

THE  
GOODNESS  
GUIDE:  
MINDSET

GEORGIA  
PERKINS

A guided wellness journal to help you build healthy habits,  
refresh your goals, & nourish your mind, body, & spirit.

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WELCOME!

# THE GOODNESS GUIDE: MINDSET

*This guide will serve as your personal blueprint to help you establish habits and bring about lifestyle changes that last. As you progress through this workbook, you'll begin to experience a new perspective towards wellness that seamlessly unifies the mind, body, and spirit.*

As an Integrative Nutrition Health Coach and Holistic Nutritionist, I work with clients to transform their relationship with food and exercise, establish realistic healthy habits, and cultivate a fulfilled, balanced life. Overall, it's my mission to make wellness approachable, fun, and healing for all, and this guide is the perfect place to begin.

*If any of these resonate, you're in the right place:*

- You're struggling with motivation, inspiration, and discipline.
- You want to crush your limiting beliefs and be confident in yourself and your potential.
- You're ready to live a life of balance, but unhealthy habits hold you back.
- You're fed up with neglecting your own needs and are ready to take control of your future.
- You already have a good sense of how to prioritize your health, BUT you're ready to up-level and expand into a better understanding of holistic wellness.
- You need an explicit game plan for how to get started.

It's my personal goal to allow everyone to experience the same growth I see in my clients, all of whom share these same struggles, and thus **The Goodness Guide: Mindset** was born.

I've taken many of the tools, techniques, and exercises I utilize in my practice and included them in this workbook just for you. I hope to make growth accessible so that YOU can also cultivate positive change within your own life - but in a lot less time.

## What to Expect...

This workbook is made for both newbies not sure where to begin in their wellness journey as well as already-established health nuts. The goal is to deepen your understanding of the holistic approach towards wellness and help you lay and strengthen the foundation you'll continue to build off of moving forward.


In this guide, you can expect to leave with a clear blueprint for how to begin establishing healthy habits that are both personalized and realistic.

### *By completing this guide, you will:*

- Understand what's holding you back from achieving your goals and optimal wellness.
- Learn how to let go and take back control of your life.
- Alter your mindset and implement more intentional action in your life.
- Gain clarity and confidence through evidence-based, tried and tested tools to achieve balance and peace.
- Set specific goals in various areas of your health AND begin actioning on these goals through new daily routines.
- Leave with a personalized roadmap for how to achieve your goals and begin living your absolute BEST life.
- Continue to track and build off of your progress using the daily Habit Tracker and Wellness Journal pages at the end of this guide.

## How to Get the Most Out of It

This is your wellness journey - you get out what you put in. The clients who progress the most and experience real, life-changing growth are the ones who take their goals and these lessons seriously.



*The exercises, journal prompts, and advice within this guide are intended to help you learn how to hold yourself accountable to the steps necessary to create healthy habits and routines. If you need little extra help, I recommend starting this mindset journey with a friend, family member, coworker, etc., who can serve as your accountability buddy.*

Likewise, have this guide visible on your desk, in your car, on the countertop - wherever you'll see it daily and be reminded of the commitments you've made to yourself.

Again, you get in what you put out of this experience, so don't cheat yourself by not following through. You are the one who benefits and will reap the rewards of your effort and hard work. See it through until the end because every section is jam-packed with actionable tips, and the concepts build off of one another.

As always, I'm here to support and cheer you on along the way! Never hesitate to shoot me a message on social media (@goodness\_with\_g) or via email to chat one-on-one.

*With all this said, let's dive in!*



PART 1:

# HOW TO HACK YOUR MINDSET

## Mindset Matters

If you're asking yourself why mindset is the focal point of this workbook, let me explain. It's so easy to blame our wellness struggles on our own lack of willpower and motivation or on external circumstances like lack of time or resources.

While yes, these aspects can absolutely play a role, what I've found in my time as a Health Coach is that it really all comes down to mindset. Think about it this way- the way you think and are currently approaching life has gotten you to where you are now.



*This guide provides you with the opportunity to expand and elevate your mindset in order to up-level in every way.*

In order to make this happen, we have to take time for reflection and introspection and ask ourselves hard questions. Don't worry. I'm here to guide you through it!

My approach towards creating real change in your habits and health is the opposite of a quick fix, and hopefully, this perspective is exactly why you're here! What's needed for sustainable, long-term change is learning how to shift your mindset so YOU know what to do moving forward.

I always use the analogy of giving a man a fish versus teaching a man to fish, as I would be doing a terrible disservice by "giving you the answers" regarding how to improve your health and life.

I'm here to advise and help you along the way, but this guide will allow you to create your own personalized roadmap to follow on your journey.



## What Holds Us Back?

As I've said, the first step in this process requires that we do some digging within ourselves. In order to make any sort of change in our habits and health, we have to first be aware of both the current actions that are not serving us as well as what it is that's holding us back from making the changes we desire.

*Fear and limiting beliefs are both extremely powerful obstacles we all face as human beings, so let's dissect them a bit. I'll have you reflect on your own experience here in just a moment.*

*There are four types of fear I want you to consider:*

### **First-Timer Fear**

Being a beginner and bad at something for the first time is scary.

### **Fear of Hardship**

Growth and change require good amounts of discomfort and effort.

### **Fear of Loss**

Making changes in my life, routine, habits, etc., will require that I "lose" something in the process.

### **Fear of disappointment**

What if I fail and disappoint myself or those around me?

Likewise, **limiting beliefs** are a state of mind, conviction, or belief that you think to be true and limits you in some way. These can be rooted in family beliefs, education, past experiences, etc. In order to challenge and overcome the limiting beliefs that hold us back from living our healthiest, happiest lives, we have to be able to identify them.

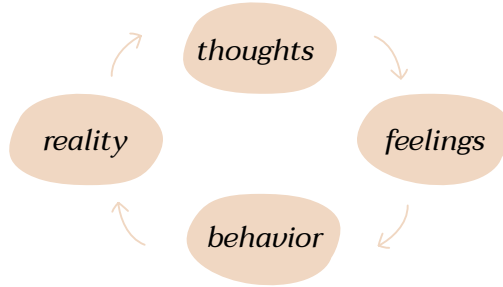
JOURNAL EXERCISE

## Fears & Limiting Beliefs

Take a few minutes to write down your fears (referring to the four types of fear) & the limiting beliefs that currently hold you back. If you're having a hard time knowing, think about areas in your life where you feel stuck or challenged. Ask WHY you feel that way until the fear or limiting belief is uncovered.

A large rectangular area with a dashed border, containing 20 horizontal dashed lines for writing.

*These deeply entrenched ideas of how we feel about ourselves, our capabilities, and our potential have a strong hold over our reality, but they don't have to. Consider this cycle depicted below.*



*Our **thoughts** are what impact and influence our **feelings**, which then determine our **behaviors** and thus create our **reality**.*

The human brain is extraordinary and extremely powerful, so who's to say we can't literally "outsmart" ourselves? We have the ability to hack and reprogram this cycle, starting with awareness of the fears and limiting beliefs that foster untrue and unproductive thoughts and, therefore, habits.

I challenge you today to start being more aware of the language you use internally and flip the script to include empowering, inspiring, and true statements about yourself, your capabilities, and your potential.

What holds you back is always an opportunity for growth, so consider how these challenges might potentially be your biggest blessings and assets in disguise.

Soon you will find that this "cycle" will transform into something utterly life-giving and reflective of the type of reality you truly desire and deserve.