

30 DAY WELLNESS GUIDE

KICK START YOUR WELLNESS
30 day guide filled with resources, tips, tools, 30 day
wellness challenge, and so much more

W E L L T H Y W I T H C O R T N E Y

Get in Touch

Meet Your Coach

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<p>Hello there! Thank you for downloading the Get in Touch with Your Gut ebook! I hope that this brings you some insight into digestive wellness and allows you to tune into your gut for a future balanced gut + happier life</p>		
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SECTION 01

Resources + Tips

This section will outline a few health related topics that are important for your overall understanding of wellness but to also use as resources as you move through this month.

Goal One

Learn about the Wellthy Circle and implement it into your life easily as a tool for continual growth

Goal Two

Understanding basic health practices and tools that will help you succeed

Goal Three

Access your health and wellness goals for this month, the year and your life

BREAKING IT DOWN

Bio-individuality

As you progress through this program I want you to remember that we are bio-individual. Which means that your needs are different from anyone else's. We are all different mind, body and spirit so the approach to health and wellness needs to be different for each person. When it comes to nutrition and lifestyle what works for you will not work for your family, friends or co-workers. It is important to find what methods work best for you and your needs.

Primary & Secondary Food

PRIMARY

You can think of primary food as what nourishes you off your plate. These are a list of items that when joined together create your overall wellbeing. Your primary food directly impacts your secondary food because it

WHY WE FOCUS ON PRIMARY FOOD

1. Brings awareness to our full-picture with health
2. Reminds us to take a step back if we are feeling unbalanced
3. It is a big picture perspective

SECONDARY

Secondary food is what nourishes you on your plate. This is the intersection between nutrition and health. There are many factors that come into play when we make decisions about secondary foods: lifestyle, health, society, culture, and personal belief systems can all impact.

METHODS TO REALIGN WITH SECONDARY FOOD

1. Go back to basics
2. Think bio-individual
3. Crowd out

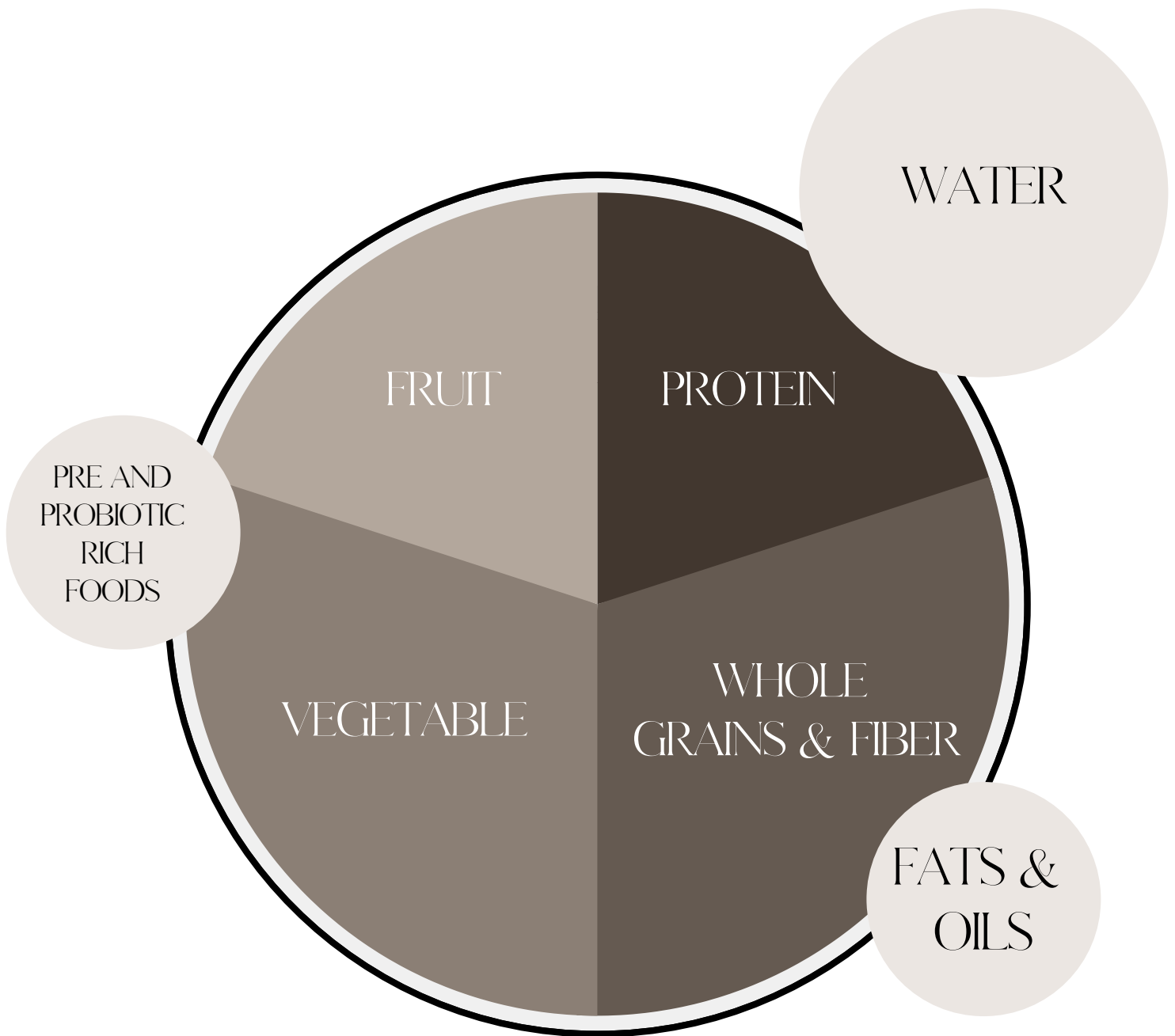
HOW TO USE THE WELLTHY CIRCLE



start here // check in

This tool encompassing what you read about primary food. It is your big picture tool to access where you are out of balance and what aspects of life you should consider focusing on. To use this tool you want to place dot on each area. Closer to the center indicates that you arent satisfied in that area of your life while a dot further to the outside says that you are satisfied. Once you make your dots connect them to see where you have imbalance and should shift your focus. Utilize this tool before you begin our time together and again once our coaching has ended to see your progress.

THE IMPORTANCE OF A BALANCED PLATE



WHY A BALANCED PLATE:

You want to use this as a tool to help yourself take notice in what your plate looks like now and what you want to improve. It is important to remember the core concept of bio-individuality through the lens of the plate. One person's food is another person's poison. Not everyone will use this tool in the same way and that is okay! It is important to find your version of balanced so use this as a guide and adjust where you feel fit.

LOW DOWN ON Clean Eating

The basis of clean eating is consuming primarily whole, unprocessed foods.

What this looks like is different for everyone since it is very individualistic – it means different things to different people.

However, processed foods should be limited. Eating clean revolves around maintaining a balanced and personalized diet of fresh, unprocessed food, including fruits, vegetables, whole grains, and healthy fats. For some, it also includes eggs, meats, fish, and dairy.

Benefits:

Clearer skin

Weight loss

Increased energy

Stronger hair and nails


Improved mental health

Better sleep

Eating clean in a non-diet approach to wellness it is to be a sustainable lifestyle shift that allows for balance. It shifts the narrative on nutrition to be more central focused on what words for you by naturally implementing better habits.


TIPS FOR Clean Eating

01. Keep it whole




Stick to whole foods – those that occur in nature and don't require flashy packaging. Examples include fresh fruits and vegetables, grass-fed and free-range meats, dairy, eggs, whole grains, nuts, and seeds.

02. Experiment with home cooking




When you cook for yourself, you're almost guaranteed a more nutritious meal. Restaurant food is often higher in salt and sweeteners compared to foods you might prepare at home.

03. Limit refined carbs




You'll want to reduce the amount of white foods (those made from white sugar or white flour) from your diet if you're aiming to eat clean. This includes all standard desserts containing white sugar as well as refined grains (like white rice) and foods containing white flour (like pasta, pastries, and bread). Remember - limit not remove.

04. Maintain consistent eating times and do not skip meals.



Keeping your blood sugar stable greatly contributes to healthy food choices. When you wait too long between meals or eat processed foods that spike blood sugar – leading to a crash in energy – you're more likely to reach for foods high in sugar, fat, or caffeine to keep up your energy. If you continue this cycle of highs and lows, you may feel irritable and exhausted. By eating whole foods every few hours, you avoid extreme shifts in your blood sugar. Additionally, nutritious food choices help support more stable blood sugar regulation, which can help reduce inflammation.

05. Balance your plate.



You should aim to get protein, carbohydrates, and fat at every meal. This will create optimal blood sugar levels and may stave off cravings and brain fog. Some examples of great protein sources include grass-fed meat, fish, tempeh, and legumes. Top-notch fat options are avocado, olive oil, nuts, and seeds. When reaching for complex carbs, try whole grains, like farro, brown rice, or buckwheat, and vegetables, like sweet potatoes, Brussels sprouts, or artichokes.

SMALL & ATTAINABLE Steps To Health

01 SIT DOWN FOR
MEALS

02 CARRY A WATER
BOTTLE WITH
YOU

03 START WITH
YOUR
VEGETABLES

04 EXPRESS
GRATITUDE

05 PRIORITIZE SLEEP

06 TAKE TIME TO
RELAX AND
RECHARGE

07 REPLACE
SHOULD WITH
COULD

08 SAY A DAILY
AFFIRMATION

09 AIM FOR 30 MIN
OF MOVEMENT A
DAY

10 MAKE YOUR BED
EVERY MORNING

LETS TALK Goal Planning

Things to remember:

Often times we set goals for ourselves that are large and unattainable when we are just beginning. The important thing to consider here is your why. Think big picture then boil that down to small attainable goals that you can set for yourself over this month that will help you in reaching that larger goal you are working towards. It is about the progress not perfection..

Things to think about:

- Set SMART goal. It should be Specific, Measurable, Achievable, Realistic/Relevant, and Timely.
- Identify your support system. We are stronger together. Who in your life can you count on to keep you accountable with your progress.
- Schedule it out. Map it out. I love to mind map my goals so I can really break them down into smaller goals and set a timeline on when I want to achieve each of them.
- Take time to recharge. There is no rush when it comes to your goals. It is important to take a step back when you start getting discouraged especially or are struggling through a portion of the process. Remember good things take time.

START BY Writing it Down

01

WHAT ARE YOUR HEALTH AND WELLNESS GOALS
OVER THIS NEXT MONTH?

02

WHAT ACTIONS NEED TO HAPPEN IN ORDER FOR YOU TO
ATTAIN THESE GOALS?

WEEK ONE MEAL TRACKER

	<i>breakfast</i>	<i>lunch</i>	<i>snacks</i>	<i>dinner</i>
WED				
THUR				
FRI				
SAT				
SUN				
MON				
TUE				

WEEK TWO MEAL TRACKER

	<i>breakfast</i>	<i>lunch</i>	<i>snacks</i>	<i>dinner</i>
WED				
THUR				
FRI				
SAT				
SUN				
MON				
TUE				

WEEK THREE MEAL TRACKER

	<i>breakfast</i>	<i>lunch</i>	<i>snacks</i>	<i>dinner</i>
WED				
THUR				
FRI				
SAT				
SUN				
MON				
TUE				

WEEK FOUR MEAL TRACKER

	<i>breakfast</i>	<i>lunch</i>	<i>snacks</i>	<i>dinner</i>
WED				
THUR				
FRI				
SAT				
SUN				
MON				
TUE				

WEEK FIVE MEAL TRACKER

	<i>breakfast</i>	<i>lunch</i>	<i>snacks</i>	<i>dinner</i>
WED				
THUR				
FRI				
SAT				
SUN				
MON				
TUE				

SECTION 02

Focus on Self Care

This section we are going to break down what self care actually means and what it could mean for you. Self care is such an important tool to have for your over all health so lets talk about why

Goal One

Learn about self care practices & new methods you can try to impliment in your life

Goal Two

Try new things with 31 days to wellness

Goal Three

Practice gratitude and get ready by planning it out

WHAT IS Self Care

Self care is more than just your face mask and a bubble bath. These are both examples of self-care methods but self care is about have a consistent routine of practice. By having that you are allowing yourself to always be on a higher level and in-turn when a negative or difficult situation comes your way you are more equipped to handle because you are practicing methods that lower your stress, make you happier and nourish you. A good way I like to think about this is always having your gas tank full because you are being nourished on a deep level.

SELF CARE

Examples + Methods

physical

- Getting enough sleep
- Check-ups
- Balanced diet
- Regular movement
- Getting a massage
- Acupuncture
- Spending time in nature
- Bubble baths

emotional

- Laughter
- Reading
- Having a morning/ and or night routine
- A hobby
- Writing
- Drawing/ painting
- Budgeting
- Traveling

spiritual

- Meditation
- Walks in nature
- Forgiveness
- Yoga
- Journaling
- Gratitude
- Taking time alone
- Connecting with something that brings you peace and joy

relationship (to self)

- Cooking
- Vision board
- Daily affirmations
- Positive self-talk
- Celebrating your successes
- Treating yourself to what is important to you
- Goal setting
- Communicating your wants and needs

YOUR 31 DAY WELLNESS CALENDAR

01

Make your bed

02

Try a new workout

03

Take a bubble bath

04

Buy a new book

05

Listen to some inspiring music

06

Don't check social media for an hour after waking up

07

Spend fifteen min decluttering something you've been avoiding

08

Make something new for breakfast

09

Give someone a compliment

10

Write down everything you accomplished today

11

Drink extra water today

12

Cook with a new veg you've never used before

13

Order your favorite drink at a coffee shop

14

Drink some tea before bed

15

Go for a walk and don't look at your phone

16

Listen to a new podcast

17

Meditate for 10 min

18

Make a smoothie

19

5 min of focused breathing

20

Light a new candle

21

Research something you've been interested in but never found the time

22

Do a face mask

23

Create a new playlist

24

Write down 5 things you proud of this week

25

Mindfully focus on the good

26

Let yourself sleep just a little longer

27

Buy some flowers for yourself or another

28

Create a new healthy snack

29

Write down your goals for the new month

30

Make yourself a vision board

31

Write down everything you are thankful for this month

DAILY Gratitude

I'm grateful for:

01:

02:

03:

04:

05:

06:

07:

08:

09:

10:

11:

my favorite memories:

people I'm grateful for:

01:

02:

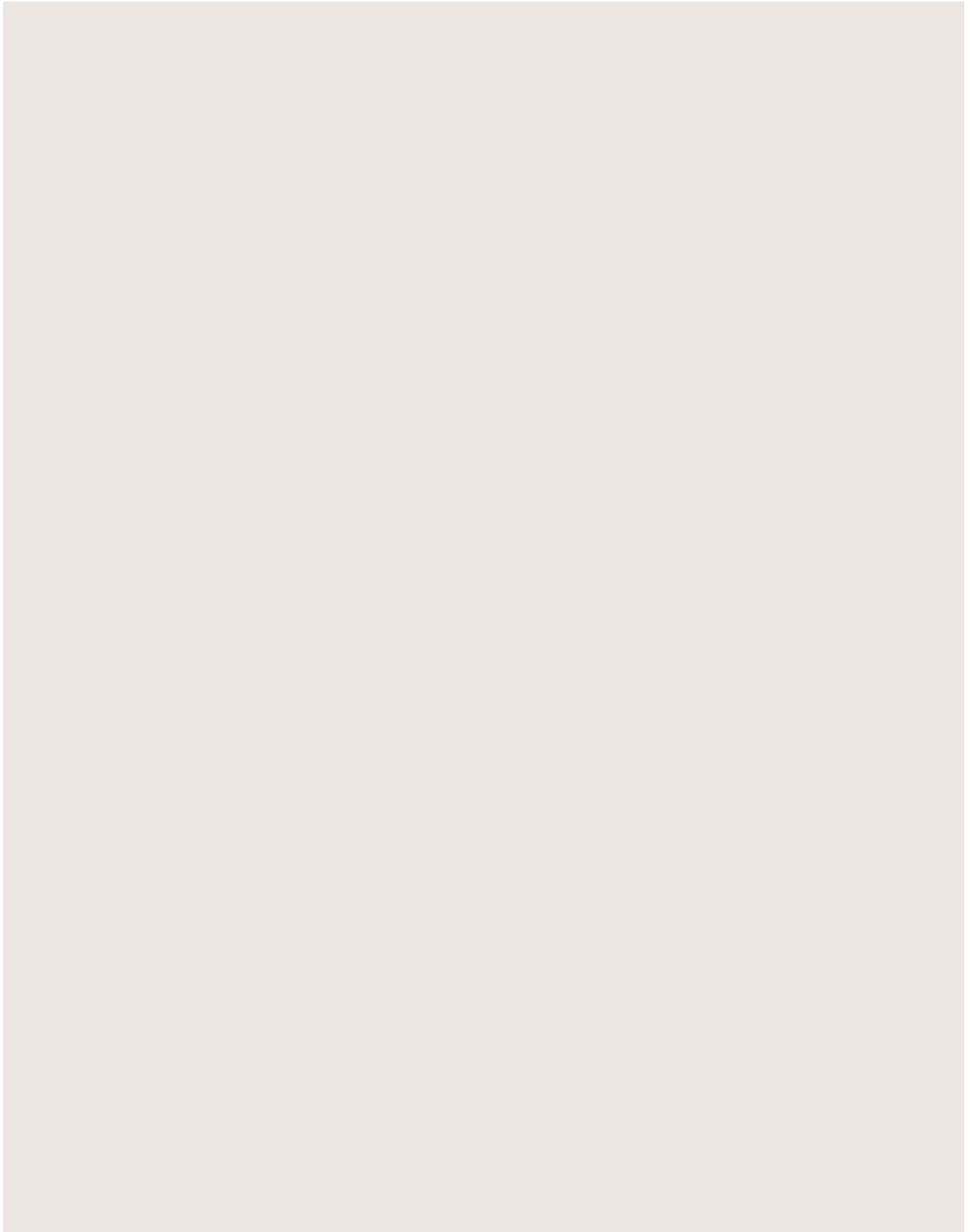
03:

04:

05:

Vision Board

WRITE IT DOWN AND WORK ON IT



SECTION 03

Additional Services + Discounts

Goal One

Understand the coaching process

Goal Two

Learn more about coaching packages and what they offer

Goal Three

Review discount codes + additional resources

Additional Services

What I Do

Here you will find a few program options all designed to give YOU exactly what you need to build a healthy life and reach all your wellness goals. With in each coaching program we can focus on distinct aspects of what you are looking to accomplish. Our base programs offer assistance in Lifestyle + Nutrition, Gut Health and Hormone Health.

Programs Sectors

Lifestyle and nutrition is for those who are looking to gain weight, lose weight, or are looking to expand their knowledge and resource base to progress in their health journeys. This is also a great program for those who suffer from any disordered eating.

Gut and Digestive programs are for those who are suffering from any sort of imbalance in their gut, have signs of inflammation, or suffer from any gut related issues. If you are suffering from any sort of digestive distress I am ready to help.

Hormone wellness are for those with any diagnosed hormonal imbalances such as PSCOS or endometriosis. As someone who suffered from endometriosis myself I know how difficult it can be, but I am happy to say that I am here to help! In addition to any hormonal imbalances the hormone program is great for anyone who is looking to release their bodies from hormonal birth control by implementing tools, and lifestyle changes to rebalance their hormones naturally.

1:1 Coaching

The one-on-one coaching service is built to offer you the appropriate foundation not only during the coaching service but afterwards. I will give you the tools you need to thrive while living and maintain a healthy, well balanced and realistic lifestyle.

90 Min Intensives

In intensives we dive deep into the health and wellness sectors of your life that need the most attention. In a 90 min intensive you will receive the tools and resources you need to hit the ground running towards your goals.

Group Coaching

Want to get healthy but don't want to do it alone? Group Coaching is right for you! Group coaching is done through the same methods of my regular programs, just in a group of two or more. Not only does this make it more fun for you and your friends but it also helps to lower the cost!

COACHING Process

01

DISCOVERY CALL

The consultation is a 60 minute conversation with Cortney, either over Zoom or in person. During this session, we will review your health history forms together. We will then discuss the aspects of wellness and lifestyle that you would like to work on while reviewing any concerns, symptoms, as well as what the solution for your bio-individual program.

PREPARE

You will receive your program documents by email within 3-5 business days after the consultation. Once you have received your program materials, we will book a second call to go over every detail and answer all of your initial questions. Each program is built for each person and must be prepared.

02

THE JOURNEY BEGINS

Together we will decide on your start date. As of your start date, I will be available at all times to provide you with support and to answer any questions via call, slack, email or text

03

WEEKLY CHECK INS

Weekly check-ins are strongly recommended. These give us the opportunity to touch base and discuss how the program is going. It also allows us to make any adjustments as needed. These are scheduled sessions that allow you to evaluate and grow throughout the process. I will be here to guide you throughout every step of the way. The weekly check-ins are an amazing resource to learn more, expand your program, ask questions and keep in touch!

04

BE WELLTHY

Once your program has ended, we will remain in touch with you. I have a close relationship with all of my current and past clients. Wellthy with Cortney has an open door policy, so once a client, always a client. Feel free to reach out at any time, keep in touch and let us know how you are thriving.

05

THE GOODS Discount Codes

Sakara

XOCORTNEY

*Seed
Probiotic*

CORTNEY15

*Cacti
Wellness*

WELLTHYWITHC

*Daysy
Fertility
Tracker*

DAYSYUS+620

*Kos
Supplements*

NO CODE
NEEDED -
USE LINK ON
MY WEBSITE

*You can find additional discounts and links
on www.wellthywithcortney.com/partners*

“

**Healthy begins with
your belief that you
are worthy of** *wellthy*