep promotes physical recovery and aspects of memory and learning. It has also been shown to support your immune system.

REM SLEEP: This is when your brain becomes more active, dreams occur, and your eyes moves in different directions. It has been shown to play an important role in mood regulations, learning, and memory as your brain processes and consolidates information from the previous day and stores it into long term memory.

Personally, I have a FitBit HR black model and on the app it shows you benchmarking with your sleep patterns vs how most people you age/gender sleep.

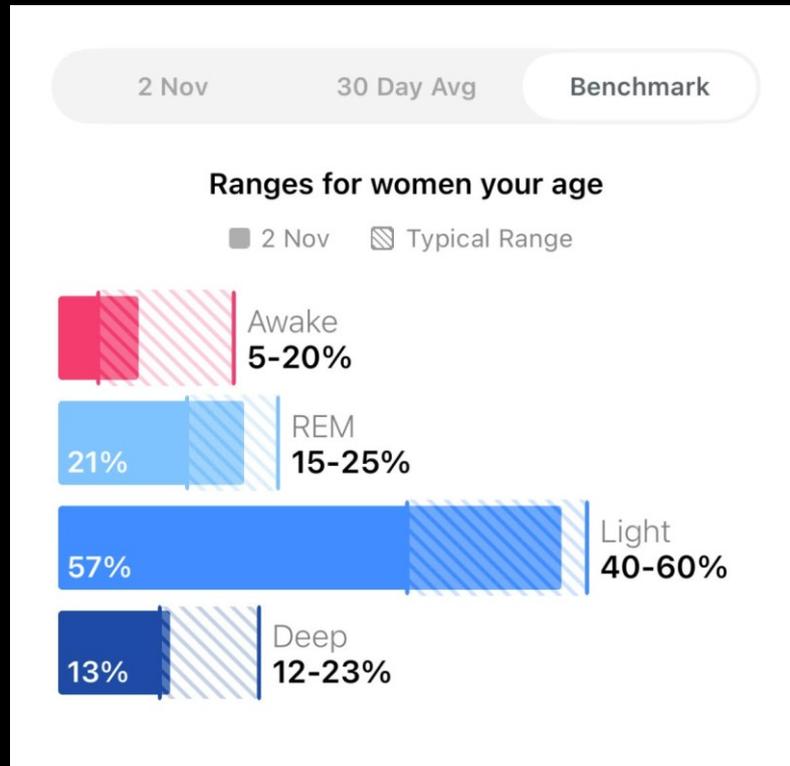
Below is an example of the benching marketing against my sleeping patterns.

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If you do not already have a fitness watch you do not need to spend hundreds on one like an Apple or Fitbit. You can also buy a cheap one from Kogan which costs around \$50-\$80 which does the same thing. I started off with something like this and then treated myself to a Fitbit later on.

MANAGING INSOMNIA

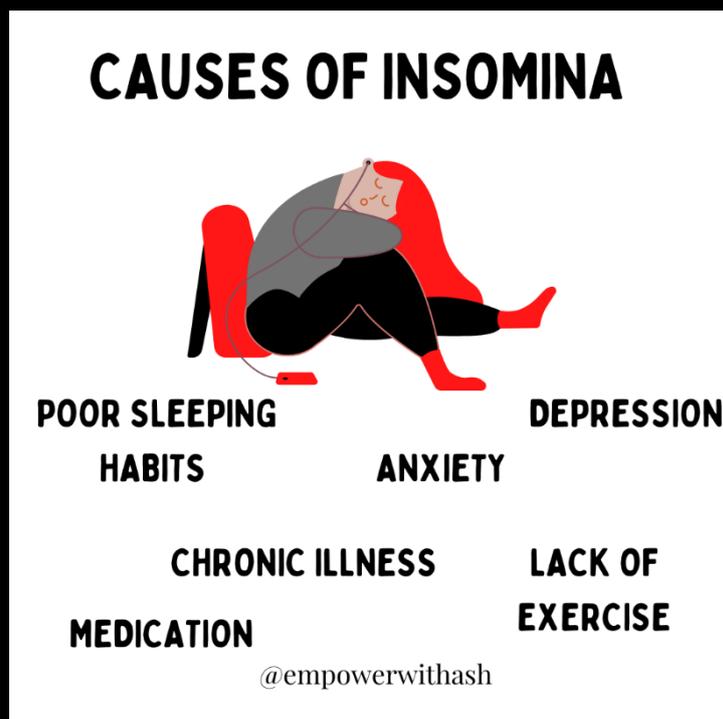
For all of those that suffer from insomnia you will be able to relate to this quote.



For those that do not know what it is...

Insomnia is persistent problems falling and staying asleep.

The most common causes of insomnia are:



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Personally, for myself I find my insomnia comes when my anxiety and stress kicks in, when I do not exercise or when I am in my “high performance peak” meaning my brain is so wired and being so creative I cannot stop it.

Your morning and night EMPOWER routine will be able to help mitigate many of these causes, especially, poor sleeping habits, mental health and exercising etc.

Following the EMPOWER night routine will help you manage many of the triggers and reasons why you may be suffering from insomnia.

With nights where my stress and anxiety has kicked in, I allow myself more time to meditate to calm my mind, release the stress and the negative thoughts. I have found that pausing the screens before bed has helped so much.

I have found I am sensitive to light in my bedroom which means I do not sleep well if there are any lights in my room. Pausing screens 1-2 hours before bed really helps me, and I am positive it will help you as well.

TIPS FOR A BETTER SLEEP

Additional tips to help improve your sleep and beat insomnia are:



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- ✓ **Lavender scent:** can be used on your temples or in a diffuser the small calms your nervous system and relaxes you
- ✓ **Magnesium:** Use magnesium tablets before bed will help activate mechanisms that quieten and calm you. It helps people with insomnia and mental health.
- ✓ **Sleeping music:** listening to calming music like waves, rain, whales, or meditative music can help with improving sleep
- ✓ **No caffeine:** No caffeine at least 5 hours before bed as this will keep you up longer than you need or want to
- ✓ **Sleeping tea:** Drinking chamomile tea before bed helps reduce inflammation, anxiety, and insomnia.
- ✓ **Follow your EMPOWER night routine:** exercising will exhaust body, meditation will quieten the mind and relax you, reading will make you tired, dimming the lights and switching off the screens will prepare your body to wind down and sleep

YOU ARE WHAT YOU EAT

We have all heard of this quote, and I remember really thinking about this and then having this lightbulb moment when I realised it was true.

If you sit there eating junk food and unhealthy choices it will be reflected in your physical condition, mental health, mindset, energy, environment etc.

In reverse, if you eat healthy and make healthy choices it will be rewarded and reflected in your life.

Think about it...

When you eat junk food, how do you feel afterwards?

You feel sluggish, tired, bloated, oily and you do not feel great about yourself.

When you eat healthy food, you need energised, you feel lighter, more switched on and motivated etc, it is weird, but you can feel it working for you, not against you.

I am not a nutritionist or dietitian professional but to me this is simple maths.

In this section we will explore healthy eating habits, tracking your food intake, drinking water, and recommended cookbooks.

**EAT HEALTHY TO LOOK AND
FEEL GOOD.
WHEN YOU FEEL GOOD,
YOUR MOOD CHANGES,
ENERGY LIFTS AND
CONFIDENCE INCREASES.**

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In this section we will explore healthy eating habits, tracking your food intake, drinking water, and recommended cookbooks.

HEALTHY EATING IS A LIFE CHOICE

During this 8-week challenge you are only going to eat foods that are good for you and make you feel good in the long run.

Sorry Ben & Jerry's does not make the cut. This is a short-term feel-good strategy.

I am not saying you cannot eat tasty food; healthy brain foods can be tasty to.

You can reward yourself with a "cheat meal" at the end of the 8-week challenge. It is all about balance, but during this 8-week challenge you want to **focus on consistent eating, healthy eating and structured meal planning**. Get yourself into a healthy lifestyle routine.

STRUCTURING YOUR MEALS

In the 8-week challenge I want you to set some structures around your meals.

Map out what foods you will eat for breakfast, lunch, and dinner over the 8-week period.

For example, my son and I have a "different dinner every night schedule" which is as follows:

Monday	Mexican Night
Tuesday	Chicken Schnitzel Night
Wednesday	Burger Night
Thursday	Chinese Night
Friday	Italian Night
Saturday	Thai/Vietnamese Night
Sunday	Indian Night

These are all homemade, and my son and I do not eat take out at all. We make it family time to look through cookbooks and find recipes to cook together.

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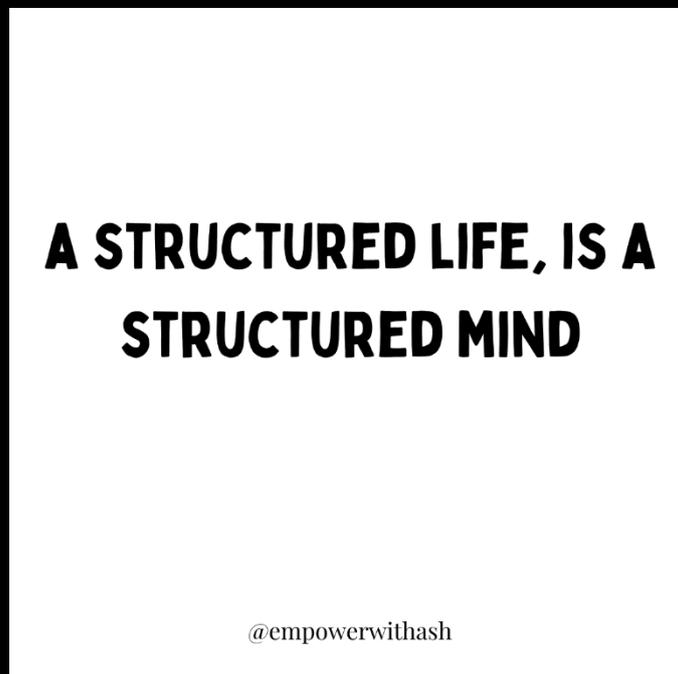
These types of food night's let my mind and body think that I am treating myself but really... it is all extremely healthy. It makes me "feel" like I am being naughty and "not missing out".

For breakfast and lunch, we are happy to mix it up with 2 different meals throughout the week.

I am a creature of habit and stick to my basics for daytime meals.

But map it out in your phone, journal, food diary or have a list on the fridge of the meals you will eat over the 8-weeks.

You can alternate the meals every fortnight, so you do not get sick of anything.



Below is an example how you will structure your meals for the 8-week challenge.

	Breakfast	Lunch	Snacks	Dinner
Week 1-2	Eggs on toast & protein oats	Pulled pork with coleslaw, steak/mushrooms/green beans/rice	Bullet proof coffee & strawberry protein smoothie	Tacos, Chicken Schnitzel, Honey Chicken, Beef Burgers, Vietnamese Salad, Beef Massaman Curry, Pizza Wraps

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Week 3-4	avocado on toast & omelette	Greek yiros & chicken sweet potato	Bullet proof coffee & chocolate banana protein smoothie	Nachos, Chicken Parmi, Chicken burgers, Thai beef salad, butter chicken curry, spaghetti Bolognese
Week 5-6	Eggs on toast & protein oats	Pulled pork with coleslaw, steak/mushrooms/green beans/rice	Bullet proof coffee & strawberry protein smoothie	Tacos, Chicken Schnitzel, Honey Chicken, Beef Burgers, Vietnamese Salad, Beef Massaman Curry, Pizza Wraps
Week 7-8	avocado on toast & omelette	Greek yiros & chicken sweet potato	Bullet proof coffee & chocolate banana protein smoothie	Nachos, Chicken Parmi, Chicken burgers, Thai beef salad, butter chicken curry, spaghetti Bolognese

I would also recommend to stick to an eating schedule as well during this 8-week challenge. Many of us will have bad eating habits that we will need to curb.

Below is an example of an eating schedule.

6am	Breakfast
9am	Snack 1
12pm	Lunch
3pm	Snack 2
6pm	Dinner

It is simple and effective; this will help you if you are overeating or undereating during the day.

It also allows you to incorporate intermittent fasting, which is another benefit for burning fat and losing weight.

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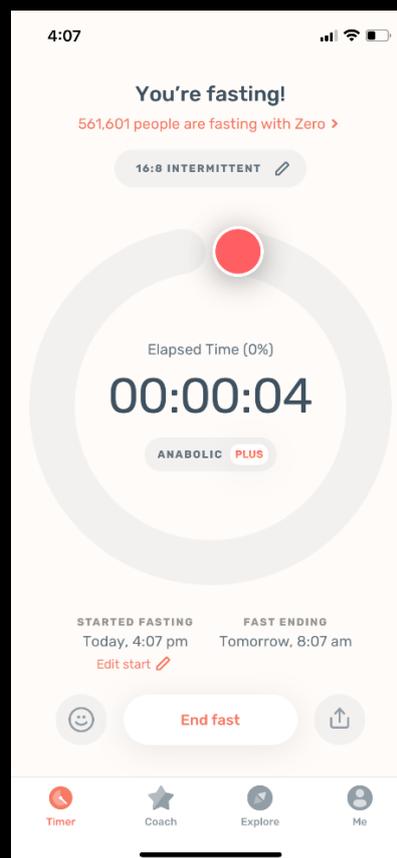
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If you want to learn more about Intermittent fasting check it out on www.healthline.com

But the simple benefits of fasting are:

- ✓ Improves function of cells, genes and hormones
- ✓ Assist with losing weight and belly fat
- ✓ It reduces insulin and lowers risks for diabetes type 2
- ✓ Reduces stress and inflammation
- ✓ Reduces heart health risk conditions
- ✓ Improves brain health

An app that I use to track my fasting hours is called “Zero”. Below is a screen shot of the app. It allows you to set reminders on when you want to start or finish your fasting period.



I am not telling you that you MUST do this, this is just an example of what has worked for me but may not work for you or may not interest you.

*Please ensure you consult with your doctor before making any changes to diets.

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MEAL PREP DAY

As part of this structure, you will also have a meal prep day or cook each night and make 2-4 extra dishes so it in fact lasts 4 weeks.

For example, in week 1 I will cook each night, but I will cook enough for 3 meals which will cover me for week 2, 5, and 6.

Then I will do the same in week 3 with the new meal plan and it will make meals for week 4, 7 and 8.

You may want to have a dedicated meal planning day where you cook everything for the 8 weeks on a Sunday and freeze it all.

The goal here is to ensure you plan ahead, you always have meals in your freezer for when you “can’t be bothered” cooking and want to stray and eat unhealthy food.

**IF YOU DON'T PREPARE
YOUR MEALS, BE
PREPARED TO FAIL**

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DRINKING WATER

Did you know 60% of the human adult body is water...

Our brains and heart are composed of 73% water. The skin is 64% water. Our muscles and kidneys are 79% water, and our bones are 31% water.

THAT IS A LOT OF WATER.

If we are 60% water, how much water should we be drinking per day?

The average recommended water intake is 8 cups a day = 2 litres a day.

Do you drink that much water per day?

Think about it... what do you drink throughout the day?

Coffee, tea, soft drinks?

How many glasses of water do you pick up and drink?

Do you have a 2L water bottle you carry around to help you track your water intake?

During this 8-week challenge you will be drinking 8 cups a day!

Reminder to set this as one of your health and fitness goals for the challenge.

To help you track your water intake I would recommend getting a 2L water bottle and use that as your water tracker for the day.

Below are one of the water bottles that I have.



As a reminder, here are some of the benefits of water for our bodies... this is only some...

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BENEFITS OF WATER

LUBRICATES YOUR JOINTS **DELIVERS OXYGEN THROUGHOUT BODY**

IMPROVES EXERCISE PERFORMANCE **BOOST SKIN HEALTH & BEAUTY**

FLUSHES BODY WASTE **REGULATES TEMPERATURE**

DIGESTIVE SYSTEMS NEEDS IT **SUPPORTS WEIGHT LOSS**



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If there is a lesson learning from this... I know we all slip up on this from time to time, but during this challenge we will be drinking 2L day and you will notice the difference in your body, skin, digestive system etc.

*References used from www.usgs.gov

TRACKING FOOD & CALORIES

Now you know how to structure your meal plans for the challenge and know you have to meal prep.

You will have to learn to track your calories and know how much you should be eating...

Whaaaaaat.... You can't eat whatever you want?

MACRO CALULATOR

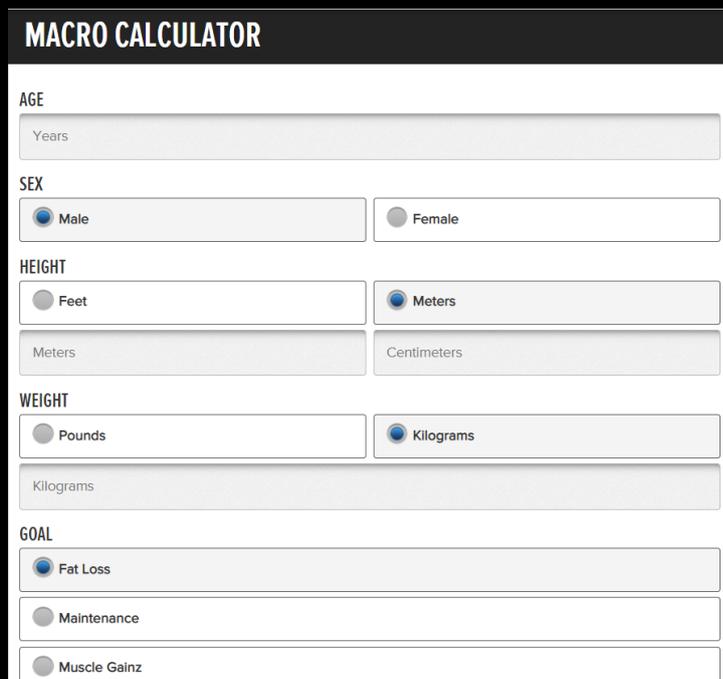
If you do not already know your macros aka how much protein, carbohydrates, and fat you should be eating per day, I want you to find this out before your 8-week challenge starts.

There are many sites that have a “macro calculator”, one that I have used is:

[Macro Calculator - Build Better Nutrition With Your Macros \(bodybuilding.com\)](https://www.bodybuilding.com/tools-calculators/macros-calculator)

Jump on the website, punch in your details and your goals and it will display your calories and macros (in grams).

Below is an example of the website's macro calculator:



The image shows a screenshot of a web-based macro calculator form. The form is titled "MACRO CALCULATOR" in a dark header. It contains several sections with input fields and radio buttons:

- AGE:** A text input field with the placeholder "Years".
- SEX:** Two radio button options: "Male" (selected) and "Female".
- HEIGHT:** Two rows of radio button options. The first row has "Feet" and "Meters" (selected). The second row has "Meters" and "Centimeters".
- WEIGHT:** Two radio button options: "Pounds" and "Kilograms" (selected). Below this is a text input field with the placeholder "Kilograms".
- GOAL:** Three radio button options: "Fat Loss" (selected), "Maintenance", and "Muscle Gainz".

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ACTIVITY LEVEL	
<input type="radio"/>	Lightly active (moderate exercise but sedentary job)
<input checked="" type="radio"/>	Moderately active (intense exercise but sedentary job)
<input type="radio"/>	Very active (moderate exercise and active job)
<input type="radio"/>	Extra active (intense exercise and active job)

CALCULATE

You will now know how much you should be eating to lose weight, maintain your weight or gain muscle during the 8 weeks.

Ps: this website is free

CALORIE TRACKER

Now that you know your macros and how much you should be eating, and you know what you want to eat...

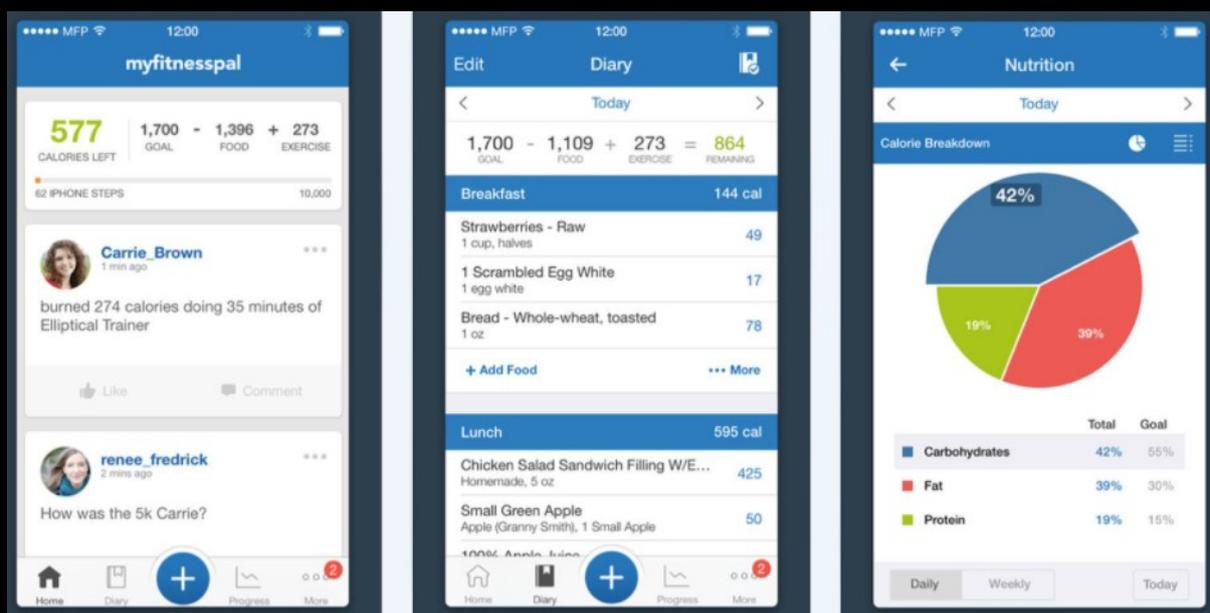
You need to put it into a calorie food tracker to see if you are eating what you should be eating. Makes sense, right?

A great free app that I use it “My fitness pal”. I have been using this for years.

Below is an example I found online which shows you the app.

You list all your meals in the app, track your exercise, capture calories burned, you can set food macro goals, track weight etc.

It is basically a pocket food diary on the go.



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Warning if you have not tracked your food intake before you may be shocked with out much or little you are eating.

I know I did. For years I thought I was eating well and enough and found out I was undereating bigtime!

Do not feel bad though, during this 8 week-challenge you will be making changes and you will see and feel the difference within you.

This is your opportunity for a new start, it is all about perspective.

*Reference material with app photo: [my fitness pal - Bing images](#)

RECOMMENDED COOK BOOKS

Top cookbooks that I use all the time are:

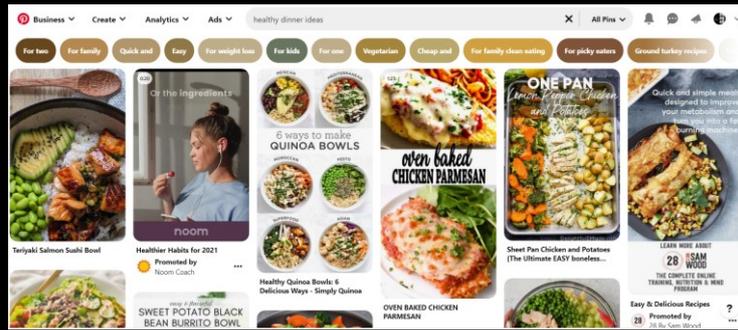


*Photo taken by Ashleigh Turner

I am gluten intolerant so these three are focused on gluten free quick and simple meals for myself.

However, I am a huge fan of recipes on Pinterest as well. Below is an example of the types of recipes you can find on there... and what I love is that it is very visual!

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*Referenced Pinterest: www.pinterest.com

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NEXT STEPS FROM HERE?

I would recommend moving onto A is for
Achieve your Goals module



HOW TO CONTACT ME?

Please don't hesitate to contact me on Instagram to share photos and stories if you are applying these tools into your life. I would love to hear your feedback and success stories!

You can follow me on:

@empowerwithash on all social media platforms

@change_8week_challenge for the private challenge page

@survivor_to_thrivers_podcast for the dedicated podcast page



E: admin@empowerwithash.com (general email)

E: challenge@empowerwithash.com (8 week challenge dedicated email)

W: www.empowerwithash.com

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Empower your Goals eBook

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Cover & Design: Ashleigh Turner

Photography: Ashleigh Turner & Canva (free photos)

Creative content: Ashleigh Turner