



# BodySense **JOURNAL**

Align your body, mind and  
relationships to  
thrive everyday.

*By Monica Franke*

# My *first* goal

## WHY IS THIS IMPORTANT FOR ME?

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## ACTION STEPS

What do I have decision latitude over?

- 01
- 02
- 03
- 04
- 

## MOTIVATION STRATEGIES

## BOUNDARIES

## HOW I'LL CELEBRATE

# SMART GOAL

...lets get into the feel and smell of  
that goal!

This is old school, and still a great way to start.

S

*specifi  
c*

M

*measurable*

A

*achievabl  
e*

R

*relevant*

T

*time-  
bound*

# CHECK INS

**SLEEP** - You can rate this from 1 to 10, according to how much sleep you have had and the quality of sleep. Performance watches and apps are a great resource for this these days, and a really effective reflection of readiness to train.

**HYDRATION** - It is really helpful to use a water bottle through the day which indicates volume consumed, so that you can tell if you'd had 1l or 3 l. The goal is one third in litres of your body weight in kgs.

**MENSTRUAL SEASON** - You can use the page Mentsrual Map to see what to expect and how to plan and recover from the satge of cycle you're currently in. It's a great way , as a woman, to prevent feeling rubbish because last week you could do something and this week it feels awful! It might just be that your hormones are creating their own demand on your body. As Dr stacy Sims says - " Use your physiology to your advantage!"

**MOTIVATION MOOD** - How do you feel?  
What animal would you be? What animal would like to be today?

## CHOOSE A STRATEGY THAT WILL HELP YOU TODAY -

If-Then,

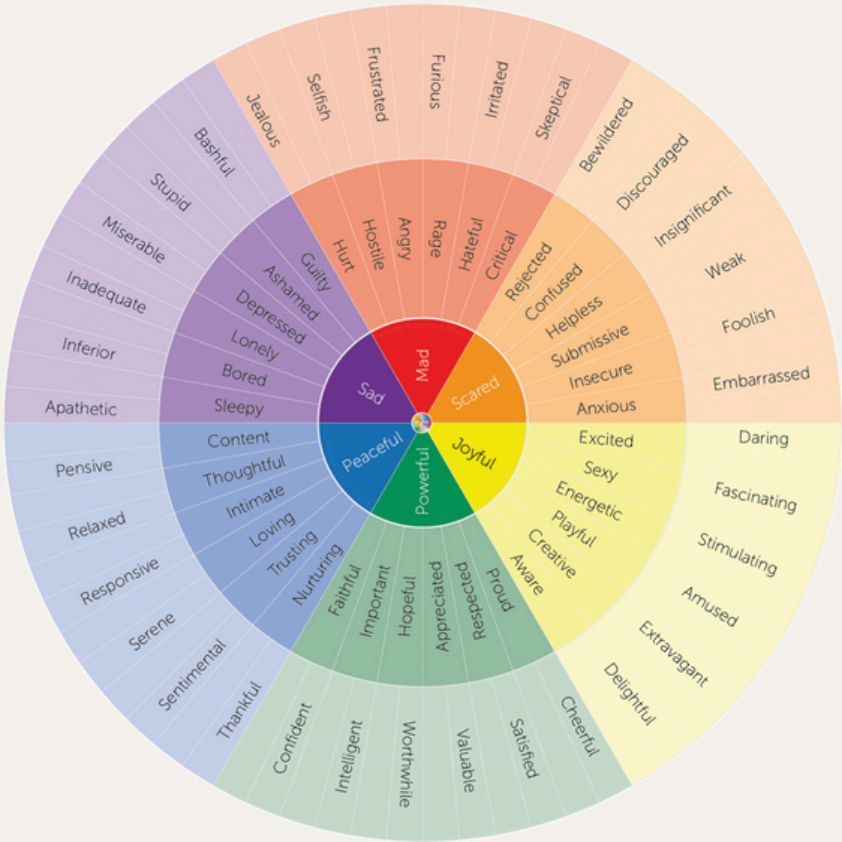
SoFar - To Go;

The 4T's, and don't forget

Connection to your self and your people.



# THE FEELING WHEEL



Designed by Gloria Willcox (1982) to help people recognise and communicate their emotions.

I really like the visual impact of this version and the use of colours to orient us. This is developed from the work of Plutchick (1980) connecting emotions and colours.

# WEEKLY PLANNER

MY NEW WEEK ..... AFFIRMATIONS

01	_____
02	_____
03	_____
04	_____
05	_____

## MONDAY

01	_____
02	_____
03	_____
04	_____
05	_____

## TUESDAY

01	_____
02	_____
03	_____
04	_____
05	_____

## WEDNESDAY

01	_____
02	_____
03	_____
04	_____
05	_____

## THURSDAY

01	_____
02	_____
03	_____
04	_____
05	_____

## FRIDAY

01	_____
02	_____
03	_____
04	_____
05	_____

## SATURDAY

01	_____
02	_____
03	_____
04	_____
05	_____

## GRATITUDE

01	_____
02	_____
03	_____
04	_____
05	_____

## SUNDAY

01	_____
02	_____
03	_____
04	_____
05	_____

# DAILY PLANNER

“  
**YES  
YOU  
CAN**  
”

DATE:

## SCHEDULE

07:00

09:00

09:00

12:00

15:00

17:00

19:00

## CHECK INS

SLEEP (1-10)

HYDRATION  
(1-5)

MENSTRUAL  
SEASON

MOTIVATION MOOD  
/ STRATEGY

WHAT OF YOUR PLANS CHANGED?  
WHAT DID YOU DISCOVER?

## TODAY'S NEEDS & GOALS

01

02

03

04

MONICA FRANKE

# Body Senses

" I can notice the internal feelings, sensations and the meaning I make. I can use this to create change. I can become my greatest capacity."

*Date:*

## *Sensations I Notice*

## *Emotions I Feel*

01

02

03

04

## *My meaning*

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# Set up your 14 day target challenge

Include training, rest, boundaries, connection and celebration

1

*Physical  
Target*

2

*Connection  
Target*

3

*You-Time  
Target*

4

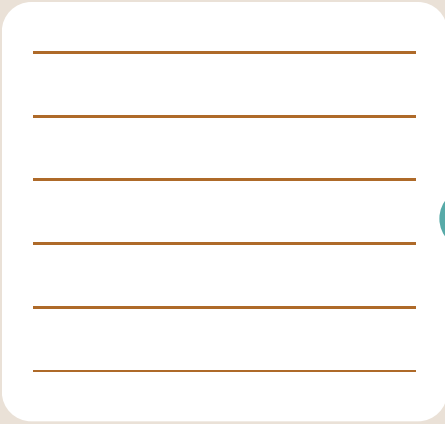
*Feeling  
Target*

5

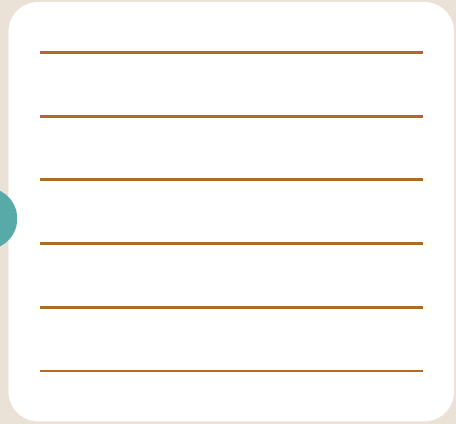
*Fun  
Target*

# Motivation & Autonomy: Fill in your Own If- Then's

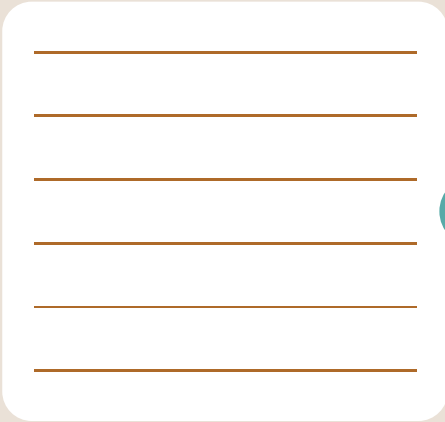
*IF*



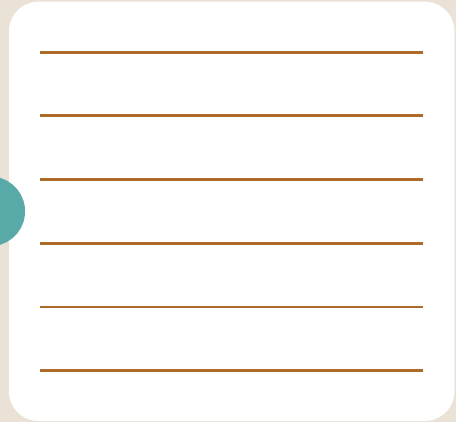
*THEN*



*IF*



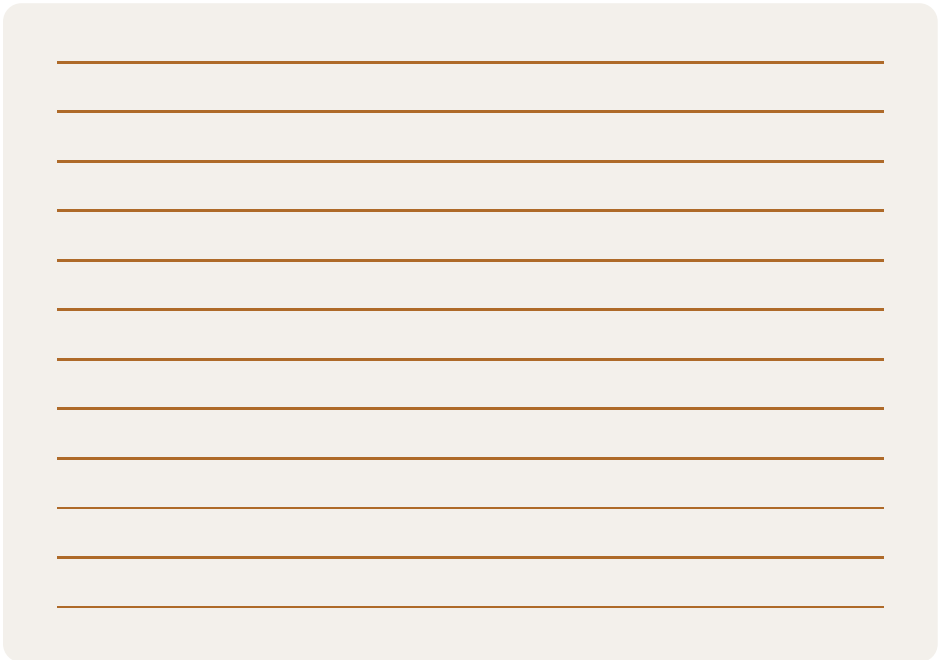
*THEN*



# WORKSHEET

As you go through the process of change, there will be moments of discomfort, of confrontation - with your self and possibly others, and choices of which path to choose - this new one you are creating, or the old familiar one. When you notice what's arising and put words to it, you making change and choice more possible.

## FEELINGS, THOUGHTS, BODY SENSES



## MEANING MAKING

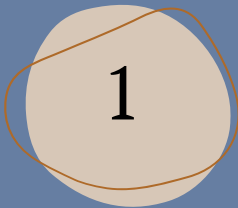


# So Far vs To Go

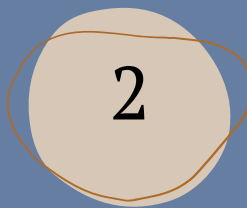
*WHAT ARE YOU PROUD OF SO FAR?  
WHAT DO YOU STILL WANT TO  
ACHIEVE?*

The image shows a worksheet with two vertical columns. The left column is titled 'SO FAR' and the right column is titled 'TO GO'. Both columns have a light beige background and a dark brown header. Each column contains three small dark brown circles, each with a white checkmark inside. In the center, between the two columns, is a larger dark brown circle containing a white ampersand (&).

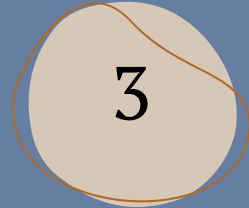
Practical, Relational & Internal  
Processes that Support  
Resilience & Growth



*Routines  
& Rituals*



*Safety &  
Trust*



*Intrinsic  
Motivation*

*It's what we do today that makes  
our tomorrow*

# MOTIVATION

## If-Then Rewards

This is hugely useful strategy to begin shifting your behaviour towards the changes you want to see in your life

## Intrinsic vs Extrinsic Motivation

A big element of positive psychology, and written about in the book *Drive*, by Daniel Pink, extrinsic motivation is 'Carrot & Stick' stuff - it comes from outside of us. Intrinsic motivation is about who we are and how we shape our decisions and our life.

## Decision Latitude

What are your choices? What do you have control or 'Decision Latitude' around? This is again connected to autonomy and thus, intrinsic motivation.

1

2

3

4

5

6

## To Date v To

It's great to **Go** at how far we've come and take solace and confidence from that as a message of our capacity. **AND** - it's more motivating to focus on what you still want to achieve.

## 4 T's

Task, time, technique & team. Defined by Daniel Pink as the elements, which having autonomy over will result in heightened intrinsic motivation

## Flow

Defined, in terms of goals and motivation, by brilliant researcher Mihaly Csikszentmihalyi. As described by Daniel Pink, "In flow, goals are clear, feedback is immediate"

## Potency

Reaching Your Potential

I accumulated small but  
consistent habits that  
ultimately led to results  
that were unimaginable  
when I started.

*James Clear*

It's not what we do  
once in a while that  
shapes our lives. It's  
what we do  
consistently.

*Tony Robbins*

It's in me.  
That's where the real  
battle is.  
That's where the crux  
and core of trust comes  
in.

*Iyanla Vanzant*

# DOODLES PAGE

What is the shape and colour of your feelings today?



# Nourish - Ing

**As you build food and nutrition into your plan, here are a few thoughts that you can use as a baseline to know where you are, and your why of where you're going.**

For more information and support around incorporating changes in your nutrition, I highly recommend Erin Murray @erinscommoneats. I got these gold nuggets below from her.

## *A Practical Tip*

- To help your body recognise when it is full, it can be helpful to reduce the number of flavours in your meals. When we have lots of different flavours, our body finds it harder to recognise the point of fullness and satisfaction.
- Not distracting with other activities while eating can also mean you are more present, more mindfully chewing (and so probably chew a little more) and stimulate the messages transporters that help us recognise satisfaction and fullness.

## *A Feeling Tip*

- What's already going well? Keep that and celebrate it!
- What will your body feel like when you are reaching your goals? Write it down - how will it feel in 1 year, 3 years, 10 years?
- What is your food story? How would you like to rewrite it?

## *A Connection Tip*

Connect to your body in a nourishing way:

- Humming stimulates the calming parasympathetic nervous system, so we move out of fight and flight and into rest, digest and connect .
- Breath2:1 Exhale:Inhale before and after food, for 5 breaths

# FOOD REFLECTIONS

We all have our own "food story" - cultural, personal and social. And the layers go so deeply into who we are and how we exist, that changing how we eat is a courageous new conversation that ultimately connects us to the identity we're moving towards and to be at the table with that person.

When you're ready, take a moment to reflect on your food story and the feelings, sensations and thoughts that come up for you.

## FEELINGS, THOUGHTS, BODY SENSES

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## MEANING MAKING

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# Meal Planning

I can have  
structure

&

I can listen to my  
body

Remember to consider what your recovery is like, where you are in menstrual cycle (if relevant), what your goals are for this week, and what the effect is of the other demands on your life.

Do you need more protein this week, more calories, more cruciferous foods, more snacks .

You can listen to body - this too is a conversation and a relationship worthy of your care and attention.

# FOOD MAP

CALS:    PROTEIN:    CARBS:    FAT:



*BREAKFAST*

1

Breath2:1

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*LUNCH*

2

Few Distractions

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*SNACKS*

3

Humming

---

*DINNER*

4

Low Flavours Combo's

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LIVETHE LIFE  
YOU WANT TO LIVE.  
BE THE PERSON  
YOU WANT TO REMEMBER.  
MAKE DECISIONS,  
MAKE MISTAKES.  
IF YOU FALL AT LEAST YOU TRIED

*If you fall, get up, make another  
plan.*

*Take another chance.  
Stay in the arena.*

# ONE MONTH PLANNER

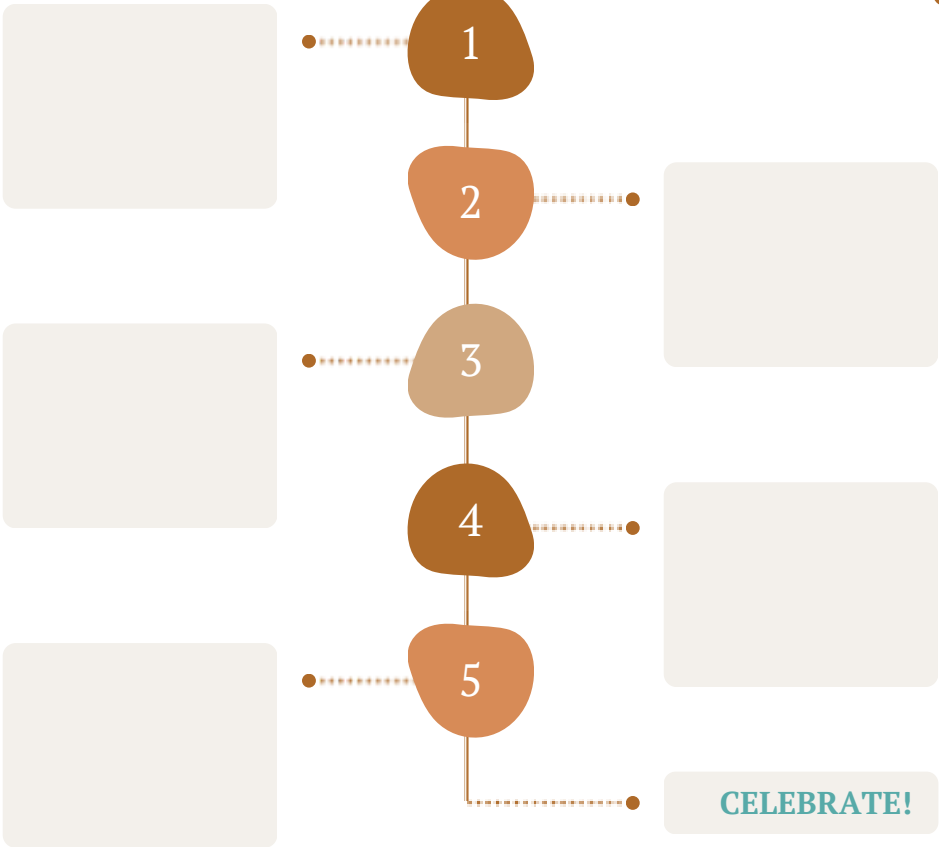
MONTH:

YEAR:

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

# ROAD MAP

"If the plan doesn't work, change the plan, not the goal."



YOUR NOTES

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# What Do We Do When We Reach Our Goals?

## ● CELEBRATE!!

- Pause – Get a good sense of where and who you are today – You did this!
- Let go of any sense that you shouldn't be where you are, or beyond. Notice thoughts and feelings that arise of that nature.
- Give yourself permission to be separate from the place or person that voice first arose from
- Take your time to decide if you'd like to maintain what you now have (still takes time and commitment) or go a step further
- Give yourself permission to change your mind any time, based on your own values and vision for yourself
- Make a new plan
- You can do this – time to get excited and courageous and full



# 3 goal setting

1

**MY GOAL**

**ACTION STEPS**

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

04 \_\_\_\_\_

05 \_\_\_\_\_

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MY IMPRESSIONS

2

**MY GOAL**

**ACTION STEPS**

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

04 \_\_\_\_\_

05 \_\_\_\_\_

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MY IMPRESSIONS

3

**MY GOAL**

**ACTION STEPS**

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

04 \_\_\_\_\_

05 \_\_\_\_\_

# Goal Action Plan

MY GOAL



MOTIVATION



START DAY



DURATION



END DAY



MY PLAN



ACTION STEPS

01

02

03

04

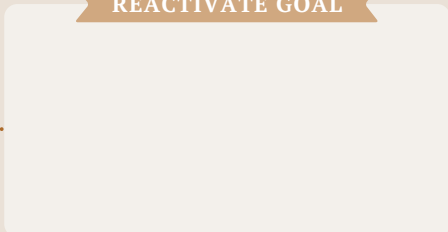
05



ROAD BLOCK



REACTIVATE GOAL



MY IMPRESSIONS



# MORE?! YES! HERE'S HOW

For more information on Monica's work, books and programmes, free downloadable resources visit

**[www.monicafranke.com](http://www.monicafranke.com)**

And stay tuned for bite sized bits of movement and mind inspiration at

IG: **[@cliniconthegreenmonica](https://www.instagram.com/cliniconthegreenmonica)**

Monica has two practices in Oxford and London, UK. And is available for online movement and mind 1-2-1 sessions, group classes (on-demand) and deep dive programmes for 3-D support towards thriving change and celebration!

If you'd like more information on any of these possibilities, please email:

**[monica@monicafranke.com](mailto:monica@monicafranke.com)**

THANK YOU SO MUCH FOR  
HAVING COME THIS FAR