**BODHI BLUEPRINT PROGRAM**



**WEEK 1: GET PRESENT**

**Week 1: Get Present (Identifying Your Current Habits)**

*‘To practice is to pay attention to your whole life, your thoughts, bodily sensations, speech, actions. Each moment of your life is a moment of practice.’*

**Week 1 Requirements**

* **Movement – Exercise 4-5 days this week for at least 30 minutes each session. Brisk walks count.**
* **Meditation – 3-5 minutes/day everyday and journal as needed.**
* **Nutrition - Awareness**

**o Introduce Food Journaling: Identify what foods you are eating. Start to bring awareness around your eating patterns and habits.**

**• Self-Inquiry - Identifying Where You Are NOW.**

**Week 1: Get Present**

*Nutrition Reflection Questions*

* What are you eating for B/L/D?
* Do you (mostly) cook or eat out?
* Do you sit down or eat on the go?
* Do you chew your meals thoroughly and mindfully?
* How much of the following do you consume: coffee, alcohol, gluten, animal products, processed foods and sugar?
* Did you take any supplements?
* What positive or happy thoughts do you have daily?
* Do you laugh out loud or tell someone that you love them daily?
* Do you spend time outside in nature, even for 5 minutes?
* Do you get eight hours of sleep?
* How is your elimination?
* What time do you stop eating?
* How do you feel physically?
* How do you feel emotionally?

*Breaking Free and Setting New Ways: Identifying where you are NOW*

* *When and where am I in my comfort zone?*
  + *How often do I live there?*
  + *How do I feel when I am there?*
* *What am I resisting? And how will I let go?*

*General Support Questions*

* What do I think about: my body? relationships? work? spirituality? money?
* When in my life am I fully present?
* Where in my life am I hiding?