(ID) The Discerning You Medical Binder

Compiled by Marina Wildt



The Basics

PERSONAL INFORMATION

Name:	Middle name:
Surname:	Birthday: dd/mm/yyyy Gender:
Address:	
City:	State/Province:
Country:	Zip code:
Marital status: Single Mar	
Do you have children under the age o	
It so, what are their ages:,	
Employment status: Full-time	Part-time Self-employed Retired
Job title :	Employer:
	Health Profile
Hair colour: Ey	re colour: Ethnicity:
Height: We	sight: Blood Type: (+/-) A/B/O/AB
Medical Insurance: (yes / no) Is y	our family / spouse covered: (yes / no)
Provider:	ID:
Plan:	Main member:
Preferred hospital:	0/6%



Contact List



Personal				
Phone no. 1:		Phone no. 2:		
	Email address 1:			
	Email address 2:	<u> </u>		
Emergency (
Name:		Relationship:		
Phone no:		Email address:		
Emergency C	Contact 2			
Name:		Relationship:		
Phone no:	(()	Email address:		
		The Doctors		
General Prac	titioner			
Last name: _		First name:		
Phone no: _		Email address:		
Address:			ZIP:	
Dentist				
Last name: _		First name:		
Phone no: _		Email address:		
Address:			ZIP:	

ENT (Ear, Nose	and Throat)	
Last name:	First name:	\\\\\\\\\\\\
Phone no:	Email address:	
Address:		_ ZIP:
Dermatologist Last name: Phone no: Address:		ZIP:
Gynaecologist		
Last name:	First name:	
Phone no:	Email address:	
Address:		ZIP:
	All My Specialists	
Specialist:		
Last name:	First name:	
Phone no:	Email address:	
Address:		// <i>0</i> /5//
		_ ZIP:
Specialist:		_ ZIP:
Specialist:		
Specialist:		
Specialist: Last name: Phone no:	First name: Email address:	

Specialist:	(中)	
Last name:	First name:	
Phone no:	Email address:	
Address:		ZIP:
Specialist:		20
	Email address:	
Address:		_ ZIP:
Specialist:		
Last name:	First name:	
Phone no:	Email address:	
Address:		ZIP:
Specialist:		
Phone no:	Email address:	
Address:		ZIP:
Specialist:		1703
Last name:	First name:	
Phone no:	Email address:	
Address:		_ ZIP:







Major Medical Conditions

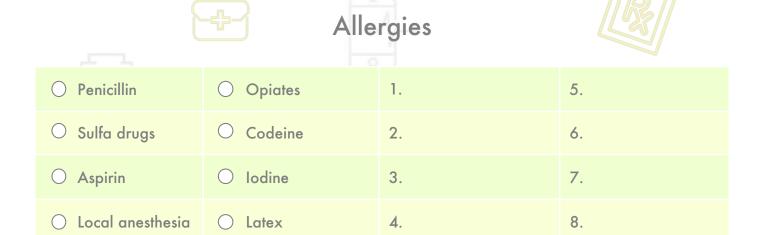
Illness	Date of Diagnosis	Date of Remission or Recovery	Doctors Involved	Notes
	dd/mm/yy	dd/mm/yy		

Major Hospitalizations

Date	Procedure	Physician or Surgeon	Hospital
dd/mm/yy			

Vaccinations and Immunizations

Name	Date	Name	Date
	dd/mm/yy		dd/mm/yy



Family Medical History

		o Cancer	o Acid
		o Type:	o Ulc
	Genetic disease:	o Type:	o Irrit
		/1	o Oth
		Immune System	
		 Rheumatoid Arthritis 	Lung a
		 Lupus Erythematosus 	o Emp
	Liver disease:	 Sjogren's Syndrome 	o Pne
0	Liver disease:	Crohn's Disease	o Bro
		Multiple Sclerosis	o Astl
		 Ankylosis Spondylitis 	o Slee
		 Celiac Disease 	o Oth
		 Hashimoto's Disease 	
\bigcirc	Kidney disease:	o Other:	Skin
			o Skir
		Hormonal or Metabolic	o Der
	Immune system	 Diabetes 	o Ecz
		 Hypothyroidism 	o Oth
	disease:		0 0111
		Hyperthyroidism	0.1
		 Adrenal insufficiency 	Other
		o Other:	o Kid
			Live
		Heart and Blood	o Oth
	Diabetes:	 High blood pressure 	J
		 Arthrosclerosis 	Infection
		Heart attack	o Rhe
		 Coronary artery disease 	o Mo
		 Heart murmur 	Sex
	Bleeding disorders:	 Heart valve problems 	o HIV
	bleeding disorders.	 Bleeding disorders 	o Oth
		Anemia	0 0111
			D a la :
		o Other:	Behavi
			o Anx
	Tulcaraulasia	Neurological	o Dep
\bigcirc	Tuberculosis:	Epilepsy / seizures	o Ma
		 Neuralgia 	o Oth
		o Stroke	
		o Other	Behavi
	Namelaniani	Other:	o Anx
\bigcirc	Neurological	o Olliel.	
	disorder:		o Dep
		Chronic Pain	o Oth
		o Back	
		 Abdominal 	Habits,
		 Headaches and migraines 	o Dru
		 Fibromyalgia 	o Alco
	Cancer:	o Other:	o Oth
		Head and Neck	Other
		 Injury to face, jaw or neck 	o Disc
		o Concussion	o Pro
	Other:	 Radiation treatment 	o Pro
		Sinusitis	o
		o Glaucoma	0
		Other:	0

List of Conditions

Cancer & Neoplastic

Gastrointestinal

- d-reflux / heartburn
- er / gastritis
- able Bowel Syndrome

ınd Airway

- physema
- umonia
- nchitis
- hma
- ep apnea
- ner: ____
- n cancer
- matitis
- ema

Major Organs

- ney disease
- er disease
- ner: ____

ous

- eumatic fever
- nonucleosis
- cually transmitted disease
- /AIDS
- er: ____

ioral

- kiety / panic attacks
- oression
- nic depressive disorder

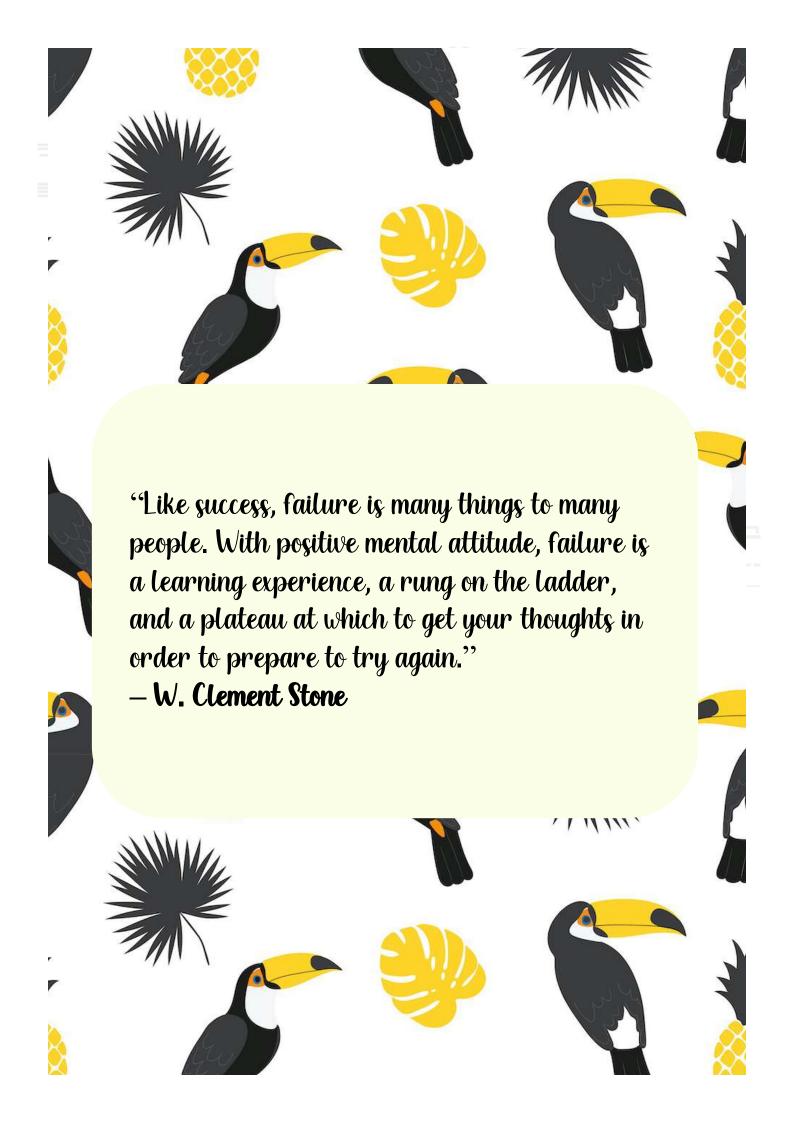
ioral

- kiety / panic attacks
- oression
- ner: _____

/Addiction

- g abuse
- ohol abuse
- abled
- sthetic valve
- sthetic joint

0	
0	



DOCTOR'S VISITS

Date	Doctor	Reason	Result	Follow Up
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				
dd/mm/yy				

MEDICATION LOG



Prescription Medication

Medication name: What it is for: Dosage: Rx: Additional info: Start date:	
Medication name:	
Medication name:	
Medication name:	
Start date:	End date:

MEDICATION LOG



Over the Counter Medication and Natural Remedies

Medication name:	
What it is for:	
Dosage:	
Rx:	
Additional info:	
Start date: End date:	
Medication name:	
What it is for:	
Dosage:	
Rx:	
Additional info:	
Start date: End date:	
Medication name:	
What it is for:	
Rx:	
Additional info:	
Start date: End date:	
	<u> </u>
Medication name:	<u> </u>
Medication name:	<u> </u>
Medication name:	<u> </u>
Medication name:	4
Medication name:	4

TRANSPLANTS & DEVICES

Name:	
Purpose:	
Location (if applicable):	
Additional info:	
Implant date:	Removal date:
Name:	
Purpose:	
Location (if applicable):	
Additional info:	
Implant date:	
implain date.	Removal date.
Name:	
Purpose:	
Location (if applicable):	
Additional info:	
Implant date:	Removal date:
Name:	
Purpose:	
Location (if applicable):	
Additional info:	
Implant date:	Removal date:
N	
Name:	
Purpose:	
Location (if applicable):	
Additional info:	
Implant date:	Removal date:

SYMPTOM TRACKER

MONTH:		RATING	G KEY	1 2	3	4		7	8	9	10
DATE											
SYMPTOM	PAIN	SCALE RA	TING								

General List of Symptoms

Sleeping difficulties

Feel agitated / anxious

Feel depressed





GENERAL NEUROLOGICAL Weight loss Numbness / tingling Weight gain Paralysis / weakness Loss of appetite Memory changes Always hungry Smell / taste changes Difficulty chewing Always thirsty Frequent urination Swallowing changes Speech changes Fatigue Faint easily Dizzy spells or fainting Night sweats Neuralgia / neuropathic pain Bleed easily Bruise easily **CARDIOVASCULAR HEAD & NECK** Shortness of breath with exertion Neck pain Racing or irregular heartbeat Neck lump/swelling Swollen ankles Headache Cold ankles/feet Facial pain Chest pain / angina Jaw pain RESPIRATORY **EYES** Coughing spell Vision changes Wheezing Dry eyes **GASTROINTESTINAL** MUSCULOSKELETAL Joint pain Indigestion Swollen joints Reflux / heartburn Nausea / vomiting Muscle cramping Bowel problems SKIN CHANGES **EARS** Skin problems Hearing loss Nail changes Ringing ears Earaches Pressure / stuffiness in ears **BEHAVIOURAL** NOSE / THROAT Stress Congestion / runny nose

Nose bleedsNasal obstruction

Sore throat

Hoarseness / voice changesMouth breathing / snoring

BLOOD SUGAR TRACKER

Date:	Week:
Dule	** GGK

			Glu	cose Rea	ding
Day	Before	Meal	Hrs1	Hrs2	Hrs3
		Breakfast			
Mon		Lunch			
		Dinner			
		Breakfast			
Tues		Lunch			
		Dinner			
		Breakfast			
Wed		Lunch			
		Dinner			
		Breakfast			
Thurs		Lunch			
		Dinner			
		Breakfast			
Fri		Lunch			
		Dinner			
		Breakfast			
Sat		Lunch			
		Dinner			
		Breakfast			
Sun		Lunch			
		Dinner			

BLOOD PRESSURE TRACKER

Date	Time	AM/PM	Blood Pressure	Pulse	Notes
dd/mm/yy					

WEIGHT & CHOLESTEROL

		Cholesterol (m	mol/L)	
	Triglycerides			Non-HDL cholesterol
Ideal Range	0.4-1.6	1.2-1.9	1.5-2.9	0.9-3.7
Date				

Weight Tracker							
Date	Weight	ВМІ	Waist	Hips	Notes		
dd/mm/yy							
dd/mm/yy							
dd/mm/yy							
dd/mm/yy							
dd/mm/yy							
dd/mm/yy							
dd/mm/yy							

MICRAINE TRACKER

RATING KEY	1 2 3 4 5 6 7 8 9 10
DATE:	START TIME: END TIME:
PAIN SCALE RATING	1 2 3 4 5 6 7 8 9 10
POTENTIAL TRIGGERS	
MEDICATION AND TREATMENTS	
DATE:	START TIME: END TIME:
PAIN SCALE RATING	1 2 3 4 5 6 7 8 9 10
POTENTIAL TRIGGERS	
MEDICATION AND TREATMENTS	
DATE:	START TIME: END TIME:
PAIN SCALE RATING	1 2 3 4 5 6 7 8 9 10
POTENTIAL TRIGGERS	
MEDICATION AND TREATMENTS	
DATE:	START TIME: END TIME:
PAIN SCALE RATING	1 2 3 4 5 6 7 8 9 10
POTENTIAL TRIGGERS	
MEDICATION AND TREATMENTS	

MOOD TRACKER

		RATING	G KEY						
MONTH:		HIGH	H	MEDIU	M M	LOW	N	ONE (N
YEAR:	l\								
DATE									
SADNESS LEVEL									
FATIGUE									
NO APPETITE									
OVEREATING									
REPEATED THOUGHTS									
UNMOTIVATED									
IRRITABLE									
LACK OF CONCENTRATION									
ANXIETY									
ISOLATING BEHAVIOUR									
THOUGHTS OF DEATH / SUICIDE									
FEELING HOPELESS									
FEELING WORTHLESS									
INDECISIVE									
HOURS OF SLEEP									
WEIGHT									

"You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?"

— George Bernard Shaw



SETTING INTENTIONS

An intention is a positive, coherent, and logical objective that you want to manifest in your life.

It is your ultimate goal and your ambition.

If you set it clearly enough, it will give you the foundation you need to direct your daily life.

When your actions, thoughts, priorities, and mindset are all geared towards actualizing this intention – you let go of the bullsh*t holding you back.

You begin to accept who you are and manifest an intention for yourself. You will also start to accept others for who they are in their journey.

- 1. Consider all the different aspects of your life that are important to you relationships, family, finances, career, and most of all, your health.
- 2. Close your eyes and think about the person you want in each one. It isn't a time to hold back shoot for the stars! Who do you want to be?
- 3. Now, while you're picturing yourself in that ideal future, consider how you want it to make you feel.
- 4. How you feel is the most critical part of this exercise. So be specific about what emotions embody your future. Whether it's excited, motivated, inspired, calm, cheerful think about it.

Remember what you want to feel the next time a toxic thought sucks you down.

STARTING A JOURNAL

It's not always easy to know what to say – some days you might just be lost for words and that's okay. Here are some writing prompts to help you out when you need a bit of inspiration.

- 1. What activities have you done in the last day or two?
- 2. Is there something that is bothering you or making you upset?

 Why is it making you feel this way?
- 3. Has something important happened to you that is on your mind? What was it?
 - 4. What lifestyle frustrations have you experienced in the last day because of your chronic illness?
 - 5. How have your social interactions affected your overall wellbeing?
 - 6. Have you seen your doctor, specialist or medical facilitator? Have they mentioned anything that you want to think about?
 - 7. Have you made an important decision recently?

WRITING PROMPTS



Mindful Living









Something that we all say after a traumatic moment or experience are the words, "I don't want to think about it."

There could be nothing wrong with this.

But you first need to ask yourself WHY you don't want to think about it.

If you don't want to think about it because it's too painful or overwhelming – you might be avoiding your emotions.

And unfortunately, burying overwhelming emotions doesn't help you build the resilience you need to overcome them.

The reason why intentional focus is such a good way to overcome overwhelming feelings is that it helps you look at these emotions in a different and non-threatening way.

Intentional focus does not mean you need to wallow in your feelings of overwhelm.

It means to acknowledge them in a non-judgemental way.

Intentional focus lets you stop, breath and observe your feelings in a detached way.

Not only to gain a more objective perspective on the issues that are worrying you but so that you can catch yourself in moments where you feel your emotions are spiralling.

"It matters that you care.
It matters that you feel.
It matters that you notice."

Taken from Hokusai Says by Roger Keyes

HOW RESILIENT ARE YOU?



TO TAKE ON
NEW CHALLENGES



I WORK ON OVERCOMING MY CHALLENGES MORE EFFECTIVELY



I WORK WITH MY BODY'S LIMITS AND NOT AGAINST THEM



I THINK ABOUT THE POSSIBLE RESULT OF THE ACTIONS I CHOOSE TO TAKE



ISET ATTAINABLE

STANDARDS IN ALL

AREAS OF MY LIFE



BESILIENCE TRACKER

KEY: 1 - not at all true 2 - rarely true

3 – somewhat true 4 – often true

5 – always true

I prioritise self-care habits and routine, even in times of change.	When I am alone with my thoughts it allows me to be at peace with who I am.	I am taking the time to listen to the subtle messages my body sends me.	I feel like the people in my life help me build my strength.	I feel strong enough to tolerate change right now.	I feel like I am strong enough to overcome trauma by allowing myself to feel it.	I feel like my trauma has not taken my identity. I am not my illness.	
							Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10

MINDFUL MEDITATION

Mindfulness teaches you to manifest your daily thought process more constructively.

It is the practice of being in the present moment without judgement or distraction. It is about being aware of what you feel without letting those emotions consume you.

Fun Facts

On chronic pain...

Mindfulness has proven to help people cope with chronic pain by reducing their perception of the pain and increasing their pain threshold.

On your brain...

Mindfulness has pr

Mindfulness has proven to build or even rebuild healthy neural connections in the parts of your brain associated with learning, memory, stress and anxiety.

On decision making and problem-solving...

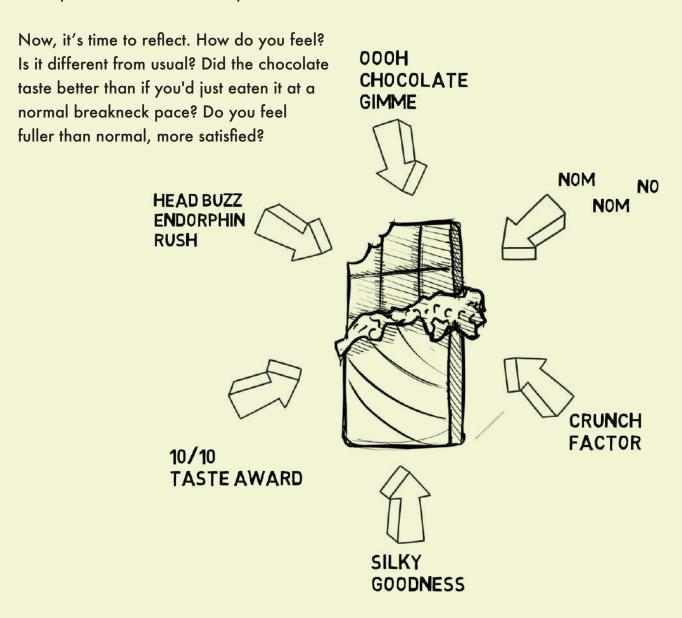
People that practice mindfulness meditation for 20 minutes every day have better insights and perspectives on their own lives. This means that they are more capable of processing information, making informed decisions and solving their problems.



Mindful Eating - Chocolate Activity

Time: 5 minutes Difficulty: Easy

- 1. Open the packet. Inhale the aroma. Let it sweep over you.
- 2. Break off a piece and look at it. Really let your eyes drink in what it looks like, examining every nook and cranny.
- 3. Pop it in your mouth. See if it's possible to hold it on your tongue and let it melt, noticing any tendency to suck at it. Chocolate has over 300 different flavours. See if you can sense some of them.
- 4. If you notice your mind wandering while you do this, simply notice where it went, then gently escort it back to the present moment.
- 5. After the chocolate has completely melted, swallow it very slowly and deliberately. Let it trickle down your throat.
- 6. Repeat this with one other piece.



Mindful Walking Meditation

Time: 10 minutes
Difficulty: Easy

- 1. Choose a calm and peaceful place, preferably outside in nature, where you have 10-12 metres of space to walk in one direction.
- 2. Begin the meditation barefoot or with very soft shoes you want to be as connected to the earth below your feet as possible.
- 3. Keep your eyes down, either focusing on the ground below you or completely closed.
- 4. Focus your attention on the sensation of the earth. What does the ground feel like beneath your feet? For example is it hot or cold? Is it soft or hard?
- 5. As you start to take a step forward, notice the feeling in your front foot. And with each step, become observant and aware of the physical movement of your legs.

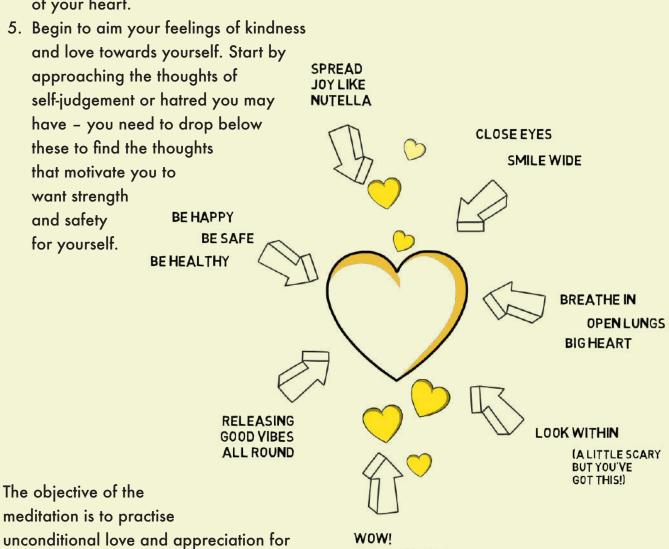
6. You need to actively keep your attention solely on your feet and your movement. If your FRESH AIR mind starts to wander, remember to bring it back to the present gently. COOL GRASS 7. Remember to keep a steady pace to help you set a stable rhythm in your walk to create 0000 STOMP a deeper STOMP ONE STEP connection to BREATHE your breath 00000 and your mind. TWO STEP BREATHE 00000 TOE WIGGLE PRETTY PED 00000 FEET 0000 OHLOOK TICKLE NO SHOES

Mindful Love Meditation

Time: 15 minutes

Difficulty: Moderate

- 1. Start by sitting on the ground comfortably. Ideally, you should have your feet flat on the ground and a straight back, but if you need to adjust this to be more comfortable that's alright.
- 2. Close your eyes and use this moment to create inner awareness and visualisation. Relax, breathe deeply and calm your mind.
- 3. Set a timer for 5 minutes. Try to make the timer as quiet as possible, preferably on vibrate.
- 4. Start by focusing on your chest, otherwise known as your heart centre or solar plexus. Breathe in and out from that area, expanding your lungs, and become mindful of your heart.



The objective of the meditation is to practise unconditional love and appreciation for yourself and those around you that you love. And you do this by committing to a certain amount of affirmations every day.

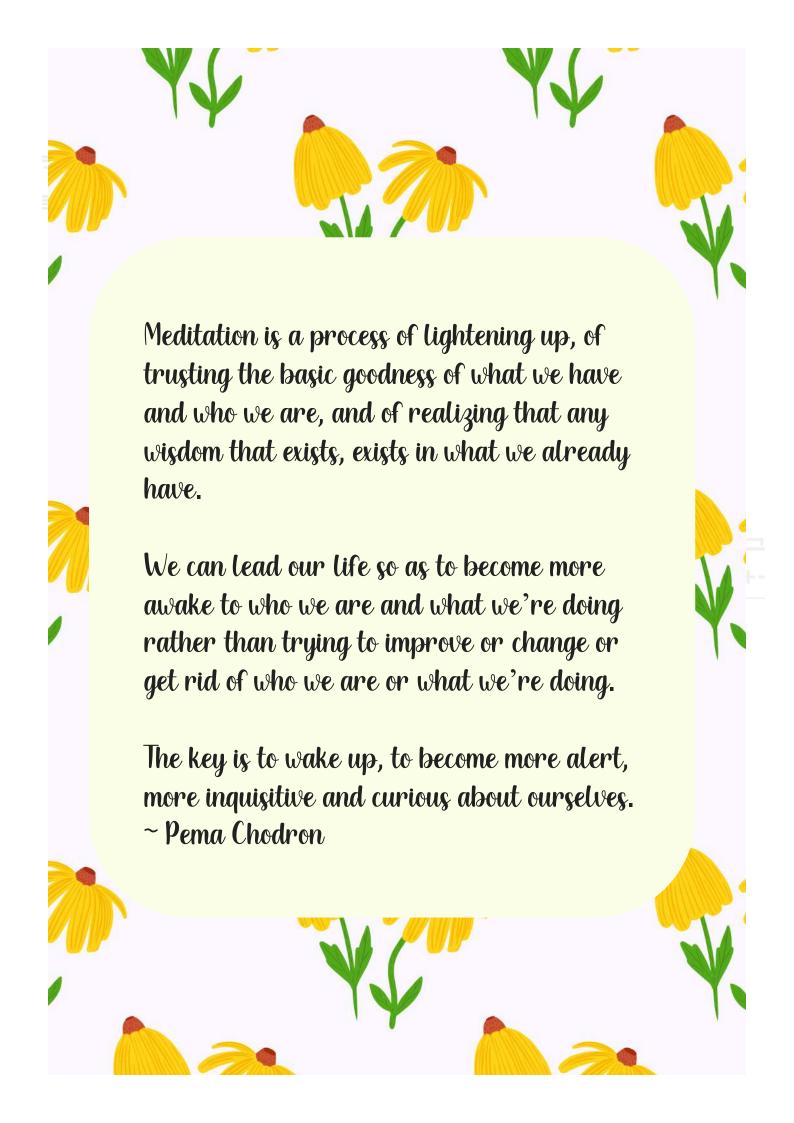
WOW!
I'M BEAUTIFUL

AND SMART

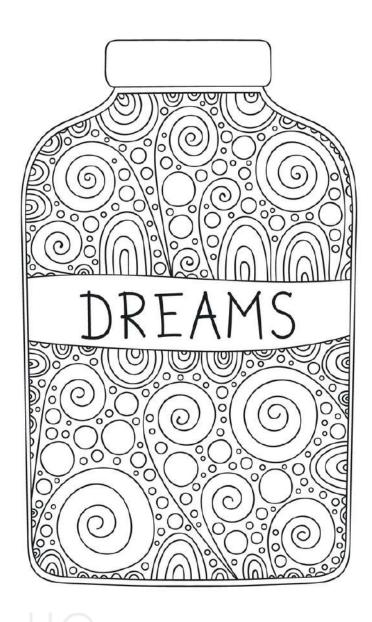
AND...

MINDFUL MEDITATION PROGRESS

Date:	
This exercise was: easy □ a little challenging	□ very challenging □ impossible □
How well did I relax? well □ it was tricky □	
	, ,
Did I sit in a quiet and comfortable space?	yes \square / no \square
Did I set specific time aside for this task?	yes \square / no \square
When my attention drifted, did I bring it back gently?	yes □ / no □
Was I patient with the process?	yes □ / no □
Did I defeat boredom by staying motivated?	yes □ / no □
What did I	
Taste? Smel	\$
Feel: Hear	ś
See:	
See	
Date:	
Duic.	
,	□ very challenging □ impossible □
How well did I relax? well □ it was tricky □	it was very tricky □ I couldn't □
Did I sit in a quiet and comfortable space?	yes □ / no □
Did I set specific time aside for this task?	yes □ / no □
When my attention drifted, did I bring it back gently?	yes □ / no □
Was I patient with the process?	yes □ / no □
Did I defeat boredom by staying motivated?	yes □ / no □
What did I	
Taste? Smel	lś
Feel: Hear	\$
See:	



My Notes...



"Hope doesn't require a massive chain where heavy links of logic hold it together. A thin wire will do... just strong enough to get us through the night until the winds die down."

Charles R. Swindoll

Building a Functional Space

GOAL SETTING



As your health needs change, so you should adapt your environment to suit your new demands.



Building a functional environment is a continuous process that is successful through goal setting and follow-through.



It's easy to say that you need a walk-in shower, but it's a lot harder to think about the cost and actual renovations.



The basic things we achieve in life – such as finishing school, getting a job or driving a car - are all goals that are given time limits, broken down into bite-sized tasks and enforced by keeping you accountable.

What to do...

Take each issue and solution that you listed in the activities above about creating a functional environment and answer the five questions listed below on each one.

Adapted from A Theory of Goal Setting & Task Performance (Locke and Thorne, 1990)

4. Complexity



5. Feedback

Reviewing and checking your improvements.



2. Clarity



The degree of the

3. Challenge

The degree of the goal's demands.



I. Commitment

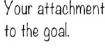


goal's difficulty.



The specificity of







Clarity: Challenge: Complexity:	Clarity: Challenge:	GOAL		
Challenge:	Challenge: Complexity: Feedback:		000	1/2
Challenge:	Complexity: Feedback:	Clarity:	80	
Complexity:	Feedback:	Challenge:		
	TO DAY W	Complexity:		

Break your time frames into three categories



Short-term (e.g. What can I achieve this week?)

2

Medium-term (e.g. What can I achieve this month?)

3

Long-term (e.g. What can I achieve this year?)

MY PROGRESS



Focus on your short term goals and make yourself accountable.

How to keep your goals on track:



Forget about the overwhelming long-term goals that feel impossible and focus on the micro or short term goals daily that are attainable and BUILD your self-esteem.



Share your goals with your friends and family. Talk about them as much as possible with the people that you trust because this helps actualise them.



Make a financial commitment to the goal to keep yourself accountable. Trust me; there is nothing that will make you stick to your goals as much as the promise that you will lose money if you don't.







Boundaries

DO I STRUGGLE TO SET BOUNDARIES?

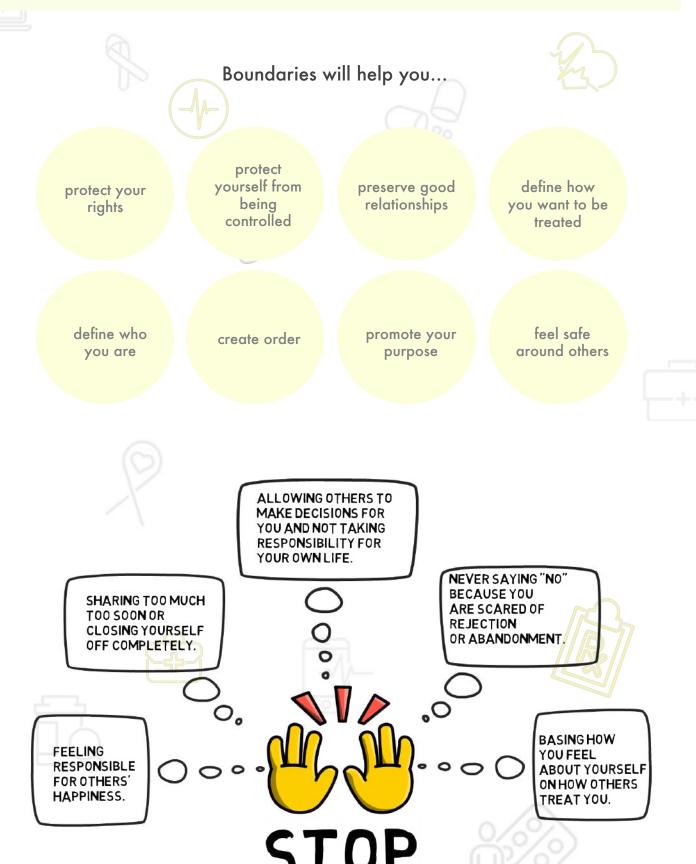
	N	ever Rarely	Sometin	nes Ofte	en I Almos	st Always	į
Do you feel stressed out, overwhelmed, burnt out?			P :::				
2. Would you do almost an avoid hurting others?	ything to						
3. Do you feel as if your kid parents, others) run you							
4. Do you feel as if you are caught up, or as if your your own?							
5. Do you feel taken advanthose you love?	tage of by						
6. Do you resent others for demanding and inconsid							
7. Do others' needs seem murgent than yours?	nuch more						
8. Do you see yourself as the who can help, therefore, say yes?	,						
9. Do you tend to meet oth before your own?	ers' needs						
10.Do you question the legi	timacy of						
11.Do you hate to disappoi expectations?	nt others'						
12.Are you secretly afraid to don't do what others ask they will leave you?							

13. Do you say "Okay" or say nothing when you would rather not do something for someone because you don't want a confrontation?				
14.Do you deep down believe that if you don't anticipate people's needs and provide services for them, they won't want to be with you?				
15.Do you try to convince yourself that your feelings aren't real, or that you shouldn't have those feelings, or that your feelings don't matter compared to the other person's feelings?				
16.Are you very distressed if one disapproves of you?			F	
17. Are you very distressed if someone seems as if they don't like you?				
18.If someone criticises you, do you automatically believe that their criticism is accurate?				
19.Do you let other people define what your behaviour means? (Ex: "You don't really love me if you won't)			7	

"Healthy boundaries are not walls to block others out. They are barriers that set us free to love the right people, most importantly ourselves." $\tilde{\ }$ Ann Leuser

You are not weak for setting boundaries. You are stronger for it.
You are not less of a person, friend or partner for setting boundaries.
You are a more compassionate one.

You are not less of an optimist. You are more of a realist.



SETTING PERSONAL BOUNDARIES



Be Self-Aware

Learn to pay attention to situations and determine how they make you feel.

These isolated incidents help you know whether you need more space, self-respect or personal power.

Look through your quiz results from lesson one and isolate the questions you answered with "often" or "almost always".

Write them down and ask yourself:

- 1. What type of personal boundary do you feel is not being set? (I.e. physical, emotional, material etc.)
- 2. Why do you think you allow this personal boundary to be crossed?

Here's an example to help you out:

Question: Do you resent others for being so demanding and inconsiderate? Answer: "Almost always."

Point 1: What type of personal boundary do you feel is not being set? (I.e. physical, emotional, material etc.)

This is a physical boundary that isn't being set.

Point 2: Why do you think you allow this personal boundary to be crossed?

I allow this personal boundary to be crossed because I don't feel confident in setting lifestyle decisions around living with a chronic illness yet. This comes from the fact that I am scared of being judged by my loved ones, or worse, hurting their feelings.

Point no:	
Question:	
My answer:	
I: What type of personal boundary do you feel is not being set? (I.e., physical, emotional, material etc.)	
2: Why do you think you allow this personal boundary to be crossed?	
Point no:	
Question:	
My answer:	
1: What type of personal boundary do you feel is not being set? (I.e., physical, emotional, material etc.)	
2: Why do you think you allow this personal boundary to be crossed?	



Say No With Kindness

When you set boundaries, you're doing it to show others what behaviour you find acceptable and what behaviour you find unacceptable.

Boundaries are not there to be cruel to the people in your life, but actually to be *kind*.

Refer back to Step 1. Look through the points you mentioned and use each one to set yourself a personal limit. Start off with the words:

- People may not...;
- I have the right to...; or
- To protect my energy, it's okay to....

People may not...

- Criticise my health and wellness choices.
- Make hurtful comments about my appearance or attitude.
- Take their anger or frustration out on me because of my limits.

I have the right to...

- Be treated with respect, even when others disagree with my decisions.
- Prioritise my needs, especially those around my mental and physical health.
- Privacy and the ability to use my own discretion in decision making.

To protect my spoons (energy), it's okay for me to...

- Change or cancel plans with others.
- Binge watch series, read, sleep or do other energy-regenerating activities.
- Prioritise conversations with people who add value to my life.

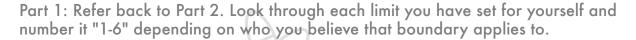
Point no:	Boundary limit:
Question:	
Why do you think you allow this pers	sonal boundary to be crossed?
3: What personal limit do I feel I show	uld set for myself?
Point no: Question:	Boundary limit:
Why do you think you allow this pers	sonal boundary to be crossed?
3: What personal limit do I feel I show	uld set for myself?



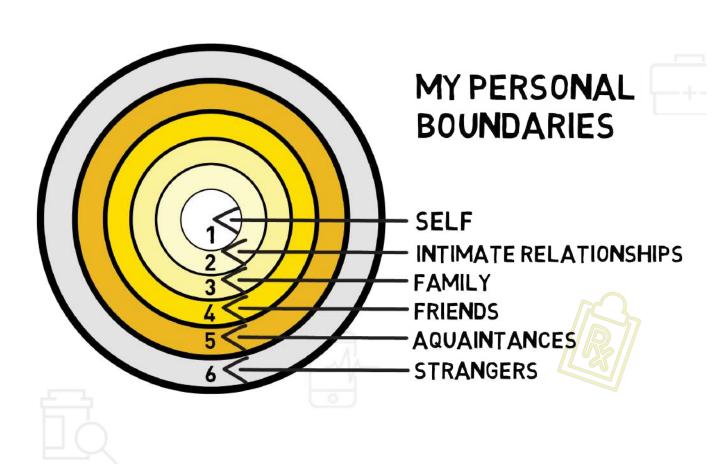
Create Boundaries with Kindness

Different boundaries apply to different people depending on your relationship – this is entirely normal.

Use this diagram to see the different boundaries you should mentally set for yourself. The closer that person is to you, the fewer boundaries you will inevitably set.



Part 2: List each group mentioned in the diagram below (i.e. self, intimate relationships, family, etc.) and then write down the boundaries that you feel are acceptable in each one.





ASSERTING YOUR BOUNDARIES

Three tips for asserting your boundaries in a healthy way.

By setting healthy boundaries - you attract people who actually care for you and respect your limits.

KEEP IT SIMPLE

Be firm, polite and direct. Use a good sentence structure, like this:

I feel... when you... because... What I need is ...

FOLLOW THROUGH

Back up your boundary with action and stay strong. You have the right to set personal boundaries, and there is nothing to apologise for.



HAVE BACK UP

Make sure to get the extra support you need by speaking to someone.

My Notes...

"The secret of learning to be sick is this: Illness doesn't make you less of what you were. You are still you." ~ Tony Snow

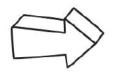


Building Support Structures

CHANGING SUPPORT STRUCTURES

Moments of growth are tough on your friends and family for a couple of reasons... and follow-through.

THE CORE BELIEFS,
MORALS, OR VALUES THAT
YOU MAY HAVE SHARED WITH
A LOYED ONE COULD BE
CHANGING NOW.



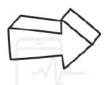
You could get someone who tries to downplay how serious your condition is by mocking you or criticising you.

IT IS NOT RELATABLE
FOR ANYONE WHO HAS
NEVER EXPERIENCED ANYTHING
LIKE THIS BEFORE. THERE ARE
PEOPLE YOU CAN CALL THEM
IF YOU HAVE A FLUBUT THIS
IS TOO FAR OUT OF THEIR
COMFORT ZONE.



You might deal with someone that wants you to take their unsolicited advice regardless of the fact that they don't know enough about chronic illness in general.

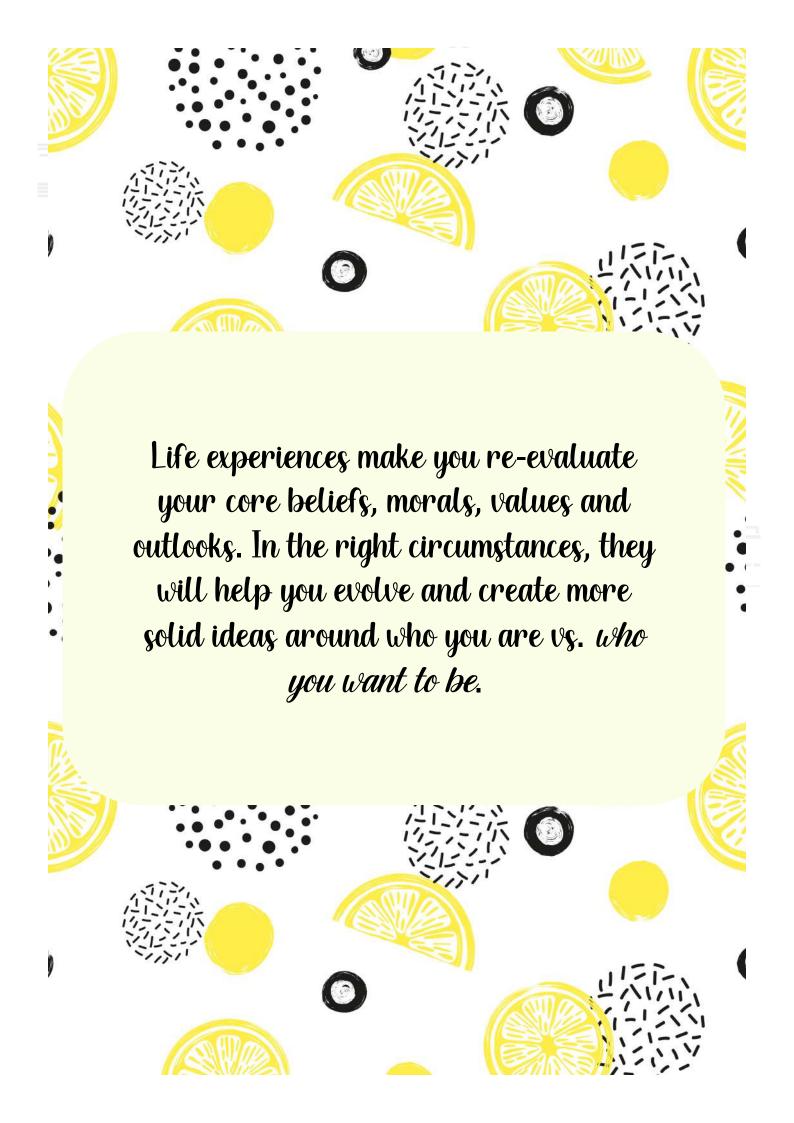
NOT EVERYONE WILL
HOLD THE MATURITY AND
RESILIENCE NEEDED YET TO
STICK BY YOUR S DE THROUGH
SOMETHING AS SERIOUS AS A
CHRONIC ILLNESS.



You may also deal with people who have strong opinions about what you should and should not be doing and they can come across as pretty judgemental or forceful.

You are bound to experience social changes.

It's not about ignoring them – it's about changing the way you choose to see and deal with them.



APPROACHING YOUR SUPPORT SYSTEM



It's not personal

The most important thing when you approach social change is to maintain an objective perspective.

When any kind of discord happens – it's rarely a personal attack. If anything, it tells you more about that loved one's personality or state of mind than it does about you.



Most people just can't relate... and it's not their fault

Not many people understand what a chronic illness is, and fewer understand just how unique each case is. So if they are trying to be supportive then it needs to be acknowledged and appreciated.



People that love you do want to help you

Most hurtful actions or words are not intentional. They usually come from a place of not knowing how to handle the news you tell them. This is where boundaries are really important.

Just remember that you shouldn't be scared to tell a loved one if their actions or words are insensitive. You need to stand up for yourself and explain how you feel. Nothing will be achieved without a better understanding of each other.



A SOCIAL INFRASTRUCTURE



True relationships add value to your life and you offer value to theirs.



Your social support network should help you grow as an individual and get a deeper understanding of who you are.



Your social infrastructure needs to go a lot deeper than that if it's actually going to help you and your loved ones.



Each person can only fulfil a certain set of needs in your life, as you can do for them. No two relationships shared with anyone are the same.





Quantity isn't quality. It's better to have fewer relationships that you cultivate and deepen, rather than having many superficial ones that leave you feeling misunderstood or lonely.



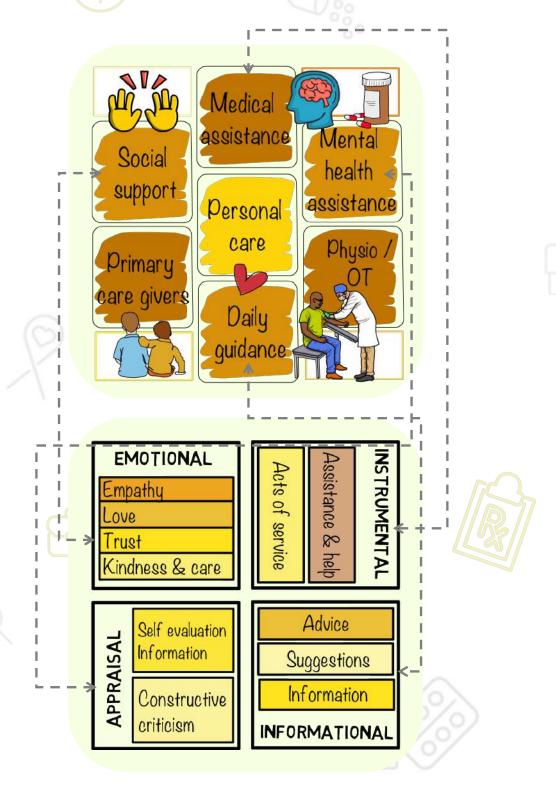


- Your social support network should help you grow as an individual and get a better understanding of who YOU are.
- Your social infrastructure needs to go a lot deeper than that if it's actually going to help you and your loved ones.
- No two relationships shared are the same. So each person can only fulfil a certain set of needs in your life, as you can do for them.
- Quantity isn't quality. Just because your social support circle isn't enormous, doesn't mean it's not complete and fulfilling.

COMPARTMENTALISE YOUR LIFE

Life is no different to a bento box – we need to compartmentalise our priorities to keep a sense of order, purpose and growth. For example, if you cannot separate your home life from your professional life, it's likely one will end up being compromised for the other.

Here's an example of a personal 'bento box' where the most important aspects of your life are incorporated:



BENTO BOX YOUR SOCIAL LIFE



Guidelines



Be open to the different environments that can help you grow as a person.



take 30 minutes to sit in the park or a garden



start a personal journaling programme



Immerse yourself in the right communities.



unite over your passions

kindness and care

service



Explore what you need from your relationships.



suggestions and advice



constructive criticism

acknowledge what your loved ones can offer



Take time to understand the people that you already have in your life.



find common grounds to work on

it's not about
the social
support you
receive but what
you give out



Be honest with yourself about what you can do for others and what you should expect in return.



talk about the type of support you need

keep communication open



- 1. Take a piece of paper and draw a table that looks like the one we show below.
- 2. Fill in the first column by listing all the most important relationships that you have under each category. For example, you may mention your primary specialist under medical assistance.
- 3. Now it's time to go over all your most important social needs that you thought about in point 1 and list them alongside the people that you believe will best fulfil each need.
 - 4. This activity is designed to get you thinking about the people you have in your life and purpose they serve. Everyone is different and needs their own little space within your social bento box.

This activity is designed to get you thinking about the people you have in your life and purpose they serve. Everyone is different and needs their own little space within your social bento box.

	Most important relationships	Essential social needs
Medical assistance	e.g. primary specialist	
Mental health professional		
Physio / OT		
Daily guidance		
Primary caregivers		

BELATIONSHIP DO'S







BELATIONSHIP DON'TS





don't forget that you have different goals and that's okay



don't compete



don't steal focus from your friends







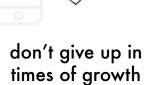


don't stop listening to someone's issues



don't neglect any issues you might share







(some emotional math)

This helps you feel fulfilled and motivated to grow.



Social Support +

Looks at challenges as tasks that need to be mastered.

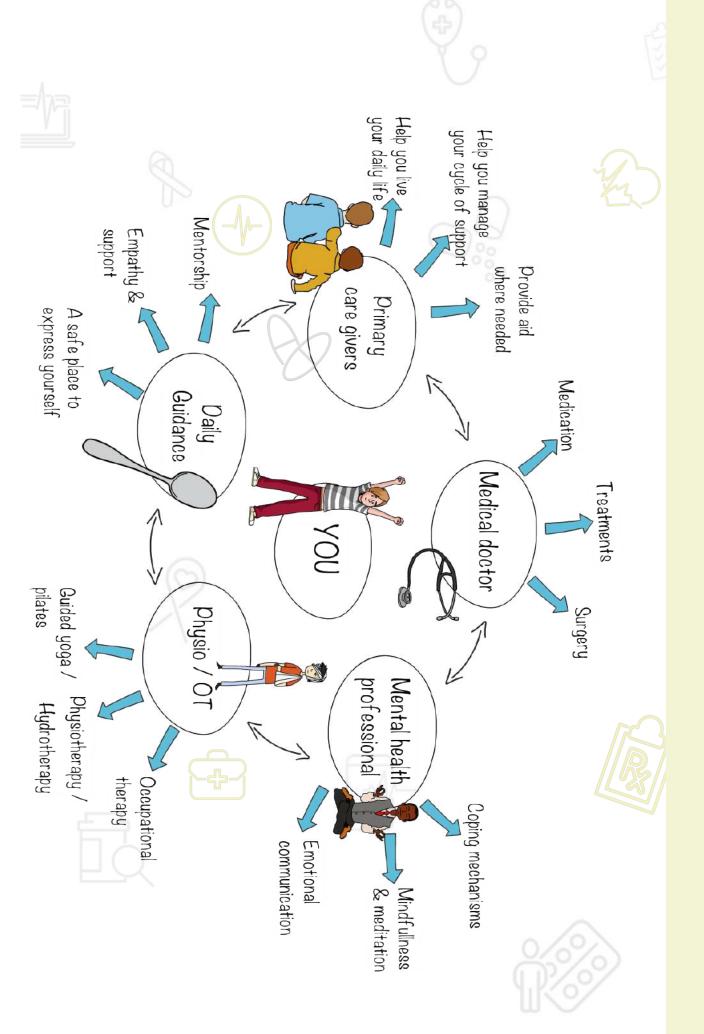
Self-Efficacy =

Resilience

This is all about self awareness, tenacity, strength and adaptability. It's about recovering from setbacks, disappointments and pushing forward.



THE GYGLE OF GARETM



Proving You're More Than Your Condition

HEALTH CHANGES YOUR DIRECTION



The battle you've been given to deal with now is your chronic illness.

It forms an experience. This will help you evolve who you are and how you deal with issues going forward.



Toxic positivity isn't necessary. Acknowledge how hard this is. It's okay to have bad days where you cry, and it's also okay to think, "why me?"



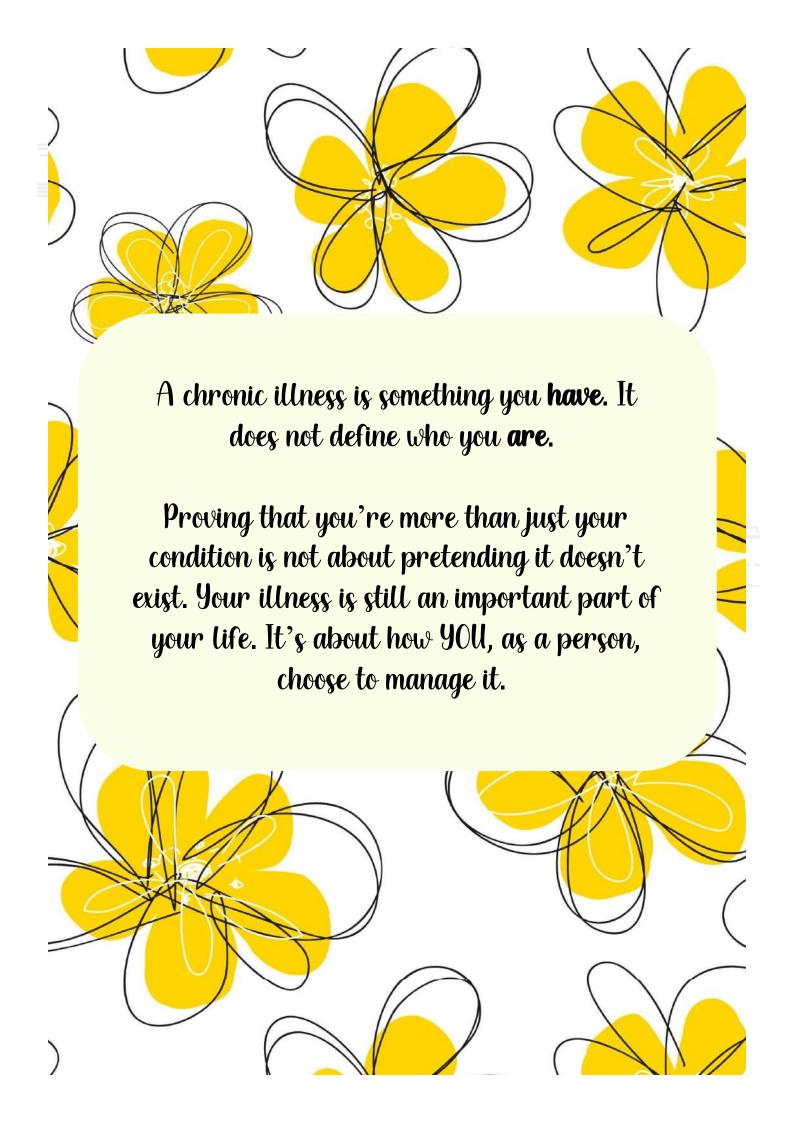
Your concerns need to be heard - but they also need to be processed. Ultimately, it's okay to be unhappy with your chronic diagnosis.



But if you want to have a life that extends beyond this obstacle. Then you must strive for a new direction.



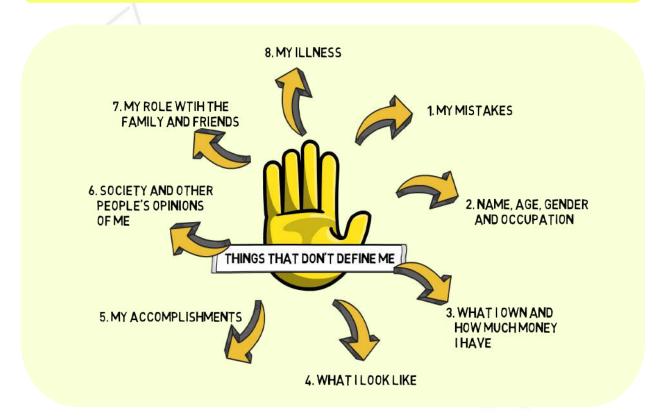
Look at who YOU are and how this obstacle can allow you to grow.



Things that define me



Things that don't define me



HOW MY CHRONIC ILLNESS AFFECTS MES

Take 10 minutes to introspect on the aspects of your life that define you and what makes you unique. Then draw up the following table for yourself answer these questions about yourself:

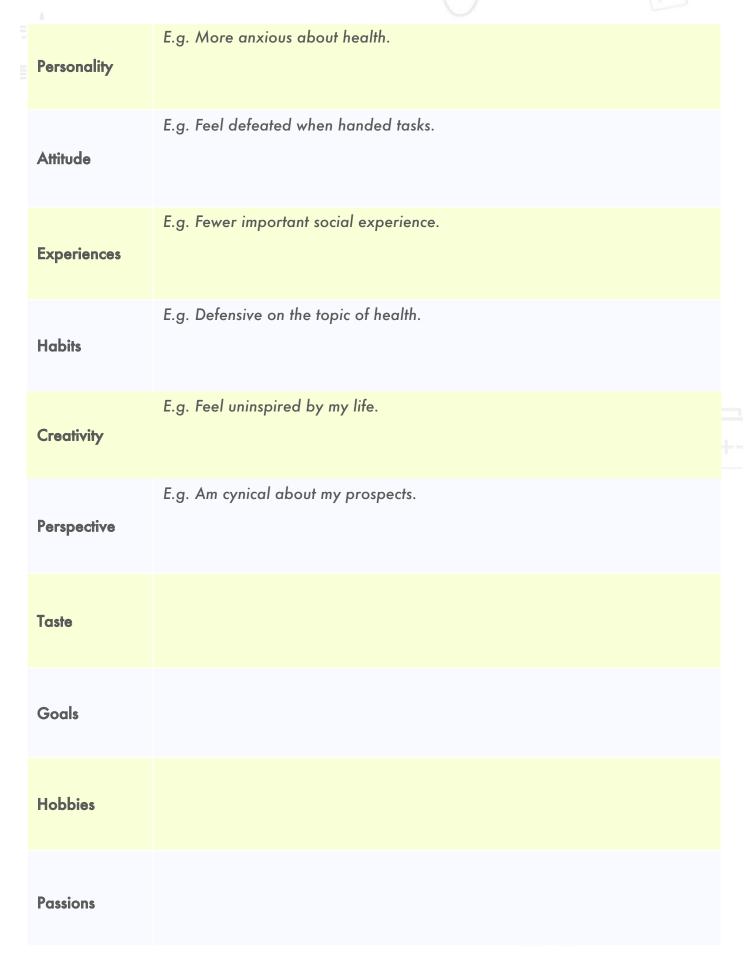
THINGS THAT DON'T DEFINE ME

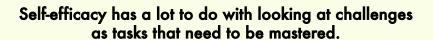
How my chronic illness affects my...

Accomplishments	E.g. Can't achieve my set timeline goals.
Mistakes	E.g. Making more mistakes at work.
Occupation / Job	E.g. No stamina to complete tasks.
Assets / Possessions	E.g. Sold assets to pay for medical care.
Financial wealth	E.g. Used my savings to pay for treatments.
The way I look	
Society's opinion about me	
Role in the family	
Friendships	
Overall health	

THINGS THAT DEFINE ME







To be resilient and find new direction, you need to focus your attention on how to build:

Self awareness; Tenacity; Strength; and Adaptability.

As well as have the ability to:

Recover from setbacks Handle disappointments; and Push forward.

With a resilient mindset - ask yourself:

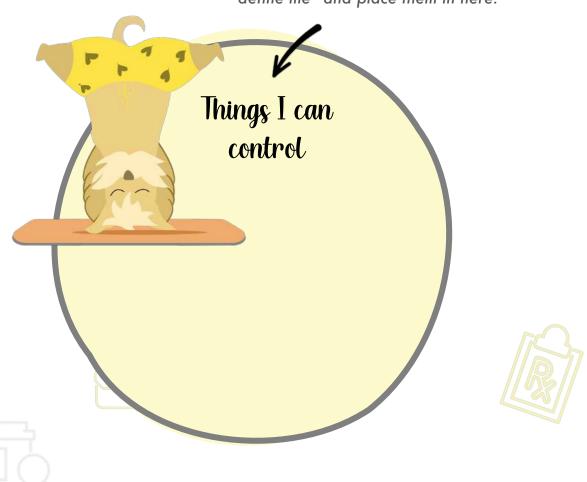
How do I manage the way that my chronic illness affects who I am?







Rewrite the most important notes that you listed under "The things that define me" and place them in here.





Find the balance between give and take.

Happiness and meaningfulness are different things that have different outcomes.

While **happiness** is associated with taking before giving. **Meaningfulness** is actually associated with giving before taking. As a giver, it allows you to develop more purpose in life.

Think about anything you're grateful for already.

It may sound strange to cultivate a grateful mindset before you've set eyes on a purpose, but there is method to this madness:

If you can look and think about how others make the world a better a place, or what things make your life better – you will be more motivated to give back too and complete the cycle.

Listen to what others appreciate about you.

It can be really tough to recognize your own redeeming qualities and passions. But chances are that you've been able to recognize the qualities and passions of others – and they have definitely done the same for you.

So, take a step out of your comfort zone and strike up conversations with new people. They will always have unbiased opinions and insights that could be really valuable to you.

If you can focus on what's important, you waste a lot less time and energy on things that give your life no meaning. And you'll learn how to set this framework up in the next lesson.

DIVE INTO WHAT YOU LOVE

Decide what's really important to you.

Put aside what you feel you're expected to do and take the time to think of **five things** that you value the most about your life.

These things are the backbone of your life.
They support who you want to be.
They keep you moving forward.



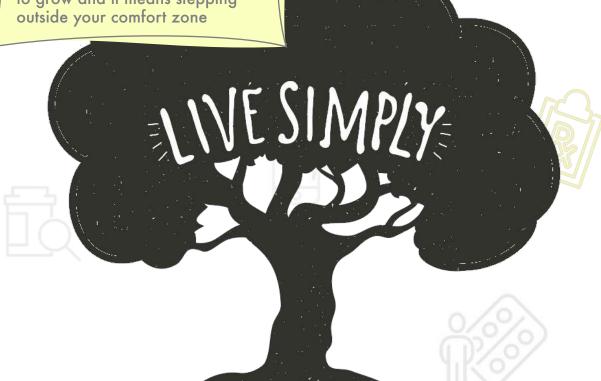
Take some of the things that are really important to you that can help you find things in common with others – and share them!

Spending time cultivating your interests can help reveal what gives you purpose.

See the good in taking risks.

You will never become the person you want to be if you simply continue to be the person you are.

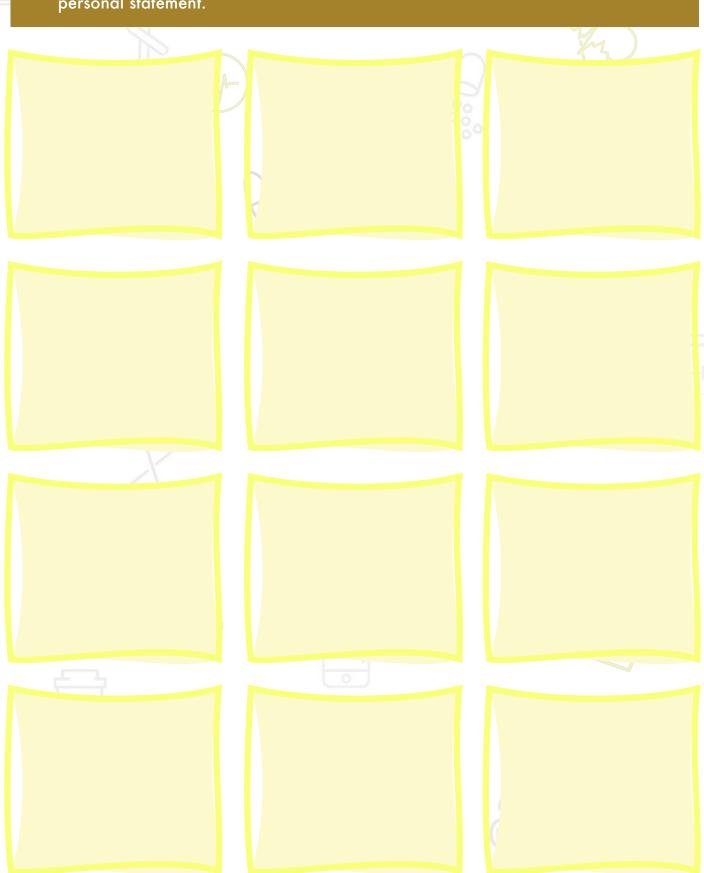
Change is necessary if you want to grow and it means stepping outside your comfort zone



WHAT I LOVE ABOUT MYSELF

Write a list of what you like about yourself. This can include: 1. Things you do well, 2. Aspects about the way you look, 3. How you treat other people Take the most important This is the longest process and can a things you like about while. So, as you go about your daily yourself and use them life and think of something - write it down in your notebook. Your challenge to write yourself a short is to write a minimum of 10 things. personal statement.

- Write your statements down and stick them in the room you spend the most time in (office, home - wherever!). Use these templates to help you out.
- o Read the statement whenever you get the chance and start to memorise it.
- Use opportunities in daily conversations to bring up one or two things from your personal statement.



Consider this exercise a way of creating highly personalised affirmations.

The more often you say it, the better you'll begin to feel about who you are.

And if you make it a habit, then you begin to implement that mentality into your daily life.

You work on yourself every day for the better. And as each day improves, so will the way you choose to define yourself.

Now that you've clarified the things that are worth pursuing in YOUR life based on what you love about yourself and your surroundings...

What are guidelines that you need to set to keep moving forward?

CREATE A VALUE-BASED LIFE

Your values are your life rules. They guide you in how you choose to make your decisions.

Create a community that supports your purpose

Consider whether your loved ones inspire you to make positive change. Ask yourself:

- · What do you have in common with them?
 - What are they trying to be?
- What impact do you see them having on the world?
 - · Is that impact a positive one?
 - Can you join with them in making that impact?
 - What do they need?
 - Can you give them what they need?

Use a calming task as your time to reflect and re-evaluate.

Keep your peak experiences and the things that have frustrated you the most in mind

Peak experience:

What happened to me? Why was I happy? What values did I feel shone through in this moment?

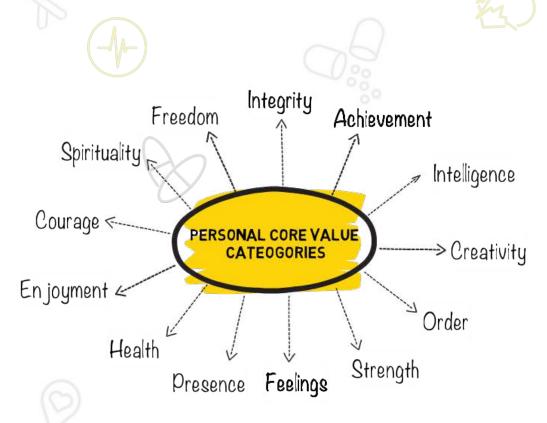
Poor experience:

What was going on at the time? What made me angry, frustrated or upset? What values were violated?

EXPLORE CORE VALUES

Now that you've considered your community and your life influences, you have the means to figure out what your core values truly are and how they manifest.

Use this framework of 12 value-based categories to see what applies to YOU and why.

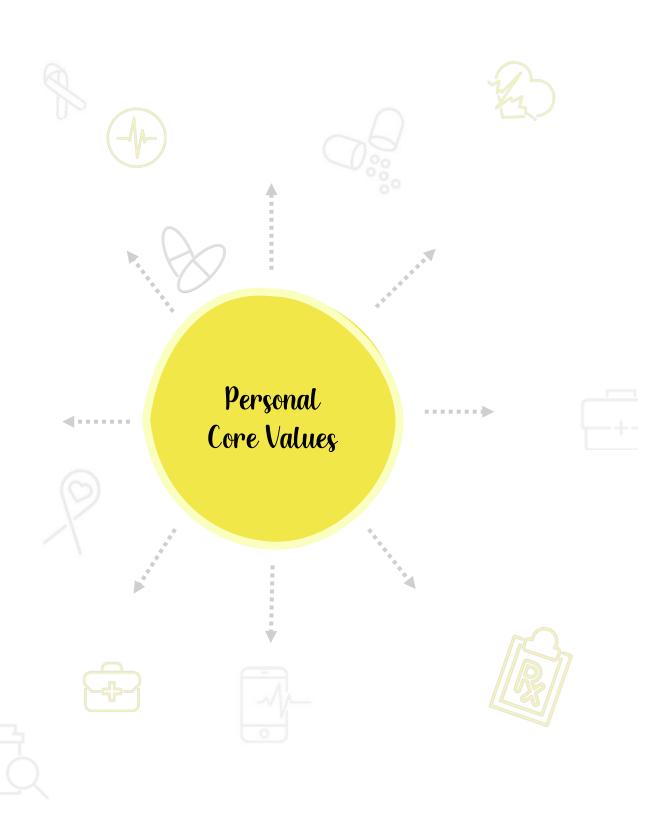














TELLING MY STORY



It helps you be curious about your own life and:

- 1.Look at the change and growth that you experience.
 - 2.Look at the obstacles you overcome.
- 3. Think about what strengths you used to overcome them.

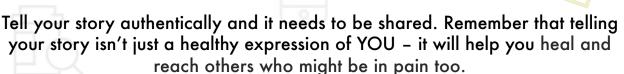


People who see meaning and purpose in their lives can tell their story of change and growth. What obstacle they faced and how they were able to overcome it.



Write one part of your story down as a narrative. It doesn't have to be a book. It can be a blog or social media post, song lyrics, artwork – whatever resonates with you.







- What obstacles frightened you the most? How did it make you feel?
- 2. What core values made a difference in the way you viewed these obstacles?
- 3. How did the people in your life help you?
- 4. What fears turned into growth?
- 5. What strengths shone through in this experience?
- 6. How did your strengths make a difference in your world?
- 7. How did your strengths help make life better for others?







Creating Your Own Happiness

APPROACHING HAPPINESS

Not everything in your life needs to make you happy.

If something goes wrong in your life - it's okay to be upset about it.

Having a happy state of mind doesn't mean you should feel good about what's happened.

Work through the pain or anguish you feel and redefine what brings your life joy, purpose, and growth.



Just because something makes one person happy, doesn't mean it will make you happy.

Consider your own well being in all the advice that is shared with you. Even if it's not intentional, sometimes the support we're given isn't actually helpful for YOU.

YOU are your own first priority. Remember this no matter who you reach out to.



Finding happiness again doesn't mean recreating your past.

You are not the same person you were before your diagnosis. So trying to heal by going back to who you used to be is frustrating and pointless.

You have so much more wisdom and strength to offer now and you need to focus on building the new person you have become.





EMBRACE IMPERFECTIONS



"Imperfections are not inadequacies; they are reminders that we're all in this together." ~ Brené Brown

If you want to be truly happy and set the right life goals for yourself - you need to be realistic about who you are today.



When you start to understand who you are instead of who you think you're supposed to be - you can learn to meet your deepest needs instead of trying to fulfil a fantasy ideal.



You have to work on liking who YOU are. You accomplish this is by thinking before criticising yourself and striving to be as authentic to who you are as possible.



It's normal for negative opinions run rampant through your mind after a chronic illness diagnosis. That this is okay. You are not alone and your thoughts are justified.







FACING NEGATIVE EVALUATIONS

In this activity, you are going to identify what your emotional triggers are and what makes you feel as though your chronic illness has gotten the better of you.

Column 1: Ask yourself what types of situations do I put myself down because of my chronic illness? This applies to everyday issues including:

- (1) Grooming e.g. I don't feel like I need to get my hair or nails done. I'm at home so no one sees me anyway.
- (2) Bathing e.g. I cannot even get into the bath by myself.
- (3) Dressing e.g. I need someone to help me tie my laces.
- (4) Working...
- (5) Cooking...
- (6) Eating...
- (7) Cleaning...
- (8) Homemaking...
- (9) Leisure activities...
- (10) Hobbies...

Column 2: As yourself what aspects of myself do I criticise most because of the way I manage these situations? This applies to the way that you look at your own body and mind.

(1) Grooming

Part A: I don't feel like I need to get my hair or nails done. I'm at home so no one sees me anyway.

Part B: My chronic illness makes me unattractive, and I don't think I deserve to look good and feel good about myself.



How these triggers affect my self worth" Emotional and situational triggers

YOUR THOUGHT PROCESS

Look at yourself as though you are another person you are responsible for taking care of.

Take everything you've just written about your attitude towards yourself and formulate the advice you would want to give this individual.

Channel your inner objectiveness here and include at least 3 points that are REALISTIC, HELPFUL, FLEXIBLE.

Example: (1) Grooming

<u>ADVICE:</u> Everyone needs to take care of themselves as it cultivates self respect. Only by looking after yourself can you begin to feel like you deserve to feel good about yourself. (realistic and true)

Although your chronic illness may make you feel secluded. Taking care of yourself is something you should do for YOU and no one else. So who cares that you're not going anywhere? (helpful)

You won't always have the energy for self care and that's okay. Do small things when you feel tired, like having long showers. Do bigger things when you have energy, like going for a massage. (flexible)

You can only do break bad or negative behavioural patterns by diverting your attention as you see your triggers arise...

Remember to:

STOP what you're doing. Acknowledge that you've been triggered.

BREATHE deeply and calm down.

CONSIDER the type of emotional trigger you're experiencing.

READ the specific advice you've written for yourself.

ACT by diverting your attention to your new advice.

Situation in which I put myself	down:	
Realistic and true advice:		
Helpful advice:		
Flexible advice:		
Situation in which I put myself	down:	
Realistic and true advice:		
Helpful advice:		
Flexible advice:		



VEILING YOUR EMOTIONS

There can be nothing more damaging than the words:

"Just don't think about it." or "Keep positive and you'll be fine."

If you are not always happy - that is okay. Don't try to cover these feelings up or forget about them.

Negative emotions are a call to action from your brain that you need to do something to resolve an unaddressed problem. So when you're not feeling happy - there's a problem!

Positive emotions are the rewards that your brain sends out when you have successfully taken proper action. In other words, you've done something right to resolve the problem.





The bottom line is that you cannot learn, grow and achieve a happier state of mind altogether, without acknowledging all the emotions that you feel in between.

HOW TO DEAL WITH SADNESS

Whenever you don't feel innately and authentically happy. Look at these 5 questions and jot down the answers that come to mind.

- 1 How have I responded to the situation I am in?
- How do I usually respond to challenging situations or new opportunities?
- 3 Have I looked at this situation fairly? Have I evaluated all the pros and cons?
- How much effort have I put into exploring gratitude and self-acceptance?
- Are my needs being met in my life? What does this say about what I expect of myself?



A HAPPY MINDSET

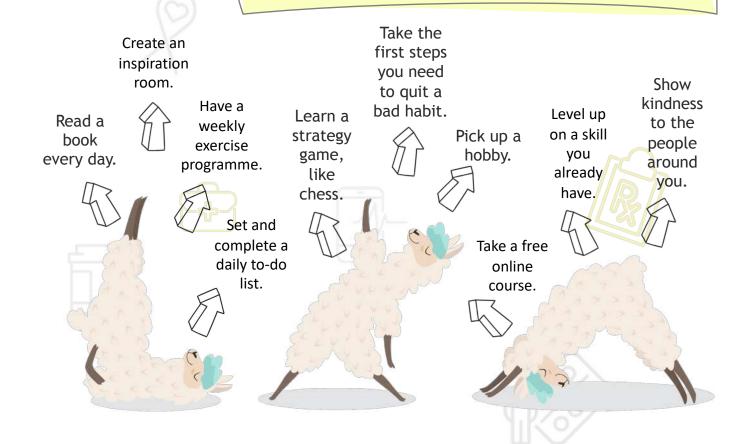
Create a plan for your happiness

There's nothing like a good happiness plan to set you on a well-guided path. Just like you wouldn't travel without a GPS, this needs some instructions too. In this case, you need to ask yourself:

- 1. Why do you want a happy life?
- 2. What skills do you need to lead a happy life?
- 3. How can I build the skills I need?



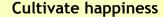
Working on your personal development skills is a key way to find purpose and build your own self confidence. Even when things don't go your way health wise - this will stop you from continuously undermining what you're capable of.



Personal Development Skills

Read a book every day.
Create an inspiration room.
Have a weekly exercise programme. (Even if it's just wiggling your fingers and toes).
Set and complete a daily to-do list.
Learn a strategy game, like chess.
Take the first steps you need to quit a bad habit.
Pick up a hobby. (I love to make sourdough bread!)
Take a free online course.
Level up on a skill you already have.
Show kindness to the people around you.
Practice 10 minutes of mindful meditation every day.
Build your mind body connection with focused movement. (Yoga, Pilates, etc.)
Put digital distractions aside for 1 hour a day.
Learn to listen to others without judgement.
Seek honest feedback on your journey.
Improve one thing in your home.
Say a daily affirmation.
Work on a puzzle or another brain training game.
Have an in depth and fulfilling conversation with someone.
Complete a task with double the motivation when you don't feel like doing it.
Make something instead of buying it.
Eat healthy, nutritious meals.
Lend a hand to someone who needs help.
Find people who share the same passions as you.
Do something outside your comfort zone.
Build your spiritual self.
Get some more sleep.





Cultivating gratitude is something that will greatly increase your happiness in the long run. It helps you shift your focus onto what is abundant in your life as opposed to what you think is missing.

A good challenge: Over the next 30 days, take the time to jot down one thing you're grateful for every day.

Use this time to pay close attention to:

- All your senses. Consider the sights, sounds, smells and feelings around you.
- The small details of every daily experience.
- How you feel as you do your daily activities.





Reinforce positive thinking

We know that toxic positivity is something to strongly avoid. But it doesn't mean that the concept of being positive is completely invalid. It's more about how you choose to go about it.

> Here are some healthy ways to embrace a genuinely positive mindset:

Nurture and build healthy relationships with forward-thinking and happy people.

> • Share your happy moments with the people who want the best for you.

> > Help others in order to create genuinely positive outcomes from your day.

 Associate positivity with things of genuine value.

 When adversity strikes - remember how hard you've worked on being resilient.















Be authentically you

In everything you do, focus on ensuring it is a genuine representation of who YOU are.

You will never be able to create your own happiness if you're using someone else's goal posts as your own targets.

So when you're working on your plan for happiness, your personal development skills, your sense of gratitude or how to think positively - remember that everything you pursue must align with your core values.

Your task is to think about what your core values in life are through your experiences.



AFFIRMATIONS

I have the mind, heart and soul of a warrior.

I am creative, strategic and resilient – all qualities needed to manage a chronic illness.

I release good vibes to the people who are healthy around me. I know that goodness is rewarded with more goodness.

I learn from my pain every day. Every lesson, I prove to myself I am ready to move on.

I treat my body with respect and compassion because I know they are essential for good health.

I respect that my body may not feel amazing every day, but it doesn't mean I can't

I can and I will fight through anything so that I can heal in the way that I deserve.

I will do what not many others are willing to do. And I will be successful.

9 I can't do everything today, but I can take one small step.

My efforts are being supported by the universe; my dreams manifest into reality before my eyes.

HOW TO COPE WITH A CHRONIC ILLNESS FLARE

1.
Don't fight the flare

Let your body rest.

2. It's okay to ask for help

Sacrifice a little independence so your body can heal.

3.
Don't blame yourself

This flare is not your fault

Postpone non-essential activities

This is not a time to feel guilty.

5. Lower your environmental stress

Pamper yourself activities like long baths, reading, or cuddling in bed.



D AM A SPOONIE

DAM A WARROR

D FIND STRENGTH WHEN D HAVE NO ENERGY

DAM A RISK DAKER

DAM RESOURCEGUL

DEGHT ALONE



DEAL WOOD UNIMAGONABLE PAIN

DELEBRATE ALL MY VOCTORIES

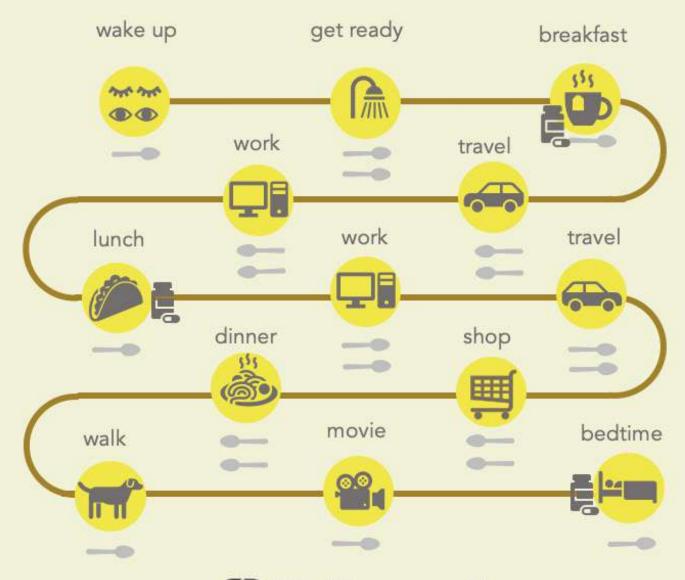
DON'T NEED ANY POTY

DAM A SURVIVOR

DAM PROUD TO BE HERE



Today you have 20 spoons...



(I) The Discerning You

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Flare Survival Kit Shopping List

Time to buy...

	Stuff to keep warm and comfortable		Over-the-counter medication
0	A soft and warm blanket	0	An immune booster;
0	Pillows	0	Electrolyte tabs;
0	Thermal socks	0	Cortisone cream;
0	Slippers	0	Antibiotic cream;
0	Pyjamas	0	Paracetamol and/or ibuprofen;
0	Stretchy leggings	0	Joint and muscle rub (such as CBD cream);
0	Bedroom fan	0	Antiseptic cream;
0	Bedroom heater	0	Probiotics;
		0	Supplements that aid digestion; and
	Entertainment and Gadgets	0	A blood pressure monitor.
0	Netflix subscription or Apple TV		
0	Multifunctional laptop table		Tools to help with brain fog
0	Noise cancelling headphones	0	Post-it notes
0	Extended phone charger	0	Task-book
0	Multi adaptor		
0	Puzzle books		Cleaning
0	Colouring books	0	Hand sanitizer
0	Journal	0	Baby wipes
0	Lifestyle books (such as books on health, fitness,	0	Tissues
	food or travel)	0	A small bin
	Hobbies		Self-care products
0	Knitting or crotcheting items	0	Natural body lotion
0	Beading tools	O	Lip balm
0	Sketching paper and pens	O	Water spray
		0	Dry shampoo
	Food and Snacks	0	Deodorant
0	A slow cooker (or instant pot)	0	Antiseptic face and body wipes
0	Healthy frezer meals	0	Nail or cuticle oil
0	Snacks (easy things to keep by your bedside table	0	Hairbrush
	like nuts, pretzels and dried fruit)	0	Epsom salts
0	Refreshments (vitamin water, fruit juice,		
	kombucha, coconut water, tea, etc.)		

Grocery Shopping List

Time to buy...

FRUITS	VEGETABLES	DAIRY	MEAT & FISH
☐ Apples	☐ Potatoes	□ Milk	☐ Chicken pieces
☐ Bananas	☐ Sweet potatoes	☐ Yoghurt	☐ Whole chicken
☐ Oranges	☐ Carrots	□ Mozzarella	☐ Chicken strips
☐ Lemons	□ Squash	☐ Cheddar	☐ Fillet
☐ Melon	□ Pumpkin	☐ Cream cheese	☐ Steak
☐ Strawberries	☐ Broccoli	☐ Sour cream	Rump
☐ Blueberries	☐ Green beans	☐ Cream	
Dideberries	☐ Spinach	☐ Butter	☐ Lamb chops
ā —	☐ Peas	☐ Eggs	☐ Pork chops ☐ Mince meat
3	☐ Zucchini	D Lygs	
-	☐ Mushrooms	<u> </u>	☐ Sausages ☐ Bacon
	☐ Peppers		
	□ Lettuce	ш	☐ Ham
PANTRY GOODS	☐ Tomatoes		□ Salami
-	□ Cucumber		□ Salmon
☐ Pasta	□ Cucumber	CLEANING UP &	☐ Tuna
Rice	VEGETARIAN	TOILETRIES	☐ Prawns
☐ Quinoa	VEGETARIAN	CERTS 14 1000	☐ Calamari
☐ Couscous	D = /	☐ Dishwashing soap	
☐ Bread	☐ Tofu	□ Sponges	
☐ Tortillas	☐ Beyond meat	☐ Cloths	
☐ Muffins	☐ Soy mince	☐ Glass cleaner	
☐ Cereal	<u></u>	□ All purpose	
☐ Granola	0	cleaner	CONDIMENTS
☐ Flour	0	□ Garbage bags	CONDINIENTS
☐ Oats		□ Fabric softener	☐ Ketchup
☐ Tea		□ Detergent	☐ Mayonnaise
☐ Coffee	SNACKS & DRINKS	☐ Aluminum foil	☐ Mustard
☐ Dog food		Baking paper	Chutney
☐ Cat food	☐ Popcorn	■ Baking soda	Honey
□ Baking powder	☐ Raisins	■ White vinegar	☐ Maple syrup
	☐ Nuts	□ Plastic bags	☐ Peanut butter
	☐ Chips	Ziplock bags	
	☐ Snack bars	□ Toilet paper	☐ Jam or jelly☐ Olive oil☐
	☐ Chocolate	□ Toothpaste	☐ Vegetable oil
	☐ Cookies	□ Deodorant	
FROZEN GOODS	☐ Sparkling water	☐ Lotion	☐ Balsamic
	☐ Still water	☐ Shampoo	vinegar
☐ Peas	☐ Coconut water	☐ Conditioner	☐ Soy sauce
□ Com	☐ Almond milk	☐ Razors	☐ Salad dressing
☐ Berries	☐ Oat milk	☐ Shower gel	☐ Sugar
☐ Ice cream	☐ Juice	☐ Soap	□ Salt
		b	□ Pepper
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