



MIND BODY SPIRIT TRAINING

**A Simple Evidence-Based
Daily Checklist for Whole
Person Wellness**

**A free resource to help you build awareness,
nourish your body, and live with purpose one day at
a time.**



MIND=AWARENESS & INSIGHT

Choose 1-2 per day:

- Take 3 slow mindful breaths before starting your day
- Spend 2-5 minutes noticing thoughts without judging them
- Name your current emotion (“I notice worry... calm... irritation...”)
- Pause once today and ask: What’s happening in my mind right now?
- Do one activity without multitasking

Why: Awareness strengthens emotional balance, resilience, and clarity.

BODY=NOURISHMENT & MOVEMENT

Small daily shifts improve energy, mood, and longterm health.

Nutrition Progress Steps

- Add 1 fruit today
- Add 1 vegetable today
- Fill ½ your plate with fruits or vegetables at one meal
- Slow down and notice hunger/fullness cues
- Use a smaller plate or bowl once today

Movement Shortcuts

- Park farther from the door
- Take stairs for one flight
- Move 2 minutes every hour
- Walk while on a phone call
- Stretch for 3 minutes before bed

Why: Small, repeatable habits improve metabolic health, mood, and brain function.

SPIRIT=PURPOSE & CONNECTION

- Reflect on one thing that gives your life meaning
- Do one small act of kindness
- Appreciate someone in your life
- Spend 2 minutes in nature or quiet reflection
- Ask: How do I want to show up today?

Why: Purpose and connection are linked to resilience, longevity, and mental health.



HOW TO MAKE THIS WORK

Keep it Simple

- ✓ Pick only 1-2 items per section
- ✓ Do them daily for 7 days
- ✓ Add slowly, never all at once

Why: Consistency rewires habits more than intensity.

1Minute Evening Reset

Ask yourself: What did I notice today?

- What small win can I celebrate?
- What will I try again tomorrow?

Why: This builds insight the key skill behind lasting change.

For People in Recovery, High Stress, or Caregiving Roles

Gentle structure helps regulate the nervous system. Small daily actions restore trust in yourself, something many of my clients rebuilding from addiction, depression, trauma, or caregiving burnout have experienced firsthand.

About the Facilitator

Mind Body Spirit Training is led by a Certified MIR™ Facilitator, Wellness & Nutrition Coach, NCCA accredited CPT, and longterm recovery mentor with 36+ years of experience helping people rebuild mental, physical, and spiritual health.

Want Support Going Deeper?

- 1:1 Coaching
- Group Programs for Treatment Centers
- Workshops & Retreats

[SCHEDULE A FREE CONSULTATION](#)

Light Research Notes

Key ideas in this checklist are informed by work from the Center for Healthy Minds at the University of Wisconsin Madison, including studies on attention training, emotional style, compassion, meditation and well being. See also: The Emotional Life of Your Brain by Richard J. Davidson & Sharon Begley.

This resource is educational and not a substitute for medical or mental health care.