

FREE EBOOK

# Mind, Body & Soul Practices



@crystalito



Created with love by Cristhel Just

*Cristhel Just*



# My Holistic Needs Checklist

Hey my friend! Many of us lose touch with what we really need – physically, emotionally, spiritually – due to all the conditioning and baggage we've picked up over the years. That's why it's important to check in and see where we might be falling short. Take a few moments to go through this checklist. Be honest with yourself, ok? Answer the questions and choose the options that best reflect your current experience:

## Physical

- I prioritize consuming foods that nourish and energize my body, opting for nutritious options whenever possible.
- I practice mindful eating, tuning in to my body's hunger and fullness cues to guide my eating habits.
- I make conscious choices to avoid foods that negatively impact my energy levels, opting for alternatives that make me feel good.
- I incorporate regular physical activity and movement into my daily life that I actually enjoy!
- I keep myself hydrated throughout the day, acknowledging the vital role that drinking water plays in my health.
- I pay attention to my body's signals for rest & recovery, allowing myself the necessary time to recharge and rejuvenate.
- I strive to maintain a consistent sleep routine, ensuring I get enough rest to wake up feeling refreshed and ready for the day.
- I recognize the impact of sleep quality on my mood and behavior, taking steps to prioritize restful sleep.
- I listen to my body's needs and seek relaxation or self-care activities when needed.
- I strive to maintain a healthy balance between caring for myself and supporting the needs of my loved ones.
- I take pride in maintaining good personal hygiene and indulge in self-care practices that make me feel awesome!
- I am mindful of how relationships and interactions with others can affect my stress levels, seeking to maintain a healthy balance.
- I know when I'm stressed out and find ways to calm myself whenever possible.

## Emotional & Mental

- I feel safe and free to authentically express myself and my feelings.
- I am aware of the things that interest me or that I'm passionate about.
- I am open to new experiences and set aside time to explore my creativity.
- I make room for spontaneous, playful, or unstructured time throughout my day.
- I value authentic connections with loved ones and make time for meaningful conversations.
- I carve out moments for self-reflection and creativity to nurture my emotional well-being.
- I am open to seeking support and understanding from friends and family during challenging times.
- I set achievable goals for myself and celebrate my successes along the way.
- I establish healthy boundaries in relationships to protect my energy and emotional health.
- I prioritize my mental well-being by engaging in activities that stimulate my mind and intellect.
- I practice mindfulness and self-awareness to maintain a healthy mental balance.
- I recognize the importance of seeking support from professionals or loved ones when facing challenges.
- I foster a growth mindset, viewing setbacks as opportunities for learning and growth rather than obstacles.

## Spiritual

- I experience moments of solitude and stillness each day.
- I find peace and serenity through meditation practices.
- I make time to connect with nature and experience a sense of awe and wonder.
- I explore my beliefs and values to deepen my spiritual understanding.
- I engage in acts of kindness and service to cultivate a sense of purpose and fulfillment.
- I participate in rituals or ceremonies that hold personal significance and bring a sense of sacredness to my life.
- I cultivate a sense of purpose and meaning by aligning my actions with a higher sense of calling or mission.
- I seek guidance and support from mentors or role models who inspire and uplift me in my personal growth journey.
- I nurture a sense of gratitude for all the abundance the universe has to offer.
- I seek moments of quiet reflection or prayer to connect with my inner self and higher power.
- I seek out experiences that expand my consciousness and challenge my limited perspective.
- I cultivate a sense of oneness and unity with the universe, recognizing the inherent interconnectedness of all things.
- I honor my intuition as a guiding force in my life, trusting its wisdom to lead me towards paths of authenticity and fulfillment.

Be gentle and compassionate with yourself if you're not yet able to mark many of the responses. Fulfilling our needs for true, authentic expression is part of our healing journey, and it takes time and lots of patience. ❤️

# Holistic Practices

## Practices to increase self-awareness:

Your journey back to your authentic self will be as unique as you are. Each of us has been shaped by our own childhood experiences and developed coping strategies along the way. These strategies, influenced by the events and relationships we've encountered, have molded us in unique ways.

While your healing journey will be one of a kind, the path you tread will share common ground with mine. After all, we're all human, with the same basic universal needs. And addressing these needs follows a similar pattern for all of us.

We can start by tuning in to our bodies and meeting our physical needs. Then, we can work on becoming consciously aware of our conditioned thoughts, emotions, and reactions, paving the way for new decisions that align with our authentic selves. Finally, we can tap into our intuition, reconnect with our soul, and manifest our unique essence and energy in the world. It's a journey of self-discovery and growth that we're all navigating, each at our own pace.

Here are a few practices to help you become more consciously aware every day:

### ✓ Daily Body Check-in

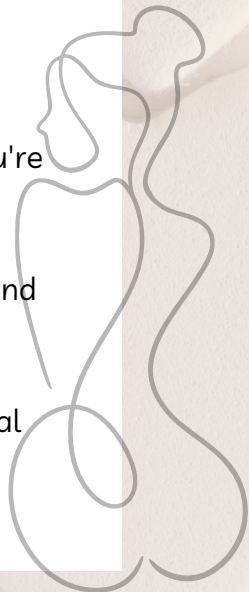
To get more in tune with your body, try taking little body check-ins throughout your day. These pauses can help you step away from your busy thoughts (aka, mokey mind) and focus on what your body's feeling right now.

**Before making any choices** (like eating, resting, or moving), **take a sec to check in with your body and really tune in to what it wants.** This is a really good way to connect with what you need physically.

Close your eyes -if that helps- and pay attention to how it's feeling and what sensations you're noticing in your body.

Grab a notebook and jot down your experiences as you start. It's a good way to keep track and remind yourself to pause and listen to what your body's telling you.

Be gentle with yourself during these check-ins. Practice self-compassion and non-judgmental awareness. Remember, it's all about tuning into your body's needs without criticism or pressure.



## ✓ Daily Mindful Check-in

Once you've gotten the hang of checking in with your body, it's time to shift gears to your mind. Mind consciousness is basically about tuning into those thoughts, feelings, and reactions that keep popping up without us even realizing it.

It's like shining a light on your subconscious habits and instincts, which we've picked up since we were kids – they were like our survival kit back then, helping us feel safe and loved. But now some of those old habits aren't doing us any favors. They mess with our self-esteem and trip us up in our relationships. They can even impact our mood and make us feel all out of whack.

So, as we dive deeper, we'll learn to spot automatic, repetitive habits that no longer serve us and figure out new ways to self-soothe when things get rough, without falling into the same old patterns.

By becoming more aware of old conditioning and the roles we play in our relationships, we can start putting our own needs first. That's how we create the space to be our true selves and build healthier connections with others.

**Start by setting an intention to pause three times throughout the day to witness and notice:** what you're up to right now and where your mind's wandering off to. You could even set an alarm on your phone to remind you.

When you do your check-in, just ask yourself:

1. *What am I doing at this moment?* (Are you washing dishes, scrolling through your phone, chatting with someone?)
2. *What am I paying attention to? Am I fully into what I'm doing, or am I lost in my thoughts? If I'm daydreaming, what's on my mind?* (Maybe it's that meeting from earlier, a bill you need to pay, or that weekend plan.)

The goal is just to be here, now, taking note of your thoughts like clouds drifting by. You might find it handy to jot down your answers in a notebook – keep it private, so you can let loose without worrying about anyone peeking. Over time, you might even start to spot some patterns in where your mind likes to wander.



## ✓ Daily Soulful Check-in

Let's talk hearts for a sec – not just the mushy kind, but the real deal inside your chest. Did you know your heart's got its own brain? Yep, it's like a mini brain, with more neurons than you can shake a stick at. Turns out, it's pretty chatty too, sending more messages to our brain than it gets back. That's why our heart's not just a pump; it's also in charge of our emotions and instincts.

According to science research, our heart's is where our intuition and inner knowledge live. When we're tuned in to our heart, we're more likely to make choices that really speak to us. And get this – being in touch with our heart helps us connect better with others too. It's like we can “sense” things before it even happens, which is pretty cool. So, next time you're faced with a decision, try tuning in to your heart first. You might be surprised by what it's telling you.

Sometimes we hold back on what we truly want, for fear of losing our connection with others. To start expressing yourself authentically, try noticing what concerns or worries might be holding you back.

**Over the next few weeks, pay attention to when you hold back in different situations.**

Ask yourself:

- What do I really think, feel, or want to do?
- What's stopping me from sharing my true thoughts or feelings?
- How would I feel if I expressed myself honestly?

Pause before big decisions to connect with your authentic self and hear your heart's messages. It might be tough at first, but be patient and kind to yourself.

Practice saying “no” to things that don't align with your true desires.

Take your time getting to know yourself and what you want.



Understanding how our body, mind, and soul are all interconnected sets the stage for your healing journey. By honoring what you genuinely need, you naturally align with your true self and cultivate healthier connections. So, let's kickstart this journey by becoming more aware of yourself and pave the way for a more fulfilling life.









NEED MORE INSIGHT & SUPPORT?

Don't hesitate to reach out!  
[info@cristheljust.com](mailto:info@cristheljust.com)

Follow me for daily inspo!

@CRISTHALITO



[www.cristheljust.com](http://www.cristheljust.com)



SAFE HAVEN COACHING LLC.