



## Day 4: Adding Lifestyle Strategies to Your Personalized Menopause Plan

In the Day 4 lesson, you learned all about the importance of sleep, stress management, and mental and emotional health during menopause. We introduced several ways you can tailor your behaviors in each area to really boost your well-being and feel your best during this time of your life.

In this worksheet, you'll have a chance to assess your current lifestyle and select some new behaviors to tackle that have the power to enhance your health and well-being over the next 28-days (and beyond!).

Let's get to it.

### Step #1: Assess Your Current Lifestyle

We're getting curious about three major pillars of well-being:

- Sleep
- Stress management
- Mental and emotional health

These lifestyle factors can have a massive impact on health and how you feel on a daily basis.

So let's start with some simple assessments of each to see if there are any major gaps that need to be filled. Note that some of this will be introspective work; you'll need to consider *how* these factors are affecting you and what a "better" scenario might look like. Then, you'll need to decide whether or not you want to make a change — and in what area(s).



## SLEEP ASSESSMENT

Do you get 7–9 hours of sleep per night? Yes  No  How many hours do you get, on average? \_\_\_\_\_

Does lack of sleep affect your ability to function throughout the day (e.g., brain fog, fatigue) or make choices that align with your goals (e.g., choose healthful foods, exercise)? Yes  No

If so, how so? \_\_\_\_\_

Do you use screens (e.g., TV, phone) in the hour before going to sleep?

Yes  No

How would you rate the quality of your sleep, on a scale of 1–10? (1=bad, fractured sleep; 10=sleeps soundly all night) \_\_\_\_\_

Do symptoms (e.g., hot flashes) disrupt your sleep? Yes  No

If so, what are they? \_\_\_\_\_

Does anything help you fall asleep or get back to sleep faster? Yes  No

If so, what? \_\_\_\_\_

What would “getting better sleep” look like for you?  
\_\_\_\_\_

## STRESS ASSESSMENT

How would you rate your stress levels, on a scale of 1–10? (1=totally calm; 10=highly stressed) \_\_\_\_\_

What are your biggest current stressors?  
\_\_\_\_\_



Are any of these stressors causing major strife in your life? Yes  No

If so, which one(s)? \_\_\_\_\_  
\_\_\_\_\_

Does anything help reduce your stress? \_\_\_\_\_  
\_\_\_\_\_

What would “feeling less stressed” look like for you? \_\_\_\_\_  
\_\_\_\_\_

#### MENTAL AND EMOTIONAL HEALTH ASSESSMENT

How would you rate your current mental and emotional well-being, on a scale of 1–10? (1=very poor; 10=very good) \_\_\_\_\_

Are you actively engaging in self-care activities? Yes  No   
If so, what? \_\_\_\_\_

Are you actively engaging in any hobbies? Yes  No   
If so, what? \_\_\_\_\_

Are you currently seeing a therapist/counselor/mental health professional?  
Yes  No

Do you have a support system in place (e.g., friends, family)? Yes  No   
If so, who is part of your support system? \_\_\_\_\_

If you had to describe how you’re feeling about your life in one or two sentences, what would you say? \_\_\_\_\_  
\_\_\_\_\_



If you had to describe how you're feeling about menopause in one or two sentences, what would you say? \_\_\_\_\_

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What would "better mental well-being" look like for you? \_\_\_\_\_

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## Step #2: Select Your Lifestyle Practice

Now that you've taken stock of how things are going in general, it's time to pick what to focus on first.

Take a look back through your answers above, and identify where the biggest gaps are between how you're feeling now and how you *want* to feel. Then, start imagining what it would look like to take one step in the right direction.

In the following lists, we'll detail lifestyle practices that can help improve each of these areas of your life. As you review, check off or highlight the practices that you feel you could implement pretty easily and that would help you move closer to living in alignment with your Menopause Vision Statement.



Sleep	Stress	Mental Health
<ul style="list-style-type: none"> <li><input type="checkbox"/> Turn off all screens one hour before bedtime.</li> <li><input type="checkbox"/> Dim the lights one hour before bedtime.</li> <li><input type="checkbox"/> Do a “brain dump” in a journal before bed.</li> <li><input type="checkbox"/> Set a recurring timer on the TV so it turns off automatically one hour before bedtime.</li> <li><input type="checkbox"/> Create a sleep schedule (with a bedtime and wake-up time) and stick to it within 30 minutes— even on weekends.</li> <li><input type="checkbox"/> Set a recurring timer that shuts off social media apps on your phone at a certain time every evening.</li> <li><input type="checkbox"/> Eliminate caffeine after 12:00 pm.</li> <li><input type="checkbox"/> Get at least 5–10 minutes of morning sun every day.</li> <li><input type="checkbox"/> Put a set of clean pajamas and sheets next to the bed in case of a hot flash.</li> <li><input type="checkbox"/> Invest in a temperature-controlled sleep pad or moisture-wicking sheets.</li> <li><input type="checkbox"/> Try the 4–7–8 breathing strategy** if you’re struggling to sleep.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take five deep breaths in through your nose and out through your mouth whenever you notice you’re feeling stressed.</li> <li><input type="checkbox"/> Schedule 5–10 minutes to do an activity you enjoy every day.</li> <li><input type="checkbox"/> Do a 5–10-minute guided meditation.</li> <li><input type="checkbox"/> Commit to changing the most stressful activity on your schedule — setting aside 10 minutes every day to tackle your plan to do so.</li> <li><input type="checkbox"/> Go for a walk around the block.</li> <li><input type="checkbox"/> Schedule “downtime” on your phone so you have daily “quiet time” to decompress.</li> <li><input type="checkbox"/> If it’s financially accessible, recruit someone who can help you manage competing responsibilities (e.g., get help with childcare, hire an assistant, find a grocery-delivery service) and set up a regular service schedule.</li> <li><input type="checkbox"/> Spend 10 minutes drawing, doodling, or coloring.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Schedule a session with a therapist or counselor.</li> <li><input type="checkbox"/> Reach out to a friend or family member and take 20 minutes to connect.</li> <li><input type="checkbox"/> Join a supportive Facebook group* or online community and find like-minded individuals.</li> <li><input type="checkbox"/> Spend 10+ minutes considering what old hobby you might want to revisit.</li> <li><input type="checkbox"/> Spend 10+ minutes trying out a new hobby.</li> <li><input type="checkbox"/> Take an online class on a topic that interests you.</li> <li><input type="checkbox"/> Perform a self-care activity that makes you feel better (e.g., take a bath, do a workout, read a chapter in your book, drink a cup of tea).</li> <li><input type="checkbox"/> Start a gratitude journal.</li> <li><input type="checkbox"/> Spend 10 minutes journaling.</li> <li><input type="checkbox"/> Prepare a nutritious meal for yourself.</li> </ul>

\*Girls Gone Strong offers two closed FREE Facebook groups for our community. [GGS Coaching & Training Women](#) is for any current or aspiring health and fitness pro who wants to learn more about the art and science of coaching women; [GGS Strong Women Lift Each Other Up](#) is where women celebrate each other’s wins and support one another in their health and fitness endeavors.

\*\*Inhale deeply through your nose (with your mouth closed) for a count of 4, hold that breath for a count of 7, and then open your lips and exhale out of your mouth for a count of 8. Keep repeating that cadence until you drift off to sleep.



Now, tackling *all* of these things at once would likely require a major lifestyle overhaul — but you can certainly tackle a couple of the most impactful strategies for your unique situation over the next four weeks!

**Start by picking one practice that you can do on a daily basis that will help you close one of the biggest gaps you're feeling right now.**

For example, if you're really struggling with your sleep and find yourself watching Netflix for hours every night, you could choose to set a recurring timer on the TV so it turns off automatically one or two hours before bedtime.

Remember: We want specific, but we also want *sustainable*. You need to be ready, willing, and able to take it on.

This will help you stay consistent without getting overwhelmed — which can help you build a habit over time.

After two weeks, if all is going well, you can select an *additional* behavior to add to your roster.

**Which lifestyle practice will you work on first?**



## Step #3: Ensure Your Choice Aligns with Your Menopause Vision Statement

Once you have your selection, it's time to run it through the filter of your Menopause Vision Statement.

Answer the following questions:	YES	NO
<b>Does this new lifestyle practice align with my values?</b> For example, if one of your values is vitality, then turning off all screens an hour before bedtime makes sense — it's a practice that will help you sleep better and feel more energized the next day.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Does this new lifestyle practice support one or more of my big rocks, whether directly or indirectly?</b> For example, if one of your big rocks is connection with friends and family, then reaching out to loved ones on a regular basis will help you prioritize this big rock while improving your mental and emotional well-being.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Does this new lifestyle practice align with my Menopause Vision Statement? Will it help me do what's most important to me in my life?</b> For example, if part of your Vision Statement includes living joyfully and having fun, then implementing a daily meditation for stress reduction could play an important role.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Do I feel ready, willing, and able to take on this new lifestyle practice?</b>	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to all of the questions, then your chosen behavior is likely a solid choice! If you feel a little uncertain, you can always tweak your plan.



## Step #4: Take Action and Track Your Consistency

Once you've picked which lifestyle practice to work on and confirmed it aligns with your Menopause Vision Statement, you can go ahead and get started!

We recommend tracking your consistency so you can see how it's going and if you need to make any tweaks. You can track on your phone or in an app, though we've also included a [four-week consistency tracker](#) in this download. You can fill it out on your computer as you go, or print it out and keep it handy.

You can calculate your consistency by dividing the total number of times you engage in an activity by the number of times you were *meant* to engage in the activity and seeing what percentage you come up with.

Here's an example of how your tracking for one week might look:

Lifestyle Goal		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	SUCCESS
<b>WEEK 1</b>	#1: Do a 10-minute guided meditation every day during my lunch break.	✓	✓	✓		✓	✓	✓	6/7	86%

As we mentioned in earlier worksheets, we consider “successful” implementation to be a consistency of at least 80% over two or more weeks. If you hit this mark after two weeks, you have the option to go through the steps again and add an additional lifestyle strategy for days 14–28 of your plan. You will continue to track the consistency of *all* behaviors during that time frame.

That said, 80% consistency doesn't necessarily mean you *need* to add another lifestyle strategy to your to-do list after two weeks. Rather, it's a method of staying accountable — and determining if your plan works for you or if



it needs some tweaks. If taking on one more thing feels a little unrealistic for you, go with your gut and simply focus on staying consistent with your original plan for two more weeks.

If you're not reaching 80% consistency, don't stress. You may have just missed a day or two because life happened, and that's OK. But if you're really far off the mark for two weeks running, you may need to make the behavior easier or more realistic given your needs right now, or try a different practice altogether.

**The goal is to give some extra attention to your sleep, stress, and mental health on a consistent basis — in whatever way works for you.**

Congrats! You just developed the lifestyle portion of your 28-day personalized menopause plan. Over time (even after the 28 days!), you can continue to add new strategies to your roster or solidify existing ones until these practices become a habitual part of your daily life.

By getting really clear on where improvements can be made — and developing your plan of action — you're moving one step closer to living out your vision and truly thriving during menopause.



## 28-Day Lifestyle Practice Consistency Tracker

LIFESTYLE GOAL		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	CONSISTENCY
WEEK 1	#1:									
WEEK 2	#1:									

**CHECK IN:** Time to evaluate your success! If you hit 80% consistency and you want to work on another practice, add it to your list.  
If not, stay the course or scale back your current behavior and continue to work on it.

WEEK 3	#1:									
WEEK 4	#2:									
WEEK 3	#1:									
WEEK 4	#2:									