



# SIMPLIFY TO AMPLIFY | WEEK ONE – SETTING UP

## SUNDAY AFTERNOON ROUTINE:

1. MEAL PREPARATION AND PLANNING
2. WRITE STRATEGIC TO-DO-LIST
3. GO FOR A WALK

COMMANDMENT	FOCUS		
ONE	ALLOCATE TIME	Allocate 2 hours on a Sunday and 2 x 1hr blocks in your week- <b><i>1hr of DOTT and 1hr at home- Block this out in your diary.</i></b> Hopefully uninterrupted where you can focus on taking action. Communicate this with others around you. E.g. Family for the Sunday afternoon and your colleagues at work for DOTT time.	
TWO	BE ACTIVE	Select ONLY one activity that you will do every day. <ol style="list-style-type: none"><li>1. Go for a walk or run (it can be as little as 100m if you are really pushed for time.)</li><li>2. Squats, push ups or sit ups (10,20 or 50)</li><li>3. 30 mountain climbers or 20 burpees as soon as you get home from work.</li></ol>	
THREE	NOURISH	Select ONLY one activity that you will do every day. <ol style="list-style-type: none"><li>1. Only eat at home or a home cooked meal.</li><li>2. Cut out one of these food groups- only for 10 weeks- dairy, processed sugar, anything that comes in a package or box.</li><li>3. The 3-4pm smoothie!</li></ol>	
FOUR	SOUL	Select ONLY one activity that you will do every day. <ol style="list-style-type: none"><li>1. Listen to your favourite music.</li><li>2. Sit outside for at least 10 minutes of the day.</li><li>3. Play with your own kids or go outside before you go to bed at night.</li></ol>	
FIVE	MIND	Select ONLY one activity that you will do every day. <ol style="list-style-type: none"><li>1. 10 minutes of guided meditation.</li><li>2. Read for 10 minutes</li><li>3. No TV</li></ol>	