

THE PRINTABLE TOOLBOX

SMALL STEPS. BETTER HABITS. MORE LIFE.



Your body has been protecting you for years. This toolbox helps you support it, one small habit at a time. You don't need a phone, an account or the book to use it.

1 · PICK ONE HABIT

Choose one idea on page 3, or write your own.

2 · WRITE IT DOWN

Note the start date on page 4.

3 · NOTICE WHAT HELPS

Jot down what makes it easier, whenever you like.

No streaks, no daily ticks, no deadlines. One habit is enough to begin.

THIS WORKBOOK BELONGS TO

For general education and personal reflection only. This workbook does not replace individual medical advice.

START HERE

UNDERSTAND YOUR BODY IN SIX SHORT VIDEOS

Each topic has a short video and a few lines to read on our website. Scan a code with your phone camera, or type the address.



YOUR BODY IS NOT YOUR ENEMY

Why your body adapts, and why fighting it rarely works.



morelifelessstruggle.com/body



SLEEP AND RECOVERY

How one short night changes hunger, cravings and energy.



morelifelessstruggle.com/sleep



HUNGER AND NOURISHMENT

Hunger isn't a willpower test. What really shapes appetite.



morelifelessstruggle.com/hunger



MOVEMENT WITHOUT PUNISHMENT

You don't have to burn off what you ate.



morelifelessstruggle.com/movement



STRESS AND SAFETY

How stress shows up in your body, and small ways to ease it.



morelifelessstruggle.com/stress



BUILDING TRUST OVER TIME

Why one habit is enough, and how change really lasts.



morelifelessstruggle.com/trust

CHOOSE ONE

HABIT IDEAS

Tick one idea that fits your life right now. You can come back for another later, or never. That's fine too.

**BETTER SLEEP**

- ☐ Put my phone away 30 minutes before bed.
- ☐ Go to bed at about the same time.
- ☐ Make my bedroom darker.
- ☐ Cover or switch off small LED lights.

**EASIER NOURISHMENT**

- ☐ Add a protein source to one meal.
- ☐ Add one vegetable to a meal.
- ☐ Keep water within easy reach.
- ☐ Notice which meals leave me satisfied.

**GENTLE MOVEMENT**

- ☐ Take a 10-minute walk.
- ☐ Take a short walk after a meal.
- ☐ Stand up and move during long sitting.
- ☐ Dance, garden or play a game I enjoy.

**A SUPPORTIVE HOME**

- ☐ Keep fruit or vegetables where I see them.
- ☐ Put my walking shoes by the door.
- ☐ Keep tempting snacks out of sight.
- ☐ Turn off notifications I don't need.

**LESS PRESSURE**

- ☐ Do a smaller version of a hard task.
- ☐ Rest without feeling guilty.
- ☐ Say no to one thing I don't need to do.
- ☐ Ask for help when I need it.

**MY OWN IDEA**

WRITE IT DOWN

MY HABIT

HABIT I'M TRYING _____ START DATE _____

WHY IT MATTERS TO ME

WHAT HELPS

WHAT GETS IN THE WAY

MY SMALLER VERSION FOR HARD DAYS

HABIT I'M TRYING _____ START DATE _____

WHY IT MATTERS TO ME

WHAT HELPS

WHAT GETS IN THE WAY

MY SMALLER VERSION FOR HARD DAYS

NOTICE WHAT HELPS

MY NOTES

Write whenever something is worth remembering: a good day, a hard day, a small change you noticed.

[illegible]

YOUR OWN EXPERIENCE

FOODS AND MEALS

There are no universally good or bad foods. Write down how a meal left you feeling. Portion, preparation and the day itself can all make a difference.

✓ WORKS FOR ME

[illegible]

✗ DOESN'T WORK FOR ME

DATE	FOOD OR MEAL · HOW I FELT
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OPTIONAL

MY MEASUREMENTS

Record weight, waist, both or neither. No targets, no grades. When you eat enough protein and stay active, your waist can shrink while the scale barely moves, so the scale doesn't tell the whole story.

Units: ☐ kg / cm ☐ lb / in[illegible]

LOOK BACK

A LITTLE MORE LIFE

Every few weeks, take a minute. Changes that matter don't always show up on the scale.

SOMETHING THAT GOT EASIER

SOMETHING I ENJOY AGAIN

MY NEXT SMALL STEP (IF I WANT ONE)

**MORE FREE TOOLS AND VIDEOS**

All six videos, the online toolbox and a fresh copy of this workbook:
morelifelessstruggle.com/toolbox

*The book *Your Body Is Protecting You* goes deeper into why. It's optional: this toolbox works on its own.*

MORE LIFE. LESS STRUGGLE. AND THAT'S ENOUGH FOR TODAY.