

THE 5 DAY GUIDE  
FOR

# Better Health & Wellness



BARBARA ANN BRUNO

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This helpful information comes from health Coach and Holistic Practitioner Barbara Ann Bruno.

Learn more at: **[BarbaraAnnBruno.com](http://BarbaraAnnBruno.com)**

# THE JOURNEY

**Day 1**  
CLARITY

**Day 2**  
GOAL SETTING

**Day 3**  
SUPPORT  
&  
ACCOUNTABILITY

**Day 4**  
SELF-CARE

**Day 5**  
GRATITUDE

TAKE BACK YOUR LIFE

DAY ONE

# CLARITY

*"I ALWAYS WANTED TO BE SOMEBODY, BUT  
I SHOULD HAVE BEEN MORE SPECIFIC"*

LILLY TOMLIN

## *Begin With Clarity*

What areas of your life are affecting you the most?

Take a few minutes to answer the following questions. When answering, be as honest as possible with yourself. This is your chance to start fresh. Creating clarity at the beginning of your journey will help you set goals for the change you most want to see.

### ***Take a look at your relationships; family, friends, career, spirituality.***

Answer the list of questions below for each relationship listed (family, friends, career, spirituality).

What area of this relationship would you like to improve? Which relationships create the most joy in your life? Which ones do not serve you well?

### ***Take a look at your nutritional habits.***

What is your relationship with food?

Do you feel anxious or guilty when eating, why?

Which nutritional needs need to be improved in you daily diet? (getting enough greens in, water, etc.)

### ***Take a look at your daily activity.***

How many times a week do you participate in physical activity?

What could you do to add more daily activity into your day?

Where in your schedule can you fit in exercise; before the kids wake up, during nap time, before or after work, mid-day break, lunch break?

## *Begin With Clarity*

Is there a specific area in your life that needs more attention than others?

What do you feel is causing you the most stress in your life?

Are you feeling out of control in certain areas or many?

What would it look and feel like not to have those stressors in your life?

Prioritize the areas in your life you'd like to see improved and/or changed. The area you feel is the most important area to work on right now will be your number one goal.

Now, take a deep breath and relax. Change takes time. What you are about to create today will be the start of many positive life changes to come. Let's celebrate the first day of a new you!

Action:

Join my [Facebook Group](#) for daily inspiration.

TAKE BACK YOUR LIFE

DAY TWO

# GOALS

*"THE MOST DIFFICULT THING IS THE  
DECISION TO ACT. THE REST IS MERELY  
TENACITY."*

*AMELIA EARHART*

# Setting Goals and Taking Action

Today you will take your number one goal and write down the top three things you feel you will need to do to reach it. What would you most like to see change and WHY?

Today: set your goal, state your WHY, and write down your unwavering actions steps, the ones you are not willing to compromise.

This is your time to start making positive changes.

Your goals may change over time and you may need to adjust for life's circumstances BUT never give up.

Don't look for excuses not to move forward. Excuses are fear in disguise. Remember, *change takes time*.

You are worth the positive changes you are about to make!

## Setting Goals and Taking Action

Use the space below to write down your first goal, then define what steps you will take towards achieving it.

My goal is to \_\_\_\_\_

These are the action steps I will take to achieve it:

1.

2.

3.

After you set your goals and define your action steps, repeat this affirmation to yourself a few times each day:

***I am worthy of positive change. Therefore, I will not waiver from my goals or action steps to reach my goals.***

TAKE BACK YOUR LIFE

DAY THREE

SUPPORT &  
ACCOUNTABILITY

*"ANYTHING IS POSSIBLE WHEN YOU HAVE  
THE RIGHT PEOPLE THERE TO SUPPORT  
YOU"*

*MISTY COPELAND*

# Support and Accountability

The past two days, you've

1. Determined what area in your life you'd like to begin working on.
2. Determined what actions steps you need to take toward achieving that goal.

You have your affirmation; ***I am worthy of positive change. I will not waiver from my goals or action steps to reach my goals.*** It's time to put a support system in place and talk about accountability.

Who in your life will be excited to see you reach your goals? If you contacted them, would they be excited for you, supportive, and be willing to participate in cheering you on?

Do you have family members and friends who want the best for you? The kind that continues to be there for you through all of your trials and tribulations?

Make a list of these people. This is your tribe. This is a group of individuals who will react to your wins in positive ways.

Surround yourself with a positive support system. If someone is not supportive of what you are doing, that's okay. Keep moving towards your goal. It may inspire the nay-sayers to do the same. Keep your momentum.

# *Support and Accountability*

Many people find success with accountability partners.

An accountability partner is someone who holds you accountable for your actions.

Both of you encourage one another to reach your goals by talking weekly, participating in an activity together, and or attending events together that are geared towards your goals.

You are one another's personal cheerleader.

This is extra support beyond your tribe.

To make this relationship work I suggest you give one another at least 10 minutes per week to listen to what one another needs. Be supportive in that area for your partner.

Self-accountability.

You need to want positive change for yourself more than anyone else wants it for you. It's important to hold yourself accountable for implementing change or it is not going to work.

What is it you want?

What do you want to see happen for yourself?

Look at your goals and action steps. It's within your power to make positive changes happen for yourself.

## *Support and Accountability*

The list below is whom you'd like to have as part of your support system, or as I call it, your tribe. Reach out to them and let them know what your goal is. Let them know how excited you are to include them. Remember, these are people who have always been supportive of your goals. These are the people you want in your tribe.

Who in your life would make a great accountability partner? This is someone you know or may meet on your journey. This is someone who will not pass judgment but will be there to listen to you and encourage you, even on bad days.

Make YOU a priority. Hold yourself accountable for reaching your goals and acting on your action steps. Be passionate about them and the changes YOU want.

YOUR TRIBE:

ACCOUNTABILITY  
PARTNER:

A collection of pink carnations and individual petals scattered across a white background. Some flowers are fully bloomed, while others are buds or just a single petal. The petals are a soft pink color, and the buds are green with some pink at the base.

*"When we change the way we look at  
things, the  
things we look at change"  
-Dr. Wayne Dyer*

TAKE BACK YOUR LIFE

DAY FOUR

# SELF-CARE

*"LOVE YOURSELF FIRST, AND EVERYTHING  
ELSE FALLS IN LINE. YOU REALLY HAVE TO  
LOVE YOURSELF TO GET ANYTHING DONE  
IN THIS WORLD"*

*LUCILLE BALL*

# Self-Care

You may notice some positive changes starting to happen by today. You've clarified the changes you'd like to see in your life; you've set a goal and put action steps in place to reach it. You're starting to form a support system around you, and you're ready to hold yourself accountable for taking back your life, so what comes next?

Self-care is key in making positive life changes.

The way you view self-care is important.

Do you see it as selfish?

Do you see it as a waste of time?

I'm here to tell you self-care is not only NOT selfish and so worth your time; it's the best way to show others you care about them too.

- When you take the time to care for your personal needs, others reap the benefits.
- When you take care of your overall well-being, you become happier.
- You're better equipped to focus on the needs of others when yours are met.
- The ripple effect you create with your self-care will be felt by those around you and beyond.

Think about it for a minute. If you took time to focus on yourself, how much stress would you be able to relieve in your life and for those around you? How would you feel? What would life look like? Imagine if you had 30 minutes every day just for you, no work, no house cleaning, the focus is on you!

What would you do with your 30 minutes?

# Self-Care

Starting today, take 30 minutes or more to perform some self-care practice.

- Meditate
- Take a warm bath
- Read a few chapters in a book you've wanted to read
- Sit quietly
- Set up a bedtime routine to ensure you are getting 7 to 8 hours of sleep each night
- Yoga
- Take a walk

Set a goal to practice one self-care modality of your choice two to three times a week. Schedule it on your calendar. Add a day each week until you are practicing self-care regularly.

Today I will take time for myself and

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This is a great day to Schedule your private debriefing with Barbara.

TAKE BACK YOUR LIFE

DAY FIVE

# GRATITUDE

*"GRATITUDE IS A WONDERFUL WAY TO  
DRAW MORE BEAUTY INTO YOUR LIFE."*

*KATRINA MAYER*

# Gratitude

Getting clear with the changes you will be making, setting your goals, and implementing them is just the beginning of all the amazing things you will be creating for the new life ahead of you.

Remember to thank your supporters for being there for you. Thank yourself for taking the time and having the courage to make the necessary changes you need to live a more fulfilled and happy life.

Giving gratitude has many positive effects on your mind, body, and soul. Being grateful for even the smallest thing in your life increases your happiness level.

These are a few positive side effects when you practice gratitude:

- Reduction of stress levels
- Better sleep practices
- Lower blood pressure
- Weight reduction
- A stronger immunity
- Improvement in self-esteem

The simplest thing, having an Attitude of Gratitude, changes the world we live in.

# Gratitude

Whatever you feel grateful for, give a heartfelt thanks for it. Give in return. Give without expectation. Acts of kindness do not go unnoticed by the universe we live in. Your reward is the good feeling you get from helping others with no expectation of receiving anything, sometimes not even a thank you. If you give with gratitude with no expectation of anything in return, you'll notice a change in what the universe provides you.

It can be anything: having a home to live in, your amazing children, food to eat, good health, time for yourself, a new job opportunity, setting goals and following through, supportive family and friends, a helpful stranger, being able to give with no expectation, having the courage to create your new amazing life!

The three things I am grateful for today are:

- 1.
- 2.
- 3.

*Thank you for participating,  
this is just the first step on your journey!*



*Your next Steps*

- 1. Sign up for Barbara's Signature Health Coaching program. Those who have gone through this 5-day challenge will receive a \$250 discount.*
- 2. Schedule a debriefing with Barbara. We will spend 30 minutes talking about your goals and next steps.*

*Remember, all goals take time. I look forward to working with you.*

*Barbara XOXO*

If you are not in my private Facebook group, please request to [join here](#).