

The
Balanced Gal
Society 

3 DAY MINDSET HACK
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Guide

DAY 1

MORNING MOVEMENT!

Set your alarm an extra 30-60 minutes earlier than usual and get up to do some movement.

This can feel like a real effort getting up earlier! However, we can assure you that you will feel the benefits of completing some form of movement first thing in the morning, and it is one less thing to think about during a busy day.

You could complete a home workout, do some yoga, go out for a walk or head to the gym for a quick workout.

Even a walk on the treadmill at the gym if the weather is poor with some good music will boost those endorphins for the rest of the day and get your body moving!

This will also help to encourage you to make better nutrition choices throughout the day as you will feel energised and more likely to want to fuel your body better.

DAY 2

NO PHONE BEFORE BED!

Try to avoid using your phone (or any electronic devices apart from something like a Kindle that can be used on sleep-mode) 30-60 minutes prior to going to bed.

This is because electronic devices such as your phone emit “blue-light” can suppress the production of Melatonin (the hormone that controls how/when we sleep and regulates your circadian rhythm).

Melatonin is essential for an effective and restful sleep cycle, but our phones can really disrupt the production of this hormone, which results in us having a poor-quality sleep and can even lead to insomnia.

A good tip can be leaving your phone on the far side of your room so that you aren't tempted to check it if you wake up overnight!

Having a clock beside to check the time is also a good idea, as most often people check their phone for the time during the night, get distracted by social media or messages, and then struggle to get back to sleep!

DAY 3

LISTEN CAREFULLY!

What you listen to can positively (or negatively!) affect your mindset.

Whilst getting ready in the morning, commuting to work or out for a morning walk, we'd strongly suggest putting on an uplifting or motivating podcast that aligns with your goals – this will really set you up for the day.

You can learn some really amazing things through listening to podcasts, and might find some helpful tips.

However, it is important you try to listen to podcasts that are non-biased and provide you with factual information. Some podcasts are affiliated or sponsored by certain brands and the information is not always completely accurate, so take everything with a bit of a pinch of salt!

Some motivational and informative podcasts that we'd recommend are

- 1. “Food for Thought– Rhiannon Lambert”**
- 2. “The Food Medic– Dr Hazel Wallace”**
- 3. “Working Hard, Hardly Working– Grace Beverley”**
- 4. “Big Fish– Spencer Matthews.”**

If you're looking for more of a light-hearted podcast we'd strongly recommend “My Therapist Ghosted Me– Vogue Williams and Joanne McNally” or “The Therapy Crouch– Abbey Clancy and Peter Crouch.”

These are a guaranteed mood booster!