

*Awareness &
Accountability
Journal*

*12 weeks of self-discovery,
Accountability and change potential*

Leah Marmulla

The Awareness and Accountability Journal is designed to help you assess where currently are in life, and where you would rather be on your journey to your fullest potential. This Journal works in conjunction with the Diabetes, The Guts of It Program, or any other stage of dietary or life changes. It is a daily reflection, and record to monitor your daily progress. Blood Glucose Reading is prompted, but only for those who have diabetes, and this can be ignored by those who don't have the condition.

The focus of the Journal goes beyond the physical aspects of health/wellbeing and material acquisition; it goes into the real influencing factors of emotional blocks, beliefs and behaviours which sabotage our life and actions. By transforming limiting beliefs, while supporting your physical health, you are giving yourself a wonderful gift helping yourself move towards self-acceptance, love, to be more present in the now and experience deeper relationships with yourself, friends and family.

The overall end result is unpredictable, yet people become *clearer* than when they start. Since the program covers *nutrition, lifestyle, and subconscious limitations/ anchors it is truly a mind, body, spirit* program to help create a more balanced, well rounded life.

This can be translated into

- ✓ Improved physical health;
- ✓ Increased sense of wellbeing;
- ✓ Clearer vision of self and the future;
- ✓ Decreased stress, more peace and serenity;

- ✓ Increased self-belief to achieve any goal you choose;
- ✓ Deeper personal, friendships and intimate relationships;
- ✓ Deeper insight of the way we see ourselves and project this to the world;
- ✓ A gentle healing of the mind, body and spirit allowing you to live life to the fullest;
- ✓ Who knows what else is possible. It is guided by you and your deepest truth that wishes to be realised.

To use the journal, it is about working through it each day, monitoring the steps made towards change, insight gained as things came up for you. Emotions, thoughts, wisdoms, words etc. then, with this knowledge celebrate your wins and see your life improve. You may like to purchase a separate book to write the more personal things and stories in, using the explorative questions as prompts. Don't panic if you don't get an answer immediately for the explorative questions they are just that asking you to explore your thoughts, beliefs etc around the topic at hand. By reading them, you are planting the thought seed, from which the subconscious can sprout forth the answers and details the conscious mind requires to know

We are not isolated being, just health, just symptoms or just We are a combination of all of this, and much, much more. We are friends, family members; we contribute to our community, work, life. We act from our beliefs, see through our perspective on life, and interpret everything through our filters we have either inherited from our childhood, or taken on with

maturity. If you haven't already started to challenge your self to be the best you can be, truest highest self, then, this journal is designed to begin, or sharpen the process, depending on where you are at this time.

The focus overall is on health, as it attached to the Diabetes, The Guts of It program. It can however be used in other context health or otherwise.

The material has been gleaned over decades of self awareness progress, and the multitude of books read, seminars and training courses attended. Therapy sessions undertaken to help myself become clearer as to who and what I represented, and to help me clear away as many limited beliefs, actions, and filters that has been keeping me small. I have some way to go still; however, I am not the person I used to be.

I wish you well on your adventure forward from this point, to achieve the

*"If you don't know where you are,
you don't know where you would
rather be" Leah Marmulla*

desired outcome in self awareness, choices and ultimately less dis-ease and comfort. Your health may not be reversed, and certainly you will not be a baby

again, but certainly a happier and more content person who helps to keep us all young at heart and mind.

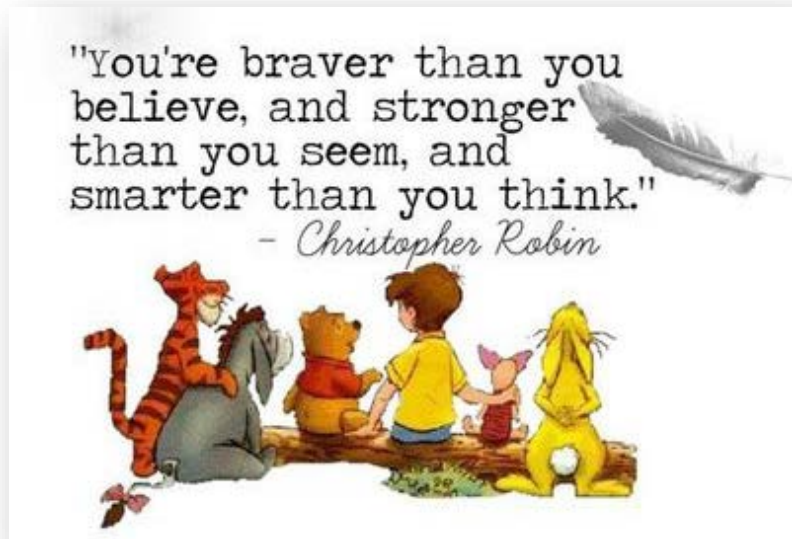
So, Lets begin.....

www.healthyeat.biz

First Things first.

Anyone working with me knows that I look at where a person is in their entirety, not only their health. See, our health is a symptom of the deeper picture, what is going on inside our body, its chemistry and emotions. You will learn while going through the Diabetes, Guts of It program; DGIP from now on, the intricate inter-relationship between emotions, biochemistry, nerve, gut, hormones and then the symptoms that can occur. If you want even more information, there will be more courses created over time that details these even more.

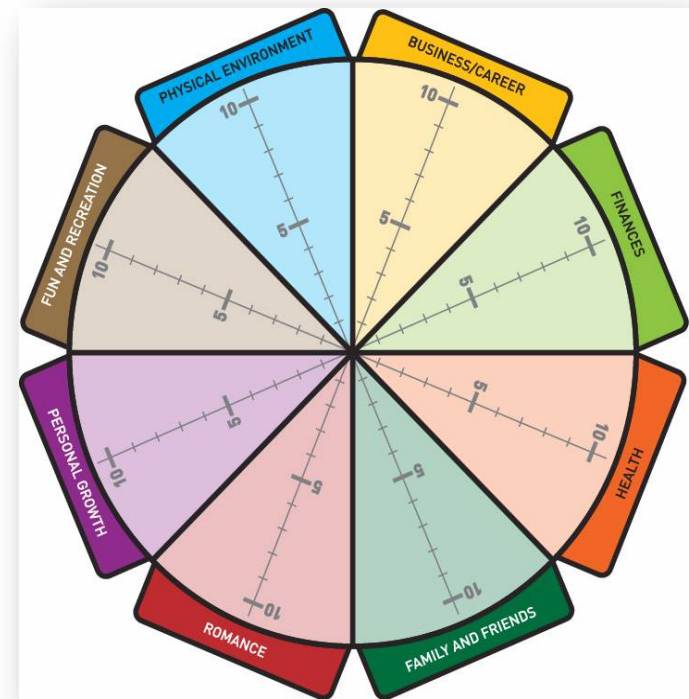
So, before we get down to the 'monitoring' of your diabetes, lets first see where you are in your life, as you see it. Throughout this journal, you will be asked questions, prompted and poked. As challenging as it can be, it is invaluable to be honest with yourself. ***The first step to any change is awareness, so to become aware and open to the first thoughts that come to mind when you ask questions.*** Be truthful to yourself, with as little judgment or self criticism as possible, remember, your life experiences have brought you to this point, and you have learnt some very useful lessons along the way, even if it is a lesson of not doing some thing again. Yes, some have been painful, embarrassing, confronting, but from the mouth of Pooh Bear (a favorite of mine)



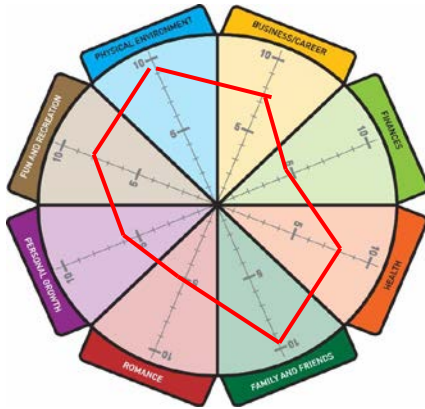
The wheel of Life

This tool helps you to gain clarity where you feel you fit in your world. As you can see, it covers the main aspects of one's experiences, from work, relationships, health, and relaxation. To complete it, as indicated in the D,TGI workbook,

1. Mark on the scale between 1-10 for each sector; 10 being absolutely spot on wonderful, and 1 being totally blah.
2. Link the marks you made on the scale in each sector by drawing a line going around the wheel.



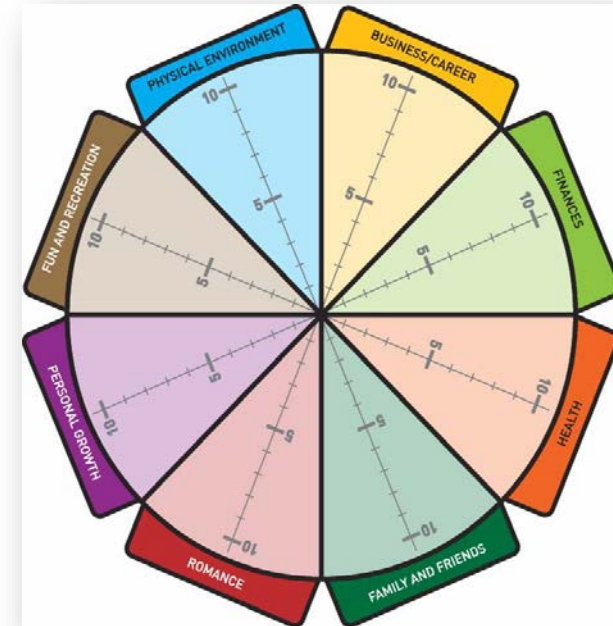
For example: This is one I filled in a few weeks ago. Yes, it really is mine on that day. I was quite disgruntled with a few things, which I then used to ask the questions I am going to ask you soon, to make changes in my life. Today's wheel would be quite different as I took the time to gain clarity, do some honest questioning and energy, release work to help me remove more limiting beliefs and blocks that showed up at the time.



Back to you. Now that you have identified a few potential gaps in some areas of your life between where you currently see yourself, just ask which sectors are important enough to seriously look at and change. Remember, there is no right or wrong answers here, as if you ask yourself the same question tomorrow, or next week, you might give yourself a different answer based on what is happening at the time.

Awareness is the first step.

This time on the wheel, mark out where you would like each of the segments to be. Let your imagination run, be a kid with this stage, and be honest with yourself. It will give you things to consider, explore and work through, not goals as such, but some really meaty topics to play with.



Now, for some targeted health awareness

The fact you would of received this book from a health site, suggests you are interested in your health, or, you have a health concern and would like to make a difference. Here, I am going to ask you to acknowledge where your health currently is. Again, right down the answers so that you can reflect back and see how far you have traveled since starting your life transition.

- What is/are your current health concern/s _____

- What is your latest pathology results that are outside the normal range? _____

- If weight is a concern, what is it now _____ kg; What would you like it to be _____ ?
 - What time frame do you want to achieve this? __ Months/weeks
 - How many times a week do you move/exercise? _____
 - What is your preferred style of movement/exercise? _____
-
- Are you open to doing things differently to create the outcome you desire? Yes/No
 - If yes, who do you need support from? What type of professional can help you? (circle the one/s you feel will help)

GP Specialist Dietitian Exercise Physiologist
Chiropractor Social Worker Counselor Psychologist
Energy/light worker Accountability partner Health Coach
Masseur Physiotherapist Other _____

Now you have some ideas, it is time to gain clarity as to what you want and what your life could be like when you get there.

Awareness is the first step, but having the end in mind is the second.

Explorative questions:

- What are the things in each of the segments that 'aren't quite right', or 'not working for you'? _____

- What would you like to change? _____
-
- If you couldn't fail, and your dreams could become a reality, what would your reality look like for you? _____
-
- What would your life feel like with these changes? _____
-
- What would you hear, see and smell after the changes were made? _____
-
- What would be happening in your life and around you when you reached your ideal world? _____
-

Let the ideas be on the page. When a negative, questioning or "no" voice is heard in your head thank the thought, and ask what it's real message, then write this down too, on a separate page. These 'voices' a jewels along the way

that when cashed in give you what you want in life, just like gems found in the mud when panning can make you a fortune when cashed in.

If it is helpful, I dare you to take the challenge of looking at your self in your most honest light. It is a true gift to yourself and extremely self honoring to allow the gems to come to the surface along life's journey.

By being honest about yourself to yourself, in relation to your desires, wants, food you eat, how you feel, you are in an easier position to make change. Remember the old saying "[What you resist persists](#)" (Karl Jung) Why resist any more. You have come this far, so your Deeper Self is searching for change; It's goal is to help you become aware where you are in the now, be accountable to yourself, and then use the tools to explore the emotions and memories that may arise during this time. Exploring creates an opening for change at any level towards the release and healing of past hurts and shutdowns to make way for a wonderful, fulfilling life.

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

Mother Teresa

Section 2

The Daily Explore



This section is designed to be an accountability activity. Now that you have awareness of areas you would like to be different, defining the differences in detail is similar to creating the end in mind, as so brilliantly described in Stephen Covey's books. This creates a goal post to work towards, knowing that it will continue to be moved polished and refined as you get closer to it. Often in the beginning, the vision is likely to be hazy and too far away to see, this is ok. Even a 'knowing' of what you want is better than refusing to consider anything beyond the fog. Weekly planning helps to map out the practical steps to achieve the goals for the week. This isn't only about your health goals, but to include aspects of your entire life. We do not live in isolation of ourselves, our needs and desires, even if at times we may need to. Be live in family, communities and most have outside commitments. All of these must be considered to help prepare the way to fit it all in. Then, the daily reflection and recording provides the space and time to see all the good things you have been able to achieve. To reflect and see and feel the progress you are making, especially on the days or weeks when it seems *nothing* is working. It is, usually on the inside that will be reflected on the outside when things come back in alignment.

The third section is daily action

It is divided into sections, The big picture, and then divided into more practical, daily reflections.

into to take you through each day so you can

- reflect on what you have eaten,



This is a corner stones of change: Awareness, goal, plan, and reflection to help keep us walking towards the bigger picture.

- the type and amount of exercise you have completed,
- record your BGL readings. These can be rotated to develop a snapshot of your body reactions to food; and to
- increase your awareness and make change.

To expedite your awareness, it is invaluable to explore the day's events and feelings. The benefits are you have the opportunity to acknowledge how well you are going,

- Your wins, small and big changes made;
- Gratitude, no matter how big or small
- Identify hidden emotions, whether positive or negative.
- Reflect on what you would like to be different
- Create a slightly different plan if needed to move towards the desired outcome.

Sometimes, this is all that is needed to access the wonderful insight our unconscious and spiritual self can provide us. It also helps to see patterns, or reoccurring thoughts, behavior, and outcomes which suggests there is a hidden jewel waiting to be discovered and released, though it may require a bit more effort to open up to it.

Let the adventure begin. Remember, first thoughts, without judgment let everything that wants to be here, **be** here, as hard as it can be. Welcome each insight as a treasure, a message in a bottle, if you will, for each emotion pleasant or painful, is just that a message for you to hear, learn from and then let go so that you get to the core or your true self quicker.

Any questions, or if you need help, contact us.

The next couple of pages is for you to go wild. Put your favorite music on, or go to 'your' place. Close your eyes and give yourself **permission** to dream, as you were a child again, and the world is your oyster. Allow whatever to come up be there, no boo hooing, or regret. All things are to be written here either neatly, messily, in pictures, words. Whichever way you relate to works; there is no wrong in this exercise. The topics are only for prompts and you can add or delete as right for you. 😊

When a 'negative' things comes up, a criticism, a feeling, uncomfortable, hidden excitement, or you think "I couldn't do that, put these things on the next page. We will have an exercise for them too. You might like to pull out some colored paper, or A3 or bigger, texters, crayons, type it, again, it doesn't matter the mediums you use, it is about allowing your imagine to be unleashed.

Health, Fitness and Energy
Family

Friendships

Finances/Wealth Amount, by when

Holiday,

Possessions - car, boat, homes etc

Sense of security, freedom

Helping others/charitable actions

How you make your money (it doesn't need to be work)

Relaxation, how, how often, with whom etc.

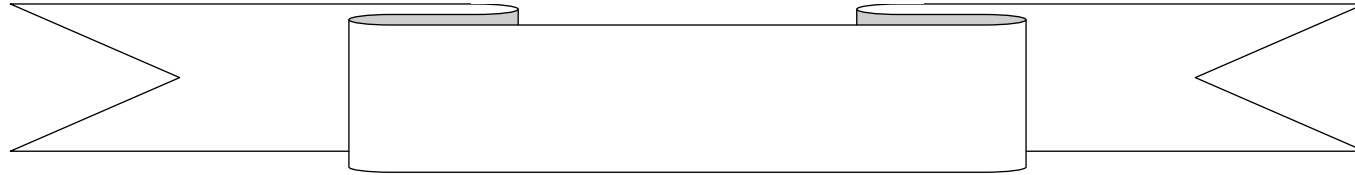
Self care and happy place actions

The next couple of pages is for you to go wild. Put your favorite music on, or go to 'your' place. Close your eyes and give yourself **permission** to dream, as you were a child again, and the world is your oyster.

When a 'negative' things comes up, a criticism, a feeling, uncomfortable, hidden excitement, or you think "I couldn't do that", barriers, conflicts or challenges as you see them, put all of these here.

Date/Week _____

Week's Focus



Tasks to complete this week towards your goals

1. _____
2. _____
3. _____
4. _____
5. _____

Important activities to include in this week's planning

- 1.
- 2.
3. .
4. .
5. .

Self Care, reward activity Ideas

- Read for pleasure
- Walk in the garden/park
- Play with children/pets
- Cook favourite meal
- Write in your journal with honesty
- Speak with friends
- Go to a movie
- Buy flowers for the home/office
- Get facial, pedicure or manicure
- Go for a drive to somewhere new
- Be a tourist for a day
- Watch the stars at night
- Watch clouds pass by day
- Continue a forgotten hobby
- Explore a new hobby
- Meditate
- Dance to favourite music
- Test other radio stations
- Refuse to answer the phone

Meal Ideas – Focus on _____

Shopping List

"Beware what you set your heart upon. For it shall surely be yours."
Ralph Waldo Emerson

Day 1

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____
- Weights _____
- Strengthening _____
- Stretches/relaxation _____

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories?

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

We can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us, and make us kinder.
We always have the choice.
Dalai Lama

"Feeling Gratitude and not expressing it is like wrapping a present and not giving it." William Arthur Ward

Day 2 _____

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____
- Weights _____
- Strengthening _____
- Stretches/relaxation _____

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories?

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

Some people come into our lives and quickly go. Some people move our souls to dance. They awaken us to a new understanding with the passing whisper of their wisdom. Some people make the sky more beautiful to gaze upon. They stay in our lives for awhile, leave footprints on our hearts, and we are never, ever the same.~

Flavia Weedn

*"Words can sometimes, in moments of
grace, attain the quality of deeds"
Elie Wiesel*

Day 3 _____

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____
- Weights
- Strengthening
- Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories?

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"Good thought bear good fruit, bad thought bear bad fruit - and man is his own gardener."
James Allen

Day 4 _____

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____
- Weights _____
- Strengthening _____
- Stretches/relaxation _____

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories?

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"He who can not dance puts the blame on the floor. Hindi Proverb"

“Though we travel the world over to find the beautiful, we must carry it with us or we find it not”

Ralph Waldo Emerson

Day 5 _____

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____
- Weights _____
- Strengthening _____
- Stretches/relaxation _____

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories?

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

“Good thought bear good fruit, bad thought bear bad fruit – and man is his own gardener.”

James Allen

*"If you want to leave footprints in the sands of time, don't drag your feet.
Arnot L. Sheppard*

Day 6 _____

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____
- Weights _____
- Strengthening _____
- Stretches/relaxation _____

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories?

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"When I loved myself enough

*I quit wishing my life looked some other way and began to see that as it is, my life serves my evolution
Kim McMillen*

"If you want to leave footprints in the
sands of time, don't drag your feet."
Arnot L. Sheppard

Day 7 _____

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

BGL before _____

Dinner _____

BGL 2 hrs after _____

Snack/supper _____

Exercise for the day

- Cardio minutes _____
- Weights _____
- Strengthening _____
- Stretches/relaxation _____

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings did you feel with? _____

What memories arose during these experiences? _____

What theme, or common emotions, if any were there between the memories?

What is the lesson for today's 'interesting' experience/s? _____

What dreams or hopes were unleashed during today? _____

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"Trust is being alone and enjoying the greatness for
what it is." Andrew Car

Week One Done and Dusted

Ok, my friends, you are doing marvelously. You have worked through an entire week of self discovery and that has been an interesting journey. Its get easier as you learn what your triggers are, how your body responds and what is hidden away. I hope you have started to really look after you, not only on the food and exercise front, but also your thoughts, insights and awareness.

At the end of this week, in line with thoughts, I am suggesting you do a self care activity. Self care as a reward is such a good thing, it tells yourself you think you are worth it, and you are, believe me. Using self care as rewards also reduces the temptation to 'go of the rails' with food or other possible indulgences. Here are a few suggestions, pick one to do as a big deal, then a few to do during the week.

- An outdoor activity that you really miss doing – walking for adventure through the park/forest or field. With or without others/pets etc.
- Going to the movies, or other passive entertainment
- Catch up with friends that you haven't seen for a while and just allow yourself some time out.
- Create some you space in your home that is sacred for you to feel relaxed and become refreshed in.
- Create some sacred time, whether it is five minutes or a couple of hours, the rule is that the time is yours, and others do not have the right to step into it. This is a big challenge, especially parents of

small children. Learn to be ok to close the door and just sit; To go outside and relax. Sit on the grass and watch the clouds go by.

- Turn off your mobile and email for blocks of time so you are not interrupted. People will soon learn the times to call.
- Book a massage, yoga class or gym

Whatever you choose, go for it. Start small chunks of time and build up to your desired amount and enforce (gently) that others respect it. It is called self care and self respect to put yourself forward a little each day, and a lot on a regular basis.

For more ideas

au.pinterest.com/explore/self-care-activities

backtoherroots.com/2013/04/11/50-self-care-ideas

Preparation for the coming week

What self care are you committing to this week? _____

How many times and for you long? _____

Describe how it will feel to do this self care activity. _____

What is your commitment for focused change this week? _____

What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.

How will you know you are achieving your commitment? _____

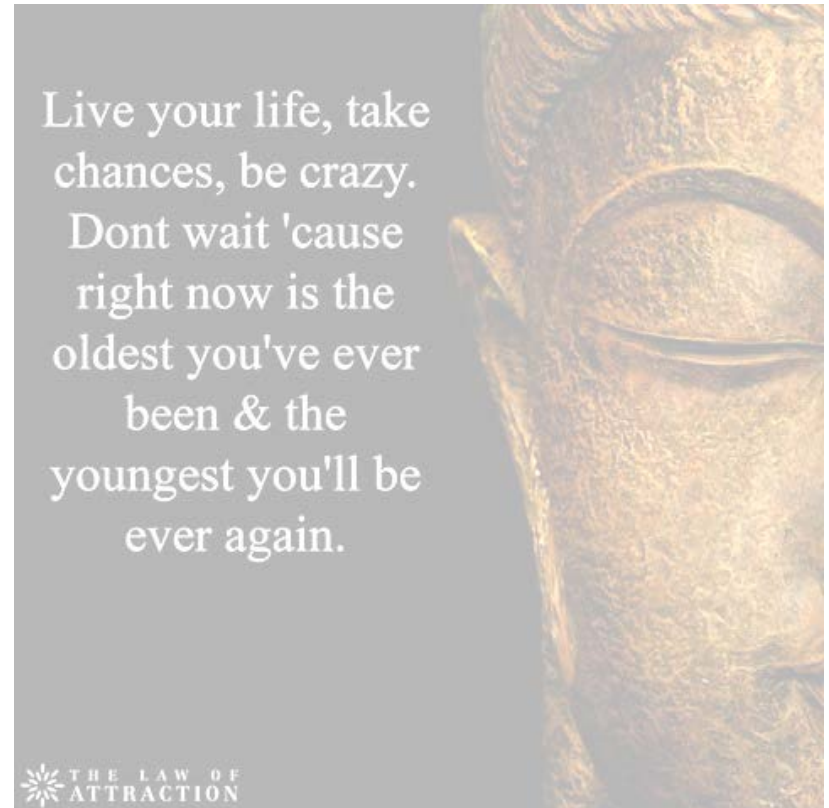
How will it feel to complete your committed to activity? _____

What might it mean in the bigger picture of what you are working towards?

Who do you need to contact to ask for help to action this commitment?

What is the real cost if you don't follow through? _____

What is the cost benefit of following through? _____



Live your life, take chances, be crazy. Dont wait 'cause right now is the oldest you've ever been & the youngest you'll be ever again.

THE LAW OF ATTRACTION