

INSIDE OUT WITH KRIS

**21 DAY
WELLNESS
RESET**



SELF LOVE, MINDFULNESS, MOVEMENT
& NOURISHING RECIPES TO REIGNITE
YOUR HEALTH AND WELLNESS JOURNEY

Hey lovely, welcome

I am so excited to connect with you over the duration of your Wellness Reset. This programme has been created for you to take action and support you to create a healthy lifestyle with simple holistic habits and rituals introduced to your everyday life.

I want you to know I am here for you, I am here to support your goals, keep you accountable, and be your biggest cheerleader as you embark on your journey to self love and finding that magnetic energy in your life again.

In this program you will find:

- * Daily non-negotiables
- * 12 Minute workouts
- * Nourishing recipes
- * Journal prompts
- * Organisational tips
- * Mindfulness practises
- * Self love challenges
- * Weekly workout planner
- * Weekly meal planner
- * Weekly mindfulness planner

and a few extra wellbeing practises to support you to take inspired action.

Disclaimer: While I am not qualified in any of the following professions, I am qualified in having felt like absolute rubbish - with the following tools and practices put into place I now have the capacity to thrive physically and emotionally. However, the recipes and nourishment tips have been approved by accredited Dietitian & Behavioural Scientist Dr Kirsty Seward. The workouts have been approved by a qualified Athletics and Crossfit Coach Brittany Carracher.

This might get a little uncomfortable, and that is okay. We want to commit to our growth right?

So, are you ready? Lets fucking do this.

Kris x



Daily Non-Negotiables

A little note to you

I don't want this to be another overwhelming to do list. So I thought I would give you a few pointers behind the importance of ticking each of the non negotiables off the list each day. It takes 21 days to build a habit, and that is a scientific fact.

We want to introduce these new small changes into your routine, because we know they are not time consuming, they are easy to follow if you commit to it, and once you've done it for 21 days, it will be apart of your lifestyle. It won't feel too hard or overwhelming to do. And every time you feel the unmotivated mindset creeping in, you can whip this out.

- * Set it as your background on your phone or print it off and pop it on the fridge.
- * A simple, effective way to reintroduce healthy habits into your life.
- * If you don't complete all of these every single day you have NOT failed (this was my mindset once upon a time).
- * This reset challenge MUST fit in with your life but we want to try our best to make these simple habits non-negotiable.

The screen time limit + time cap at night might seem big. But for trialling purposes, I would love if you can delete your socials from your phone, and log in each morning on your laptop or computer. Trial how long you spend time here this way. (I find Instagram is less user friendly on the laptop, so I'm not interested to stay longer then checking notifications) If that's not for you, then that is totally okay! Just try to keep it at the limit of 30 minutes.

We want to connect with ourselves during this time, the toxicity online is harnessing a low vibrational state for everyone right now. The importance of limiting our time and energy on social media is to remind ourselves real life is outside of these realms.

MEDITATION AND BREATH

I've always WANTED to find time, but when I would it would be rushed, inconvenient and added a sense of 'I'm not doing this perfectly so its not worth doing' but here's the thing... taking a moment for you, to - Stop. Breathe. And Be is not complicated. Whether that's in the shower. While you heat up a bottle. While your home schooling your child and give them a few minutes of work where you have a window of stillness available to you..

Close your eyes, one hand on your stomach and one on your heart, take a breath in... count 4,3,2,1 and breathe out for 4, 3, 2, 1... repeat this cycle a few times..at your convenience. Its about taking the moment of time you do have, and reconnecting with yourself and your breath, slowing down, and just being with you. Judgement free. Without pressure.

I've included a beautiful meditation gifted to you by Nicola Laye in this program.

JOURNAL PROMPTS

These prompts are here for your discomfort. Moving through our comfort zone is where the growth lies. You will see I've included my personal entries on each of these... I hope me joining you, being vulnerable with you encourages you to go inward and do the same. These are for your release, so you don't ever need to show anyone.



MOVEMENT

How that looks for me might look differently for you. And that's the beauty of resetting yourself over 21 days, its not about what Im doing, its about what YOU are doing. How it looks for me, its high intensity movement fast, quick, burning, sweating, with my kids climbing over me sometimes and others without, just committing to myself for 12 minutes per day to move my body in the way I LOVE.

I've included 21+ minimal equipment, simple & fast movement sessions in this program for you to do at your own pace, however you wish. You might like to do 3 a week, or 7 week, you might like 1 a week. However that looks for you is OKAY. What I do need you to do, is work out what feels good for you to commit to moving in some way for 21 days 12 minutes a day.

Whether that's stretching, yoga pilates, dancing in your kitchen with your kids, running, walking, riding a bike. Whatever style of movement brings you JOY and you can commit to for 12 minutes a day for 21 days is what you need to do.

NOURISHMENT

Please make sure you read the nourishment tips page, these are all sustainable lifestyle choices we can introduce over the 21 days to live our lives with more intention while fuelling and nourishing our body. I've included my favourite smoothie combinations, breakfast inspiration and meals that you can have on a repeated cycle for lunches and dinners or create your own, however your meal plans look for you, that is okay. The goal is to nourish and fuel.

SELF LOVE CHALLENGES

Pick something new everyday, and make it work in your life. For things like; 'having a bath with your favourite book' you might need to ask for a little support from your kids, or partner. Finding time for these self love practices are a priority over the 21 days. Prioritising yourself is not negotiable.

I've also included, organisational tips and mindset tips!

INSIDE OUT WITH KRIS

Nourish Your Mind

MOVEMENT / MINDSET / NOURISHMENT

**30min social
media time cap**

**12min of
movement**

**Journal
prompt entry**

**1 of of the 21
day self love
challenges**

**Phone down
from 8:30pm**

**A few mins
of meditation
or breath**

3L of water

**500ml of
lemon water
or broth**

25 x 12 Minute Workouts

lets work it girl!

| 10 X 10 | EMOM12 | 30/20/10 | 30:30 | FOR TIME |
|--------------------------------------|---|--|---|---|
| AIR SQUATS SIT UPS | 7 X REPS EACH BURPEE WEIGHTED SQUAT | PUSH UPS LUNGES THRUSTERS | BEAR CRAWL AIR SQUAT | 100 BURPEES |
| SLAM BALL RUSSIAN TWIST | 5 BURPEE 5 KB SWING 5 SITUP | STEP UP GOBLET SQUAT REVERSE LUNGE | MOUNTAIN CLIMBERS WEIGHTED CURTSEY LUNGE | 1KM RUN 100 SIT UPS |
| BUNNY HOPS BURPEES | M1 40 MOUNTAIN CLIMBERS M2 20 LUNGES | USE DUMBBELL LATERAL RAISES TRICEP EXT PUSH PRESS | SKIPPING BURPEE OVER BAR | 5 X ROUNDS 200M RUN 8 PUSHUPS 12 DEADLIFTS |
| WEIGHTED HIP THRUSTS GOBLET SQUAT | M1 15 WALL BALLS M2 50 SKIPS | SIT UPS BOX JUMPS | DB PUNCHES SQUAT PULSES | 5 X ROUNDS 40 SKIPS 20 KB SWINGS 15 BURPEES 10 SQUATS |
| DB SNATCHES PUSH PRESS | M1 22 JUMP SQUATS M2 11 PUSH UPS | KB SWINGS KB SQUATS | WALL BALLS RUSSIAN TWIST | 100 WALL BALLS *EVERY BREAK 3 BURPES |

Movement Breakdown

10 X 10

10 repetitions each movement x
10 rounds total (these are 10 min workouts)

EMOM

Every minute on the minute for 12 minutes (if you don't finish your reps in 60 seconds start next round at the next minute at new set of reps)

M1 / M2

Minute 1 / Minute 2

30 - 20 - 10

30 repetitions each movement, then 20 of each then 10 of each

30:30

30 seconds on (work) 30 seconds off (rest) 12 rounds total

FOR TIME

Complete the movement until the quantity of repetitions is complete *record your time*

ROUNDS FOR TIME

Complete total amount of rounds with minimal rest *record your time*

DB / KB

Dumbbell / Kettlebell

*can replace for any other equipment you have

These are here if you want them, the choice is yours! If they seem too hard, a friendly reminder.. They are 12 minutes of your life. We can do hard things. **Cut the shit.**

I understand some of these movements may be new to you, or you may not have done them for a while so I've put together the scaled back options for as many as I could. If you are concerned, please email me and we can work out what movement would be best for you in replacement.

SEE SCALE BACK OPTIONS BELOW

- * **Burpee:** No push up burpee, no jump burpee
- * **Slam Ball** *If you have no ball* hands up tall above your head, and squat low hands touching the ground. Or, use your baby, without the throw and drop
- * **Weighted Movements:** Use anything, litre water bottles, your baby, a kettlebell, dumbbell. If you aren't comfortable with using a weight body weight is great too!
- * **Box Jump:** Step ups, on chair, stairs, or reverse lunge into high knee alternate legs for time or reps.
- * **Push Ups:** On your knees, hand release (chest to ground release hands & push back up)
- * **Wall Balls:** Box jumps, jump squats, air squats
- * **Skipping:** *No rope* jump on the spot
- * **Push Ups:** As many as you can on your toes, on your knees, on a bench, or the wall

Nourish Your Body

nourishment tips

EAT WITH INTENTION

ie, don't eat when you are emotional bored/tired/sad, food is fuel. Don't snack on your kids food. Preparing snacks ahead of time for if your not home. A little note on the fridge if you are like me and lockdown has you going back to fridge for a snack 100 times a day, you aren't hungry. You are bored. Write down: Will this fuel me? What do I need for me right now? Perhaps its a moment in the sun, a few deep breaths, or you haven't had enough water. Remembering that hydration plays a key role in our fuel too. We eat because we love our body, and want to fuel it to have sustainable energy everyday.

Alcohol 1-2 glasses of wine 1-2 times a week won't disrupt your emotional health be mindful that more then this amount does impact our emotional and physical health. This is for the ladies that happily drink 1-3 bottles a week, traditionally consumed Friday to Sunday. (hi its me too) I will be having my 1-2 glasses on a Saturday night with dinner with my family. That is my limit for the week.

CAFFEINE

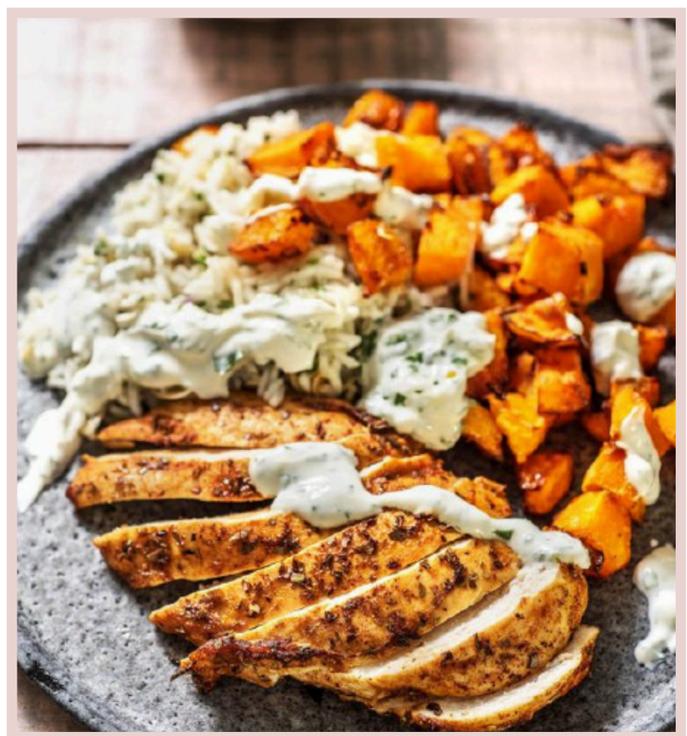
Don't worry this will not be going anywhere. This is a Wellness Reset program that's actually sustainable to fit in with YOUR life. If you can, I want you to cut down 50% of your intake. So, I have the total of 6 shots of coffee a day, (double shot at 5am, double shot at 9am, double shot at 12pm) I will be cutting down to single shots and removing the 9am all together. (Remember you will be getting energy from your 12 minutes of movement) We want to lower our cortisol levels and leave capacity for our bodies to have a better quality sleep, which as we know will promote more energy in the day Note: I know some of you are functioning on minimal sleep as mumma's I'm with you here, but just try to remember everything in this reset will support you as a collective, but you need to do the work.

SUGAR

The come down food. The food that gives you a little tiny buzz then leaves you feeling bloated, tired, and personally constipated (lollies). (Lollies, cupcakes, donuts, white bread all have their place in our lives, don't get me wrong!) This program is not to suggest they are bad, all food is good. But its important you recognise you feel less energised after consuming these foods, and during this 21 day we want to be working towards feeling awesome. They have their place, but that isn't a 9am 'pick me up' or 10pm sugar craving snack.

WHOLEFOODS

Vegetables, nuts, good fats, high protein. We want to consume primarily these foods in our main 3 meals. But, don't overcomplicate it. It does not need to be all organic, fresh from the farmers markets to be healthy. If that's your vibe, then do that. If that's not your vibe, then purchase as you always do. If you don't enjoy vegetables, I opt for putting as much as I can in my smoothie of a morning or afternoon, I slow cook a meat and add in loads of veg, or I roast vegetables to go in a salad or make a healthy pizza (melted cheese makes everything taste good).

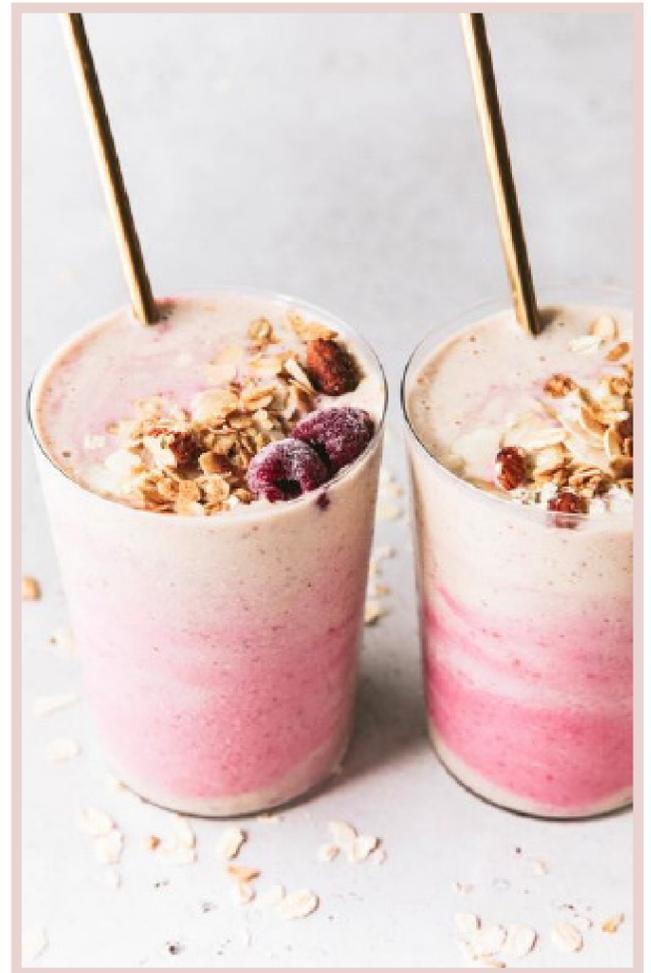


Nourish Your Body

WHOLESOME RECIPES TO FUEL YOUR MIND & BODY

SMOOTHIE RECIPES

- 1.** 1/2 Avo, 1 frozen banana, 1/2 frozen zucchini, handful spinach, honey, coconut milk or milk of choice. Optional: vanilla protein
- 2.** 1 shot of coffee, 1 frozen banana, 1/2 frozen zucchini 1-2tbsp maca powder (if you have it) 1tbsp almond butter (or peanut) 1 pitted medjool date, 1 cup almond milk or oat milk, ice, dash of vanilla essence. Optional: protein
- 3.** 1 tsp biscoff spread, 1 frozen banana, 1/2 frozen zucchini, 1 cup almond milk, 1/2 cup of oats, ice, dash of vanilla essence. Optional: protein (I use vanilla)
- 4.** 1 Frozen banana, 1/2 frozen zucchini, 1 cup almond milk, dash of vanilla essence, 1 tsp cinnamon, 1 tsp almond butter, 2 tbs rolled oats. Optional: protein



BREAKFAST IDEAS



- 1.** Avocado on sourdough, with nutritional yeast, s + p, chilli flakes and lemon
- 2.** Vegetable Omelette: Capsicum, spinach, zucchini, tomatoes, goats cheese, s + p
- 3.** Turkey Burger: Turkey mince, seasoning of choice, 1 egg, combined then rolled into a ball with seasoning of your choice, cook like a beef pattie in the two slices rye breast (toasted) add sliced tomato, cheese, spinach, alafa sprouts
- 4.** Banana Pancakes: 2 Ripe bananas, 1 cup oats, Optional flavor and mix-ins of your choice (vanilla extract, cinnamon, berries, raisins, nuts, shredded coconut, chocolate chips, etc.)

Simply blend the bananas, eggs and oats together really well (preferably in a blender) and cook them on a skillet like you would any other pancakes. They are definitely a little bit more fragile than flour pancakes, so let them cook through on one side before flipping.

Nourish Your Body

WHOLESOME RECIPES TO FUEL YOUR MIND & BODY

DINNER RECIPES

Click the links below to access my delicious and healthy dinner recipes.

1. [Air fryer salmon & asian salad](#)
2. [Chicken and broccoli noodle stir fry](#)
3. [Chicken fried rice](#)
4. [Vegetable lasagne](#)
5. [Vegetarian burritos](#)



SNACK IDEAS

I'll leave this to the Queen of snacking!
Access Dr Kirsty Seward's 101 Snack idea's
ebook by clicking the link below.

[SNACKS EBOOK](#)

Nourish Your Mind

4 TIPS TO SUPPORT YOUR EMOTIONAL FATIGUE

1.

MEDITATION

My beautiful friend & Breathing Coach Nicola Laye has kindly offered each of you a gentle, releasing meditation to include in this 21 Day Reset program (normally only available to her coaching clients) - Do this daily if you can [**MEDITATION HERE.**](#)

2.

TURN OFF THE TV!

If its triggering you, turn it off. There are plenty of government based websites we can go to to learn updates and changes in our local areas for what is relative information we need. Other than this, we don't need to expose ourselves to the ongoing mainstream events circulating every day.

3.

'BUT I DON'T HAVE TIME TO DO X Y Z'

We make time for what is important. Your health, is as important as your child or your mothers health. Tell yourself 'X Y, Z Is not a priority to me and notice how that feels. **Make the time.**

4.

SOCIAL MEDIA DETOX

Social media has quickly become the location for every man and their dogs opinion. Misinformed influencers making their statements daily and overall exposing ourselves to negative energy in a space that is supposed to bring us joy. **Unfollow accounts that trigger you in any negative way. Set a time limit.**

Nourish Your Mind

7 JOURNAL PROMPTS TO INVITE GROWTH AND SELF LOVE INTO YOUR LIFE

1.

What does a dream morning of my life look like? Describe it, down to how you feel when you open your eyes. *I'll start... I wake up to the sound of the ocean. I open my eyes and hear the shower running, my husband is home from his run. I hear giggles, and feet tip toeing up the timber floorboards. I meet my children at the door, and they tell me it's breakfast time. We dance through breakfast, I can see the ocean. She looks calm. I kiss my husband and duck out the front door across the sand and dive into the ocean.*

2.

What steps are you taking to live your dream life? How can you integrate these moments into your life right now? *I will have more breakfast dance parties in the kitchen with my children. I will make time for ocean swims, even if I have to drive.*

3.

What do I give permission for myself to do today that I normally would resist? *Today I will leave the washing, the folding, and the vacuuming. And I will take a bath and read my book.*

4.

What are 3 things I want to feel today? And what are 3 things I will do to support that?

I want to feel energised, calm, connected

I will move my body to feel energised

Do a meditation when I feel anxious or stressed

Call a friend I haven't spoken to for a while, and take the time to connect with them

5.

What was hard about today? How can I help that to be better tomorrow?

I rushed the babies with breakfast and getting dressed for daycare. We were running late and I rushed them. It could have been a calmer morning had I been organised last night packing their bags and having their clothes ready.

6.

What are some limiting beliefs that hold me back? *I feel like I am not enough sometimes. Good enough Mum, good enough wife, good enough daughter. Good enough friend.*

Then, write an affirmation for yourself to repeat daily ie while brushing my teeth or putting the kettle on. *I am enough. I am a incredible mother. A devoted wife. A loyal Friend. I am enough.*

7.

What am I grateful for? You can list 3 things or 33, do what feels right to you. *My health, my childrens health, the opportunities I've had, the lessons that have taught me resilience, my beautiful kitchen, the sunshine on cold winters days.*

What do I need to let go of? *My need to control how circumstances are played out & how people feel.*

Self Care Challenges

- Journal Work: write down 20 Things you love about yourself. This will be hard at first. But lean into it. You don't need to come up with 20 today. Over 21 days, I want you to notice what you love about you, write it down. And keep somewhere near. It will feel uncomfortable at first, but nothing good happens inside out comfort zone right?
- Go for a run. For as long as you can, because you CAN. 100m, 1000m, 10,000m however that looks for you it doesn't matter the distance. Running can bring you more joy then any therapy or medicine. It brings a sense of freedom, gratitude, and most importantly releases endorphins.
- Declutter social media. Unfollow accounts that are not bringing you joy, if you dont want to unfollow your friends that aren't bringing the joy, mute them. You are in control of what you expose yourself to, that includes people's opinions.
- Buy yourself a a bunch of flowers. Place them somewhere you will see them. Flowers bring a beautiful energy to any space.
- What is your favourite movie or tv show? Put that on, anytime of day or night. Put your phone locked in a bedroom or give it to your partner to hold onto. Get a block of chocolate. And wine or a cup of tea. This is a moment for you. Enjoy your wine, your chocolate, guilt free. You won't gain excessive amounts of weight from this one sitting. Be sure to stop when you feel full, and no longer have a desire to continue the chocolate. Put it away. Finish your movie. Taking this time for you, to turn off is so important.
- Watch the sunrise.
- Declutter your emails - unsubscribe as many emails as you can that you don't ever open. The constant notifications in your inbox impacts your mental load.
- Run a bath, take only a book. If you need to ask for support from your kids, partner, housemate whatever to give you this time then ask for this support.
- Buy a coffee and sit in the sun. Take in the sounds. The movement in the trees, the cars going past. Just sit with yourself and be. Enjoy your coffee, and your time with yourself.
- Stop and read your book in the sunshine in the middle of the day (or at any time that is usually blocked for work, kids, cleaning, or 'doing')
- Solo dance party. Headphone in, favourite songs on. 30 seconds or 30 minutes, you decide how long. Let go and have fun with this!
- Whats something you've been 'eyeing off' but carry so much shame around spending money on yourself for something you want not 'need'... give yourself permission to buy it. Be proud of it. You deserve it.
- Go for a walk and listen to a podcast

Self Care Challenges

Dance party in the car, music on as high as it will go and dance it out!

What is something you did as a kid for fun? i.e. skateboarding, rollerblading (personally I used to draw. I thought I was quite good. I spent hours on weekends sketching) Reflect on this, and introduce it to your day

Watch the sunset (with a glass of red of course)

Buy yourself lingerie. NOT for anyone but you. Why? Because you deserve it. And you deserve to feel beautiful and sexy within you without validation from anyone else (I've owned nothing but bonds breastfeeding bras for 3 years, so this is WAY out of my comfort zone)

Go for a walk without your phone - take everything in around you. practice gratitude and positive affirmations as you go

Wash your hair, use a face scrub or mask, shave your legs moisturise your entire body, scrape your tongue

Declutter that draw. You know the one that each time you open it its like an extra tab is opened in your mental load. Declutter it, clean it. Live free.

Have one, totally free social media day. Don't open it once! If anyone needs you, they will call. 24 Hours no socials. Trust me.



Affirmations

PERSPECTIVE IS AN INCREDIBLE TOOL WE CAN PULL FROM OUR MENTAL TOOLKIT AND AUTOMATICALLY SHIFT OUR HEADSPACE.

In moments of doubt, fear, frustration, overwhelm - I wanted to give you a few thought lead affirmations to repeat back to yourself.

You can screen shot this page and make it your wallpaper or maybe print them off and place somewhere like the fridge or bathroom mirror

WHAT IS THIS TEACHING ME?

NOTHING GOOD COMES FROM INSIDE OUR COMFORT ZONES

THIS IS A SEASON, I SURRENDER TO THIS SEASON

DON'T LET THE FEAR OF STRIKING OUT KEEP YOU FROM PLAYING THE GAME

WHAT THEY SAY ABOUT ME, IS NONE OF MY BUSINESS

THIS TOO SHALL PASS

I CAN'T CONTROL HOW OTHERS PERCEIVE MY ENERGY

IF YOU ALWAYS DO WHAT YOU'VE ALWAYS DONE, YOU WILL ALWAYS GET WHAT YOU'VE ALWAYS HAD

WHAT IF LIFE WASN'T HAPPENING TO YOU, BUT FOR YOU?

I AM ENOUGH

SUNDAY CHECKLIST

- What time will work best during the day for 12 minutes of movement?
- Can I wake up 15 minutes earlier to spend time connecting with myself & entering my journal prompt.
- Have I set my screen time limit?
- Which Self Love Challenge is do-able tomorrow for me?
- What does movement look like for me this week? 'Movement planner'
- How can I fuel my body this week? 'Meal Planner'

INSIDE OUT WITH KRIS

Nourish Your Mind
MOVEMENT / MINDSET / NOURISHMENT

| | |
|---|---|
| 30min social media time cap | Phone down from 8:30pm |
| 12min of movement | A few mins of meditation or breath |
| Journal prompt entry | 3L of water |
| 1 of the 21 day self love challenges | 500ml of lemon water or broth |

Thank You

Because of you, a fire has been reignited in me. Thank you from the bottom of my heart for saying YES to this with me. I hope this program has given you the tools emotionally and physically to show up everyday for yourself with more intention, nourishment and love for yourself.

Somewhere between being inspired little girls, doting mothers, career driven leaders, we lose the part of ourselves that wants to fight to be the best version of ourselves. The chef, the cleaner, the taxi service, the counsellor. We start living for everyone else but ourselves. I hope you implement these self-love challenges into your life permanently.

You are worthy of time for yourself, space to breathe, move and be. I am committed and accountable to you during the next 21 days, so you will be hearing more from me. However I want you to know if you are struggling, if anything here isn't working, reach out to me, lets find what CAN work and how WE can make that happen.

Nothing changes if nothing changes. I'm ready when you are girlfriend!

Kris x

