



Wellness Lesson 3 Manual

AWARENESS & NUTRITION

Being self-aware allows us to identify and manage our stress levels effectively. High levels of stress can negatively impact performance, decision-making ability and overall health.

Nutrition is also an important factor for us to consider. A healthy and balanced diet can provide the energy and nutrients necessary for optimal brain function, which is crucial for decision-making, problem-solving, and creative thinking. Poor nutrition, on the other hand, can lead to fatigue, lack of focus, and reduced productivity.

Maintaining a healthy weight and preventing chronic diseases such as diabetes and heart disease is important for staying healthy and productive in the long run. By eating a diet rich in fruits, vegetables, lean proteins, and whole grains, we can improve their overall health, maintain energy levels, and reduce the risk of chronic diseases that could negatively impact our work and personal life.

Key Concepts

- Current Progress
- Why, What, How and What If: Awareness
- Why, What, How and What If: Nutrition



Lesson 3 Task

1. Arrange to meet with your Accountability Partner to discuss the Reflection Task (see Page 5)



Awareness & Nutrition

Reflect

What are five things you noticed about yourself this morning?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Did you notice those things before thinking about them now? Why do you think you noticed those things in particular?

Note down some insights.

Body Scan

How was that? Where were your areas of greatest activity during the scan? What did you pick up that you already knew? What did you pick up that didn't know?

Note down THREE insights.

- 1. _____

- 2. _____

- 3. _____



Awareness & Nutrition

Reflect

What are your top three reasons why awareness of your stress levels is important for you right now?

Note down THREE insights.

1. _____

2. _____

3. _____

Reflect

What are three steps you will take to cultivate your awareness? When will you take these step?

Note down THREE insights.

1. _____

2. _____

3. _____



Awareness & Nutrition

Reflect

What are your top three reasons why nutrition is important for you right now?

Note down THREE insights.

- 1. _____

- 2. _____

- 3. _____

Reflect

To what extent do you consume things that nourish you? What are some of the things that you consume that don't nourish you? How can you tell which is which?

Note down THREE insights.

- 1. _____

- 2. _____

- 3. _____



Awareness & Nutrition

Reflect

When was a time in your life when your nutrition was at its best? What did that involve? How good is your nutrition currently? What would it take to get to your optimum level of nutrition?

Note down some insights to share with your Accountability Partner.

Reflection Task

Connect with five humans (outside of the program) and ask them how they are, just listen.

Then, meet with your Accountability Partner:

- Share your score out of 10 for Awareness and Nutrition.
- Share how you plan to improve your score.
- Share your insights from connecting with five humans – what did you learn about connecting and listening?