



Summer is undoubtedly one of those times of the year when we want to look and feel our best, but with those feelings can also come unwelcomed stress, uncertainty, and a little bit of "Whatever happens, happens" when it comes to our health & wellness routines. Am I right?

But what if you really didn't have to feel that way? What if you had more energy/confidence/etc. these next four weeks than ever before? What if you headed into the back-to-school rush feeling empowered, motivated, and in control of your health & wellness?

I want that more than anything for you, so I've created this simple, go-to guide to help you focus on self-care, feed your mind with all the good vibes, and fuel your body with the proper nutrients it needs to look and feel your best from the inside out!

Just by being here, downloading this guide, and following these simple tips, tricks, and recipes, you're already on your way to having a happy, healthy, confident, and fulfilling month. I can't wait to teach you more!

See you on the inside!







I really believe that before you can make big changes in your health & wellness, you have to be in the right mindset. The quality of our mental health speaks volumes when it comes to improving ourselves from the inside out.

We know summer can bring chaos. Social events and gatherings, correlating schedules, and squeezing in as much fun as possible - it can become a little overwhelming if you let it get to you. Because of this, one of the major components of my day involves reading personal development. For at least 10 minutes every day I make sure to feed my mind with positivity, gratitude, and overall uplifting thoughts.

10 minutes doesn't sound like much... and it's not! But I can't tell you how much of a difference I feel in myself when I get my 10 in, compared to when I don't. I'm a much better wife/mom/friend/partner!

To help you get started, I've created a short list of my all-time FAVORITE personal development books and podcasts below. On the next page you'll also find a Mood Tracker I've created to help you reflect on your mental health and wellbeing on a daily basis these next 4 weeks.

## My All-Time Favorite Personal Development Books & Podcasts

- I Am a Badass by Jen Sincero
- Empower Her Podcast with Kacia Fitzgerald
- Girl, Stop Apologizing by Rachel Hollis
- Am a Badass by Jen Sincero
- Am That Girl by Alexis Jones

- Ten Percent Happier Podcast with Dan Harris
- Everything is Figureoutable by Marie Forleo
- Emotionally Uncomfortable Podcast by Heather Chauvin
- Like She Owns the Place by Cara Alwill Levba
- Uninvited by Lysa TerKeurst

## Mood Tracker

**Directions:** Fill in the blank calendar below to reflect your current month. Each day you'll be tracking your mood by coloring in the box of the specific date. Use the color-coded key below to decide what color you're feeling for the day.

I've created a sample calendar below to show you what yours could look like!

Regardless of what color your box is for the day, here are some questions to consider when reflecting on your mood. I encourage you to journal your answers!

- What happened today that impacted my mood?
- How did I respond to this event?
- Is there anything I could have done to improve my day?
- Have I completed at least 1 form of self-care today?

## August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Pink = Happy, calm, content, cheerful

Green = Productive, energetic, motivated, optimistic

Orange = Average, normal, fine

Yellow = Sick, tired, unmotivated, bored

Blue = Sad, lonely, depressed

Red = Angry, anxious, frustrated, annoyed

## If it Makes You Happy... Do More of That

If you're anything like how I used to be, self-care used to feel incredibly self-indulgent. I felt guilty for spending the time or money to "treat" myself when I didn't feel totally necessary. After a lot of mindset development and true understanding of what self-care is, I came to learn that NOT taking care of yourself is more selfish than actually making sure you're nurtured and cared for.

Think of it this way... What is the better version of you?

The one who is depleted, burned out, stressed, and short-tempered with everyone around them.

Or...

The one who is refreshed, nurtured, optimistic, and is able to take care of everyone else around them because they are cared for themselves.

When you create the best version of yourself, everyone around you gets to experience that version of you, too. And I think I know which version I'd much rather be around!

To help you get started (or continue) your self-care journey, I've created a list of 50 different forms of self-care. They're SUPER simple, and some even free!

Below your list I've also created a self-care tracker for you to help you prioritize your self-care. I know for me, it's MUCH easier to make it a point to take care of myself when I am held accountable for making it happen and it's scheduled into my day!

## 50 Forms of Self-Care

- 1. Take a walk outside
- 2. Watch your favorite tv show
- 3.Get a workout in
- 4. Clean or tidy for 20 minutes
- 5. Read a book
- 6. Start a gratitude journal
- 7. Say an affirmation
- 8. Take a shower
- 9. Cook a healthy meal
- 10.Check in on a friend
- 11. Listen to a song you love
- 12. Work on a passion project
- 13. Meditate or pray for 15 minutes
- 14.Get your nails done
- 15. Try yoga
- 16. Unplug from social media
- 17. Color, draw, or paint
- 18. Take a nap
- 19. Try a breathing exercise
- 20. Buy yourself flowers
- 21. Make a bucket list or vision board
- 22.Get a massage
- 23. Plan a mini vacation or day trip
- 24. Spend time with a loved one
- 25. Get some sunshine

- 26. Give someone a hug
- 27. Wash your bedding
- 28. Work on a puzzle
- 29. Get take-out for dinner
- 30. Try a foam roller
- 31. Put on a face mask
- 32. Get a nice coffee
- 33. Send a card to someone
- 34. Sign up to volunteer
- 35. Watch a sunset
- 36. Brain dump on paper
- 37. Make a cup of tea
- 38. Donate 10 of your items
- 39. Use essential oils
- 40. Bake your favorite dessert
- 41. Try a healthy smoothie
- 42. Wash your hair
- 43. Unfollow toxic accounts
- 44. Snuggle your pets
- 45. Take a multivitamin
- 46. Schedule wellbeing apts.
- 47. Stretch for 15 minutes
- 48. Try a new hairstyle
- 49. Try a new skincare routine
- 50. Do absolutely nothing

# Self-Care Tracker

**Directions:** Using the tracker below, write in your favorite forms of self-care on the blank lines. Record how often you do these actions throughout any given week by filling in the circle on the specific day it's completed. Print or duplicate as many self-care trackers as you please!

Self-Care Action	М	Τ	W	Т	F	S	S
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## You Are What You Eat

The last piece to our hot girl summer is to focus on how we're fueling our bodies! Our energy, mood, sleep habits and digestion is a huge reflection of the food choices we make.

There is SO much truth in the fact that you heal your body from the inside out. Because of this, I've added 10 of my favorite healthy summertime recipes you can cook on the grill, take to a BBQ, or just enjoy as an afternoon pick-me-up!

#### Blackberry Basil Salad by Feasting at Home



#### For the Salad:

- 5 ounces baby arugula (or spinach)
- ¼ cup thinly sliced red onion
- 1–2 cups fresh blackberries
- 1/3 cup crumbled goat cheese
- ½-1/2 cup toasted slivered almonds (or sub maple pecans)
- ¼ cup basil leaves- torn ( purple basil is pretty here!)
- optional: 1 tablespoon fresh chive or onion blossoms

#### For the Balsamic Vinaigrette:

- 3 tablespoons olive oil
- 2 1/2 tablespoons balsamic vinegar
- 2 teaspoons maple syrup (or honey)
- 1/2 tsp salt
- 1/2 tsp pepper

Make the dressing- whisk all ingredients in a small bowl.

In a large bowl, place arugula, basil and onions. Toss with just enough dressing to lightly coat (you may not need all). Feel free to add the remaining ingredients and toss or plate individual portions.

If plating: place the dressed greens onto plates. Top with blackberries, goat cheese, a few basil leaves, almonds and blossoms.

Add a drizzle of balsamic glaze- optional.

Serve immediately!





- 8 (4 ounce) chicken cutlets
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup refrigerated basil pesto (such as Buitoni)
- 4 medium plum tomatoes, sliced
- 1½ cups shredded whole-milk mozzarella cheese
- ¼ cup thinly sliced fresh basil
- 2 tablespoons pine nuts, lightly toasted
- 1. Place rack in top third of oven; preheat to 425 degrees F. Coat a large rimmed baking sheet with cooking spray. Arrange chicken in a single layer on the baking sheet. Sprinkle the chicken with salt and pepper and spread evenly with pesto. Top with tomato slices and cheese.
- 2. Bake until the chicken is cooked through and the cheese is lightly browned and bubbly, 18 to 20 minutes. Top with basil and pine nuts. Serve immediately.

#### Chickpeas with Braised Summer Vegetables and Basil by Pure Wow



- 3 tablespoons extra-virgin olive oil, divided
- 2 large scallions—trimmed, halved lengthways and finely sliced
- 1 garlic clove, sliced
- 2 yellow bell peppers, seeded and cut into ½-inch lengths
- 2 zucchini, halved lengthwise and sliced into ½-inch half-moons
- 14 ounces tomato passata
- One 20-ounce can chickpeas, drained and rinse
- 6 basil leaves, torn into small pieces
- Sea salt and freshly ground black pepper
- 1. Heat 2 tablespoons of the olive oil in a heavy-bottomed skillet over medium heat. When hot, add the sliced scallions and cook gently for about 5 minutes, then add the garlic, yellow peppers and zucchini.
- 2.Add ½ teaspoon of sea salt, then partly cover the skillet with a lid. Reduce the heat to medium-low and cook until softened, checking about every 5 minutes and stirring with a wooden spoon, 18 to 20 minutes.
- 3.Remove the lid and add the passata. Cook over low heat until the passata has reduced by half, 8 to 10 minutes. Add the chickpeas and cook gently until married with the sauce, about 5 minutes.
- 4.Add the torn basil and remaining tablespoon of olive oil; taste for seasoning and serve.

#### Healthy Chocolate-Almond Fridge Fudge by bon appetit



- ¼ cup sliced almonds
- 4 oz. vegan bittersweet chocolate
   (must be at least 60% cacao in order for the fudge to set properly),
   broken or chopped into small pieces if needed
- Nonstick vegetable oil spray
- ½ ripe avocado
- 1/3 cup pure maple syrup
- 1/3 cup almond butter
- 1 Tbsp. cocoa powder, preferably
   Dutch-processed
- ¾ tsp. kosher salt
- Flaky sea salt
- 1. Preheat oven to 350°. Toast almonds on a rimmed baking sheet, tossing halfway through, until golden brown, about 5 minutes. Let cool, then coarsely crush. Set aside.
- 2. Meanwhile, place chocolate in a small glass or ceramic bowl and microwave in 20-second bursts, stirring well between each, until melted and smooth, 1–1½ minutes. Let cool slightly.
- 3.Spray a 9x5" loaf pan with nonstick spray. Line with parchment paper or plastic wrap, leaving plenty of overhang on 2 sides (the spray will help it stick to the pan and cooperate more).
- 4. Purée avocado, maple syrup, and almond butter in a food processor until very smooth, about 1 minute. Add cocoa powder, kosher salt, and 2 Tbsp. cold water. Pulse until smooth, then add melted chocolate. Pulse just until combined, scraping down sides of bowl as needed.
- 5. Transfer chocolate mixture to prepared pan and smooth top. Scatter reserved almonds over, then season with sea salt; press in lightly. Chill until firm, about 1 hour. Remove by lifting up parchment, then cut into squares or bars to serve.
- 6. Do Ahead: Fudge can be made I week ahead. Keep chilled.

#### Mediterranean Tomato & Feta Dip by Cookie and Kate



- 2 pints (4 cups) cherry tomatoes, quartered (I love a mix of red and yellow)
- ½ cup pitted Kalamata olives, thinly sliced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons oil-packed sun-dried tomatoes, rinsed and chopped
- 2 cloves garlic, pressed or minced
- 1 teaspoon balsamic vinegar
- 10 twists of freshly ground black pepper
- 6 ounces feta cheese, crumbled (don't buy pre-crumbled; buy a block of feta!)
- 1/3 cup chopped fresh basil
- Accompaniments: Toasted crostini or pita wedges, crusty bread, pita chips or sturdy crackers
- 1. Combine the quartered tomatoes and sliced olives on a large serving platter or in a medium-sized serving bowl. Set aside.
- 2. In a small bowl, combine the olive oil, lemon juice, sun-dried tomatoes, garlic, vinegar and pepper. Whisk until blended. Drizzle all of the mixture over the tomatoes and olives, and toss to combine.
- 3. Sprinkle the crumbled feta and chopped basil over the tomatoes. Gently toss a few times to combine. Serve immediately, with accompaniments of your choice.
- 4. This dip is best when fresh, since the tomatoes continue to release their juices over time, but leftovers (covered and chilled) are still good for a day or two.

#### Grilled Apricot Sundae by Eat This, Not That



- 2 apricots or peaches, halved and pitted
- 2 cups plain Greek-style yogurt (we like Fage 2%)
- 4 Tbsp chopped toasted walnuts
   (The easiest way to toast nuts is to roast them in a dry pan set over medium heat for about 5 minutes, stirring once or twice as they toast.)
- 4 Tbsp maple syrup
- 1. Heat a grill, stovetop grill pan, or broiler until hot.
- 2. Cook the fruit until nicely caramelized on the outside, about 5 minutes.
- 3. The fruit should be softened but still maintain its shape.
- 4. Top each fruit half with ½ cup yogurt, 1 tablespoon walnuts, and 1 tablespoon maple syrup.

#### Grilled Vegetables by Love and Lemons



- yellow squash
- 1 zucchini
- 8 ounces cremini mushrooms, stemmed
- 1 small red onion
- 1 red bell pepper
- 1 green bell pepper
- 1 ear fresh corn, cut into 1-inch rounds
- Extra virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper
- tzatziki, pesto, or Greek dressing for drizzling/serving
- 1. Heat a grill to medium-high and spray with nonstick cooking spray. Cut the vegetables into similar sized chunks and thread onto 4 metal skewers.
- 2.Drizzle with olive oil and season with salt and pepper. Grill the skewers for 8 minutes per side or until the vegetables are tender and lightly charred.
- 3. Remove from the grill, season to taste, and serve with desired sauce or dressing.

#### Grapefruit Mint Vodka Spritz by a Clean Bake



- 1/4 cup water
- 2 tablespoons honey
- 15 large fresh mint leaves, torn, plus more for garnish
- 3 shots Prairie Organic Vodka
- Grapefruit juice (About 1 cup)
- Club Soda
- Ice
- Sliced fresh grapefruit and cucumbers, and roughly chopped fresh mint, for garnish
- 1. In a microwave-safe bowl, mix together the water, honey, and mint leaves.
- 2. Microwave on high for 30-60 seconds, until the honey is melted into the water.
- 3. Allow the honey-mint syrup to cool to room temperature.
- 4. While the syrup is cooling, fill 2-3 cocktail glasses with a mixture of ice, cucumber slices, grapefruit slices, and fresh mint leaves.
- 5.Just before you're ready to serve the drinks, divide the simple syrup between prepared cocktail glasses (2-3 tablespoons per glass).
- 6.Add 1 tablespoon Prairie Organic Vodka to each glass.
- 7. Fill the glass 3/4 of the way to the top with grapefruit juice.
- 8. Top off with club soda, garnish with an additional sprig of fresh mint and a festive straw, and enjoy!

Ready to Claim Your Invitation?

If you'd love to get more tips, tricks, recipes, and accountability like this, I'd love for you to join me in my free Facebook group, [Insert FB group name] and let's work together next month!

- 1.Send me an email at Nicole@popefitness.com telling me what fitness goals you have.
- 2. Based upon your goals, together we'll create the perfect program to get you started on your journey.
- 3.I'll hold you accountable, give daily motivation, tips, and be with you every step of the way!

Here's to YOU and your hot girl summer! ♥