

Thrive Tracking

My Core Why _____



What is Thrive Tracking?

Thrive Tracking is a way of measuring the results of anything you do for your health and well-being. You not only see your progress toward a future health, you gain valuable information from your whole person about how to be well now.

How do habits form?

- Typically, health programs ask you to set a goal.
- However, health is not a goal. A goal is something you achieve once, but health is something you want to be ongoing.
- Habits are the foundation of health.
- Neuroscientist know habits form through the Habit Loop
 - Do something, feel worse in your body now, your brain remembers to avoid it, e.g., when you touch a hot stove and feel pain.
 - Do something, feel better in your body now, your brain remembers to repeat it e.g., when you eat a warm chocolate chip cookie and find it satisfying.
- What your body tells your brain is the information you need to change your habits.

Why does tracking work for healthy habits?

- Tracking is recording what you did, such as exercise, meditation, or eating.
- Studies show tracking is a powerful way to change a habit. It lets you see clearly what you are doing, or not doing, and the results of that action or inaction.
- In Thrive Tracking, you add how your body felt, so you are aware of what your body told your brain as you did something.
- For example, if you take a moment to stretch mindfully after sitting for a while you might notice less tightness as you start to move and a little energy boost. Writing it down helps your brain remember that is well worth your time the next time.

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How to use your Thrive Tracking journal

- Write your Core Why at the top of the page to remind you what is important to you about being healthy.
- Write down anything you did for your health and well-being, especially the actions you want to become healthy habits.
- Write down how you felt.
 - Note how your body actually feels (not just how you feel about doing this action)
 - If it helps, you could use emojis or a number system like the one below:
 - 1-2 is a low energy stress state, feeling unmotivated, disengaged, drained by guilt or shame.
 - 3 is acting with confidence, kindness, and calm, fueled by your Core Why.
 - 4-5 is a high energy stress state, feeling anxious, trying to get to a goal, fueled by anger, determination, or fear.



Remember

- Tracking reminds you that *you* are in charge of your well-being, not your friends, the trainer at the gym, or the media.
- Set up tracking so it's easy to do, but captures the information.
- Shift out of the "bad" or "good" mindset to collecting data. Labeling days 'bad' or 'good' is using judgement and self-criticism to keep you 'on track'.
- When you don't do what you know you should, remind yourself you are human. Stay curious so you can learn from what is taking you away from being well.

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Day and time	Thrive # or emoji	What I did	How I felt

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Thrive Takeaway Day

Once a week pause and review your Thrive Tracking list.

What is going well?

What needs adjusting to align with My Core Why?

How is what I am doing strengthening my ability to

Move Well?

Rest Well?

Nourish Well?

How do I want to use this information in the week ahead?