

THE

Compassionate

ROUTINE BLUEPRINT

What is your Biggest Fitness Goal?

Describe the version of you that has gotten to that goal.

The 7-Step Audit

Step #1: Awareness Audit

How do my current lifestyle and daily activities support or hinder my fitness goals, and what realistic changes can I implement to enhance my wellness journey?

- **Goal Setting: List your current fitness goals.**

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- **Lifestyle Compatibility: Evaluate how these goals fit with your current lifestyle (work, family, etc.).**

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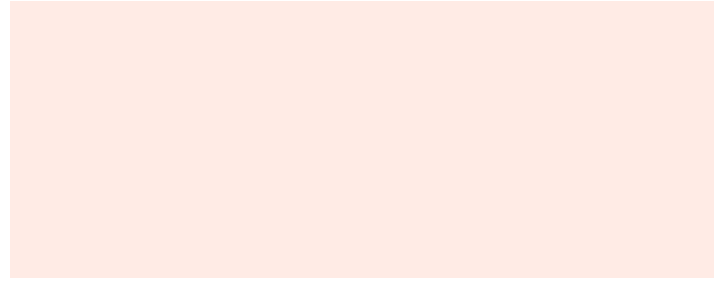
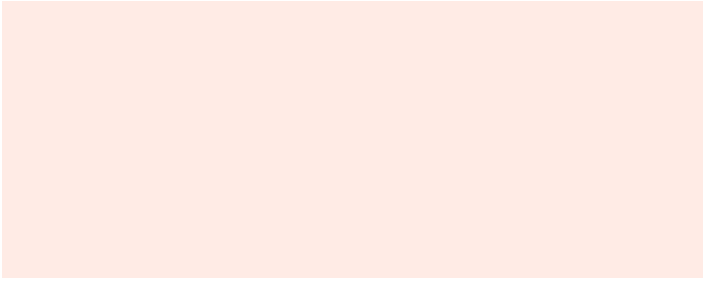
- **Adjustments Needed: Identify realistic adjustments to better align your goals with your lifestyle.**

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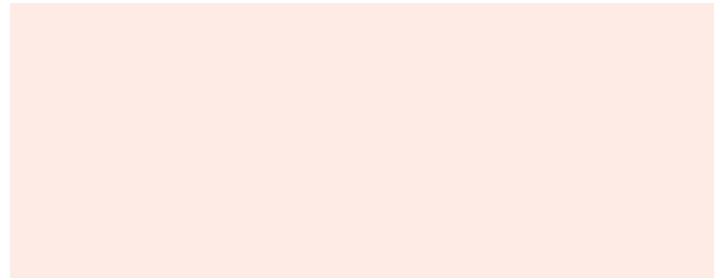
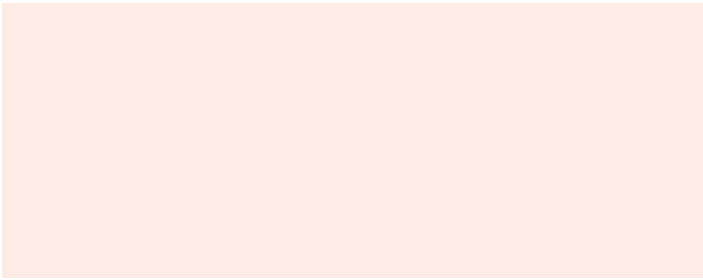
Step #2: The Knowledge Audit

What specific effects do different workouts and nutritional plans have on my body and mind, and how can I tailor these to better meet my personal health needs?"

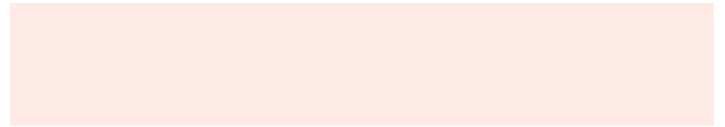
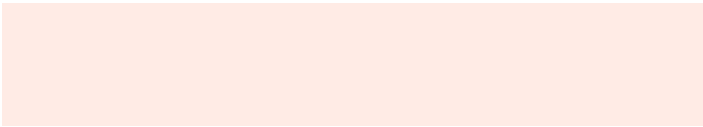
- **Workout Preferences:** Note which types of workouts you enjoy and which you do not.



- **Dietary Preferences:** List dietary approaches you have tried and how they made you feel.



- **Action Plan:** Based on your preferences, outline a tentative weekly workout and meal plan.



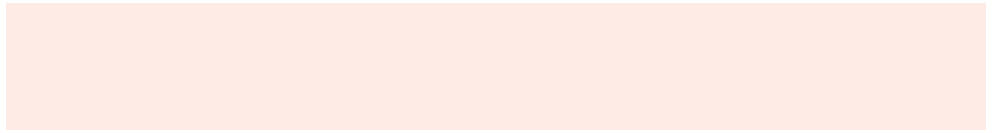
Step #3: The Routine Audit

How can I effectively integrate fitness activities into my existing daily schedule in a way that feels seamless and sustainable?"

- **Daily Schedule Analysis:** Break down your typical day to find the best times for fitness activities.

Refer to the Compassionate Routine Journal...

- **Integration Strategy:** Plan how to integrate workouts and healthy meals into your schedule without stress.



- **Routine Flexibility:** Include options for when time is limited (e.g., quick workouts, healthy snacks).

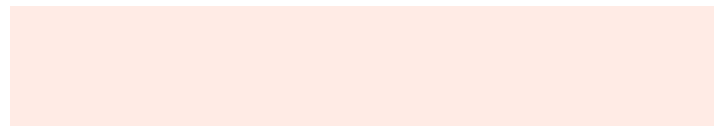
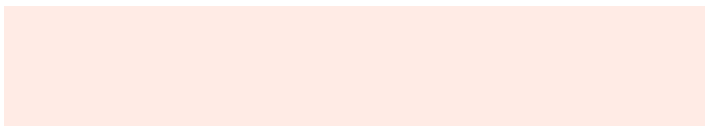
Step #4: The Mindset Audit

What are the prevailing mindsets I hold about fitness and health, and how can shifting towards a growth mindset improve my approach to wellness

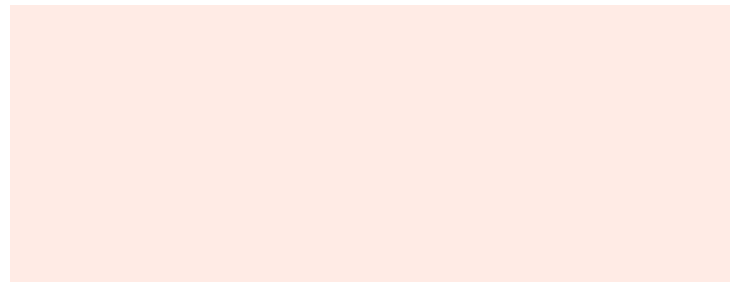
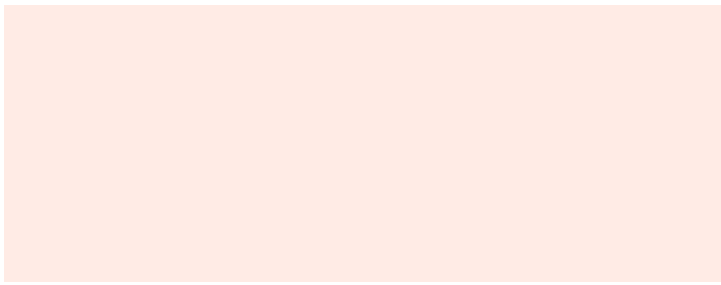
- **Mindset Evaluation:** Reflect on your current mindset towards fitness and identify any negative beliefs.



- **Mindset Goals:** Set goals for adopting a growth mindset (e.g., "I will view challenges as opportunities").



- **Affirmations:** Create affirmations to reinforce your new mindset.



Step #5: The Goal Audit

"How well do my current fitness goals align with my deeper values and life priorities, and what adjustments are necessary to make these goals more meaningful and motivating"

- **Values Assessment: Define what values are important to you in your fitness journey.**

Behaviour	Values	Identity

- **Goal Realignment: Align your fitness goals with these values.**

Fitness Goal	Values

- **Measurement: Decide how you will measure progress towards these goals.**

Refer to the Compassioante Routine Journal...

Step #6: The Emotion Audit

How do my emotions affect my fitness activities and overall health, and what strategies can I employ to manage these emotions more effectively?"

- **Emotional Awareness: Note how different workouts and foods make you feel.**

Food/ workout	How do you feel	How do you want to feel

- **Emotion Management Plan: Develop strategies for managing negative emotions related to fitness.**
- **Positive Reinforcement: Plan to reward yourself for meeting small milestones.**

Step #7: The Compassion Scale

In what ways can practicing self-compassion during my fitness journey help me overcome setbacks and maintain motivation?"

- **Self-Compassion Assessment: Evaluate how compassionate you are towards yourself in**

your fitness journey.

- **Compassion Goals: Set specific goals to increase self-compassion (e.g., "I will not beat myself up for missing a workout").**
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1. Reframe Self-Talk

- "I will replace negative thoughts about myself with neutral or positive affirmations (e.g., 'I am doing my best, and that's enough')."

2. Forgive Setbacks

- "I will remind myself that one missed workout or imperfect meal does not define my progress. I'll focus on what I can do next."

3. Celebrate Small Wins

- "Each week, I will acknowledge at least three things I did well, no matter how small, and write them in a journal."

4. Use Kind Words

- "I will treat myself with the same kindness I would a friend by speaking gently to myself during tough moments."

5. Practice Mindful Self-Awareness

- "I will set aside 5 minutes daily to pause, breathe, and observe my thoughts without judgment."

6. Set Realistic Expectations

- "I will set achievable fitness and nutrition goals that fit my current lifestyle, adjusting as needed without guilt."

7. Show Gratitude for My Body

- "Once a week, I will write down one thing I appreciate about my body, focusing on what it can do rather than how it looks."

8. Allow Rest Without Guilt

- "I will schedule one rest day per week and embrace it as a part of my self-care routine."

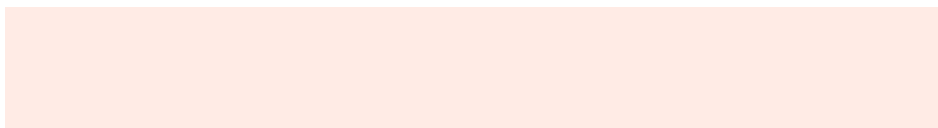
9. Avoid Comparisons

- "When I catch myself comparing my progress to others, I will redirect my focus to my own journey and unique strengths."

10. Celebrate Effort Over Perfection

- "I will acknowledge the effort I put into my workouts or meal planning, even if the results aren't perfect."

- **Compassion Practices: List daily or weekly practices to enhance self-compassion.**



THE *Compassionate* ROUTINE BLUEPRINT

Step #8: The Compassionate Routine Skeleton

How can I develop a flexible, compassionate fitness routine that adapts to my daily energy levels and commitments, ensuring consistency and enjoyment?"

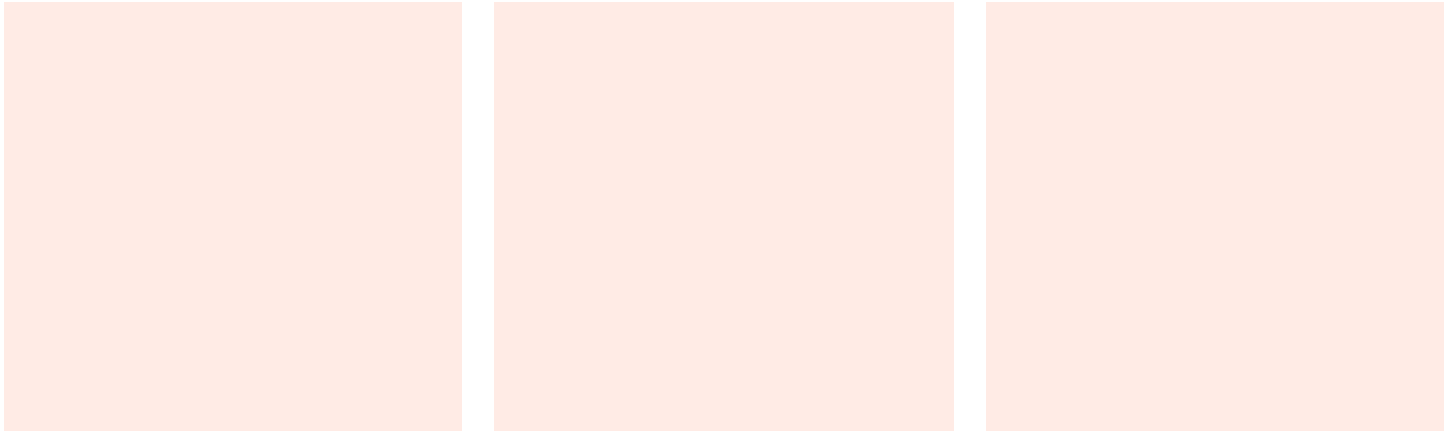
- **Routine Options:** To accommodate different days, develop three types of routines: minimal, ideal, and intermediate.

	Minimal	Ideal	In-between
Routine Skeleton			

- **Routine Flexibility:** Include options for adjusting these routines based on your daily mood and energy levels.


Day	Mood/ Energy/ Situation	What to do

- **Consistency/ Frequency Strategies: Identify strategies to help maintain routine consistency even on tough days.**



If you need help designing your compassionate routine skeleton sign up for a 45mins design session

The link is on your viewing platform

 <p>JANESMOVEMENT Building a strong, healthy and happy body</p>	<p>CRB Hosted</p> <p>"Google, how to build my very own routine" Let us Explore...</p> <p>janesmovement.com</p>
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A framework to help you craft specific self-compassion goals

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ROUTINE BLUEPRINT

These are designed to guide you in being gentler with yourself while still working toward your fitness and wellness objectives.

1. Reframe Missed Workouts:

- **Goal:** “I will remind myself that missing one workout does not ruin my progress. I will focus on what I can do next to stay on track.”
- **How to Practice:** Keep a mantra like “Progress, not perfection” visible in your workout space or journal.

2. Acknowledge Effort, Not Just Results:

- **Goal:** “I will celebrate my effort and consistency, even if I don’t see immediate results on the scale or in the mirror.”
- **How to Practice:** Create a habit of writing down one thing you did well each day in your journal.

3. Be Kind in Self-Talk:

- **Goal:** “When I catch myself being self-critical, I will pause and reframe my thoughts with compassion and encouragement.”
- **How to Practice:** Use a positive affirmation, such as “I’m doing my best, and that’s enough.”

4. Forgive Food Choices:

- **Goal:** “I will not punish myself for eating foods I enjoy. I will trust that one meal does not define my overall habits.”
- **How to Practice:** If guilt arises after a meal, focus on how it nourished your body or brought joy.

5. Honor Rest Days:

- **Goal:** “I will view rest days as part of my wellness plan, not a deviation from it.”
- **How to Practice:** Schedule rest days in your planner and label them as “active recovery” or “self-care.”

6. Appreciate Your Body's Efforts:

- **Goal:** "I will thank my body for what it allows me to do, even on challenging days."
- **How to Practice:** After each workout or stretch session, spend a moment reflecting on what your body accomplished.

7. Set Gentle Intentions Instead of Harsh Goals:

- **Goal:** "Instead of saying, 'I must work out five times a week,' I will aim to move in ways that feel good and achievable."
- **How to Practice:** Choose activities based on energy levels and enjoyment, not just a rigid plan.

8. Track Wins, Not Failures:

- **Goal:** "I will focus on what I achieved each week, even if it's small, like drinking more water or walking an extra 10 minutes."
- **How to Practice:** Use a gratitude journal to list three wins at the end of each week.