

LETTER FROM Savage Wellness

Hi Mama!

I'm Shannon and I am so **excited** to be able to share my resources and coaching with you during this time of huge change and uncertainty. I thought I would give you a little background on me before we get started so you can get to know what Savage Wellness is all about.

As an elite athlete and personal trainer, I have seen a lot of "healthy" people living their healthy lives with an unhealthy mindset. And, spoiler, never seeing the results they're looking for.

Creating **real joy** within a healthy lifestyle doesn't come from overcomplicated programs or focusing your efforts on how you want to feel at some future date or milestone.

It doesn't even come from weight loss or running a marathon. It comes from learning to **feel great** from the inside out. It comes from developing a **loving relationship** with yourself and your body, doing what you love, and making choices you are proud of consistently.

As a mom, it can take a big shift from how we used to think to get back to a healthy body *AND* mind. For me I had hit a wall. My old mindset and the grit I used to reach goals was pushing me farther away from my true goal of feeling healthy, not just being healthy.

I was used to being in control of my actions and my needs but now someone else is running the show! Schedules and intentions go out the window as we become caretakers but what's most remarkable is *our brains literally and physically change when we become parents!*

You'll hear me say this many times: **we can't fight physiology**. Or we can, and we certainly try, but we won't win. We need to learn about and embrace our new mind and body and find new ways to take care of it.

I've created massive mindset *AND* strategic shifts in my life after working with doulas, midwives, chiropractors, sleep consultants, meditation experts and doing a TON of research on my own to develop **a new approach** for my new mama self to help me prioritize my health and happiness amidst ***the chaos of motherhood***.

I started developing this Savage **approach to wellness** for 3 reasons:

1. For myself! I wasn't thriving and I needed to find a way to change my approach to self care in fundamental way so I could be the person, friend, partner, and mother I wanted to be.

2. I wanted to create something different from everything else that was out there, where everything would be designed around BOTH the mental and physical needs of motherhood so we could feel confident that what we were doing would work to not only reach our goals, but keep us HEALTHY, HAPPY and injury free.

3. I believe that our health and happiness should not be a luxury item. Creating a holistically healthy lifestyle and have the resources we need to make it happen, can cost a TON of time and money. I want to provide high quality, proven, and trusted resources and coaching for all aspects of healthy living in one place. So we can free up time, budget and mental space to focus on the other 10,000 things we have to do every day.

For two years I worked with over one hundred mamas using this program, providing **fitness and nutrition plans** and helping teach them my methods to shift their mindset, reframe their day to day choices, and find the **tools and habits** that they can feel confident will not only get them where they want to be but that will fit easily into their busy lifestyle. And the results are in. It works, it sticks and **it's FUN**. And now I'm so excited to release it to the world.

Together, we can redefine motherhood.

I want you to remember that healthy living is not an all or nothing approach! Release your old habits and mindset and **get ready to try something new**. Now you know it works. You will learn new habits, get stronger and speak kindly to yourself. You will celebrate your successes and prioritize feeling **AWESOME** and being healthy above all else. I promise you will love your results on the outside but what you will celebrate is how you feel on the inside.

Ok, now let's do this!

Love,

Shannon

NOTES: MINDSET

1. No more _____ mindset. Start focusing on choices that _____.

2. What am I telling myself when I decide not to make a healthy choice (ie. not workout when I know I can, choose empty calories or larger portions when I can choose something nutritious?)

3. Where do I feel like I have the least amount of control/what are my barriers that I have the most trouble pushing past?

What can I focus on to move past these things?

4. Why did I choose to attend this workshop and why do I want to make a change?

5. My power statement to help me move past my biggest barriers is:

NOTES: NUTRITION

The 3 most important areas to focus on to create a sustainable healthy nutrition plan are:

1. _____ Why? _____

2. _____ Why? _____

3. _____ Why? _____

My barriers to eating healthy and staying consistent are:

Savage Tips:

1. _____

2. _____

3. _____

4. _____

3 (or more!) things I will do to create a more mindful and healthy nutrition routine so I can make consistently healthy choices are:

1. _____

2. _____

3. _____

4. _____

5. _____

NOTES: FITNESS

Rather than focus on _____, focusing on _____ will allows me to consistently choose to get in a workout.

I will tell myself that _____ leads to _____.

How do I want my fitness routine to look?

To get started, I will _____ so I can _____ I need to stay safe and consistent.

My immediate actions to get to the routine I want will be to:

1. _____

2. _____

3. _____

Now schedule it into your calendar! Move it if you have to skip it so you can make sure it gets done.

NOTES: MY GOALS

My short term goal to achieve in the next _____ month(s) is:
Lifestyle goal:

Tangible goal:

How will I mark getting there and how will I celebrate:

My medium term goal to achieve in the next _____ months is:
Lifestyle goal:

Tangible goal:

How will I mark getting there and how will I celebrate:

My long term goal to achieve in the next _____ months is:
Lifestyle goal:

Tangible goal:

How will I mark getting there and how will I celebrate:

BOOM! Healthy Mom, Happy Life!

SAVAGE
WELLNESS

Healthy Habits for
Housebound Moms

WEEK ___ /12

COMPLETE ALL THREE OBJECTS EVERY DAY

1. Get in **at least** one of the following every day:

Mon Tues Wed Thurs Fri Sat Sun

- Meditate or journal _____
- Strength Workout _____
- Cardio workout
20+ minutes _____
- Stretch/Foam Roll
10+ minutes _____

2. Drink 60+ Oz of water per day (90 if breastfeeding!)

Mon Tues Wed Thurs Fri Sat Sun

3. Power statement for the week (say it out loud in the mirror every morning and use it to talk yourself through your barriers):

Mon Tues Wed Thurs Fri Sat Sun


BONUS - Create your own objectives for the week

Mon Tues Wed Thurs Fri Sat Sun

THE SAVAGE SIX

www.besavagewell.com

"I am strong. I am loved. I am **awesome**. I am capable of making today amazing!"

	Drink 60+Oz of water	Sleep 7-9 hours (count from the night before)	Get Active	Don't go longer than 3 hours without food	Prioritize protein and fiber in your snacks and meals (and decrease sugar)	Speak Kindly to yourself (meditate, journal, daily affirmations, self care...)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Do something TODAY that your FUTURE self will THANK YOU for