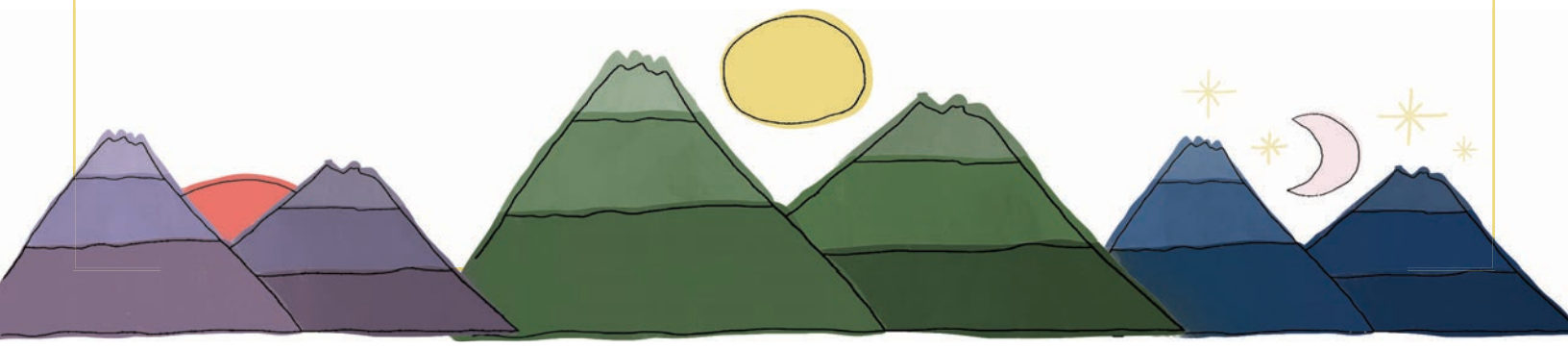




# Daily Mind Wise

By Sarah Rzemieniak  
Eating Disorder Recovery Coach

*Daily Rituals to Strengthen Wise Mind Connection  
During Eating Disorder Recovery (and beyond)*



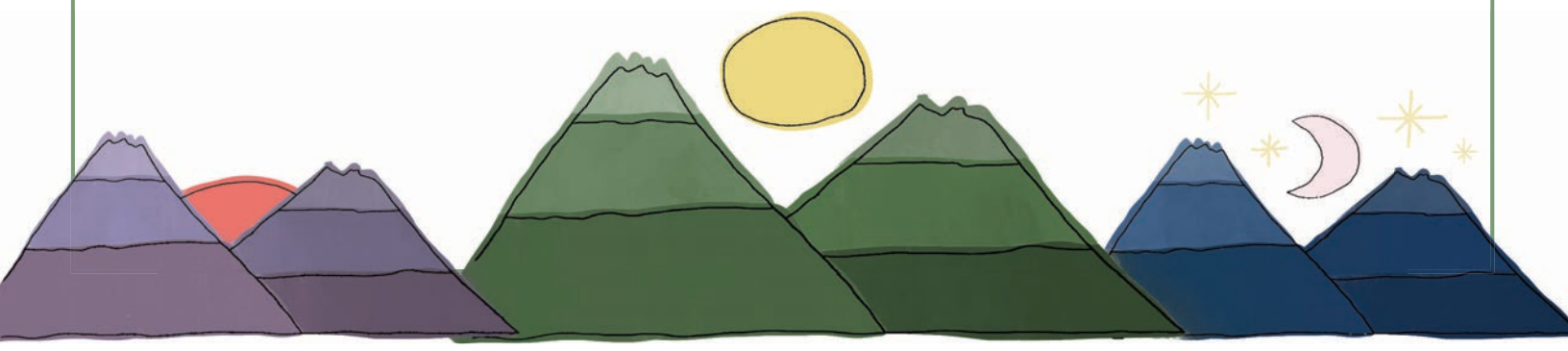
# How & Why to Use These Practices

THROUGHOUT MY RECOVERY there were so many times where I would be doing well, only to go through a period of panic where I would grasp and cling back on to the eating disorder, panicked that it was gone and that I wasn't ready for it to be yet.

What would ultimately help me to get back on track was the same thing that helped me to sustain things for as long as I could when I was doing well - some sense of connection to, and ability to live from, what I call my Heart and others might call their Soul Self, their Authentic Self, their Healthy Self, Wise Mind, Wise Self, True Self, or so many other terms that all speak to this inner essential nature that I believe is at the heart of all of us, and of which I believe the eating disorder is but a split-off part that is looking to be reintegrated and healed.

Having a steady, regular way of connecting with this part of myself each day made such a difference on my recovery journey, and I have seen it do the same for countless clients. I hope that this guide will help you as well, and that you will find benefit and solace in it.

The practices I've included are based off of what I have found helpful for myself and my clients over time, but if you have practices you'd want to swap in please do this - this guide is about spending time throughout each day doing things that connect you inwards and that resonate with you on a deep level, and so of course this may look different for everyone.



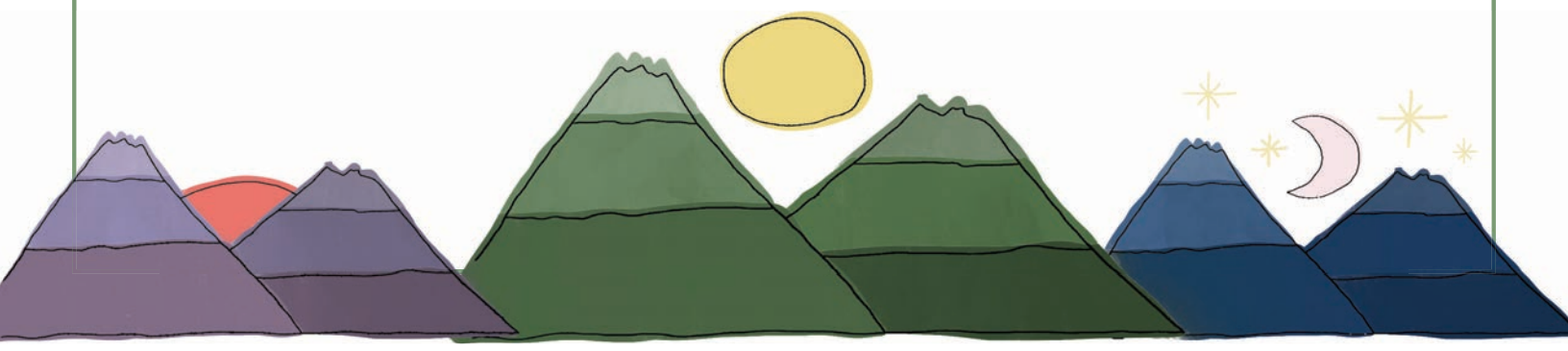
The next ten pages include one day's worth of guided practices with space to journal. They are divided into practices for morning, midday (or whenever works best with your schedule) and evening. Then in the PDF titled 'One Week's Journal' are pages for one week's worth of practices and journaling, without the lengthy explanations for practicality's sake. You can copy and paste the PDF anew for each week so you always have a new blank week to write in (I've included an extra blank copy for this since once you save a copy that you've written in, it can't be erased. And if you accidentally write in and save all copies, just come back to the downloads page either through your email or by saving the page, and download a new one!).

Lastly, the pages of Feelings & Needs can be referred to each day for the Feelings and Needs Check-in Practices, while the Resources pages can be referred to for ideas for the First Connection and Evening Connection Practices.

I wish for you so much strength and healing, patience and compassion on this difficult and painful yet transformational journey of recovery - a journey where you are being called on to grow and strengthen, soften and evolve through the excruciating process of transformation and the multiple Dark Nights of the Soul that you will encounter along the way. A journey that none of us chose to be on but which I believe is ultimately such a gift. A journey where you get to meet, strengthen and ultimately become your own Wise Self.

With so much love, compassion and reverence,

*Sarah*

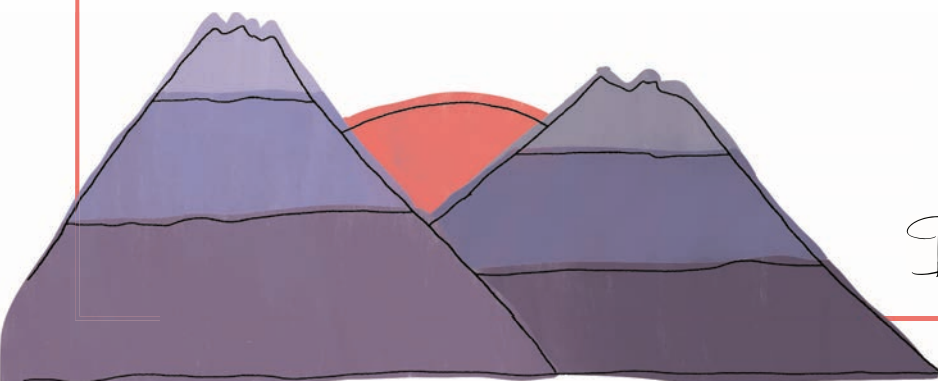


# Morning

**First Connection:** First thing when you wake up, or as soon as it feels possible, do something to go inwards and connect with your inner self, your Wise Mind self, the part of you that is getting stronger and stronger as your eating disorder part gets smaller - the part of you that feels drawn to fill this journal out. It can be for as short or as long as feels possible and right. Meditating? A few deep breaths? A yoga pose? Or anything else that resonates with you. For a list of resources and ideas please see the Resources pages.

What practice did you choose to do today?

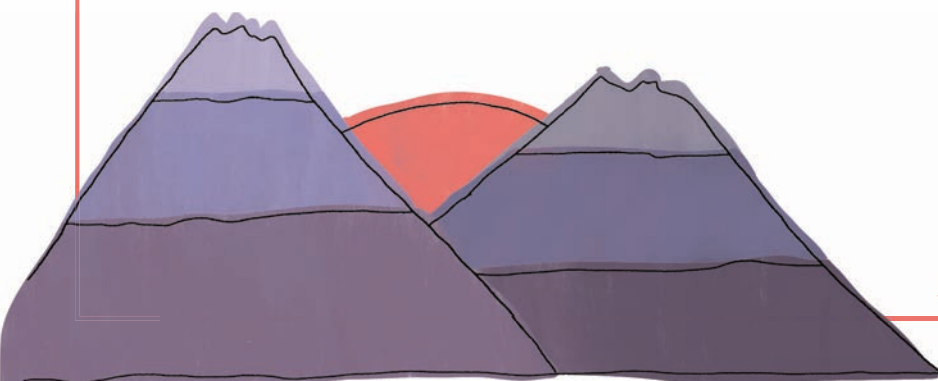
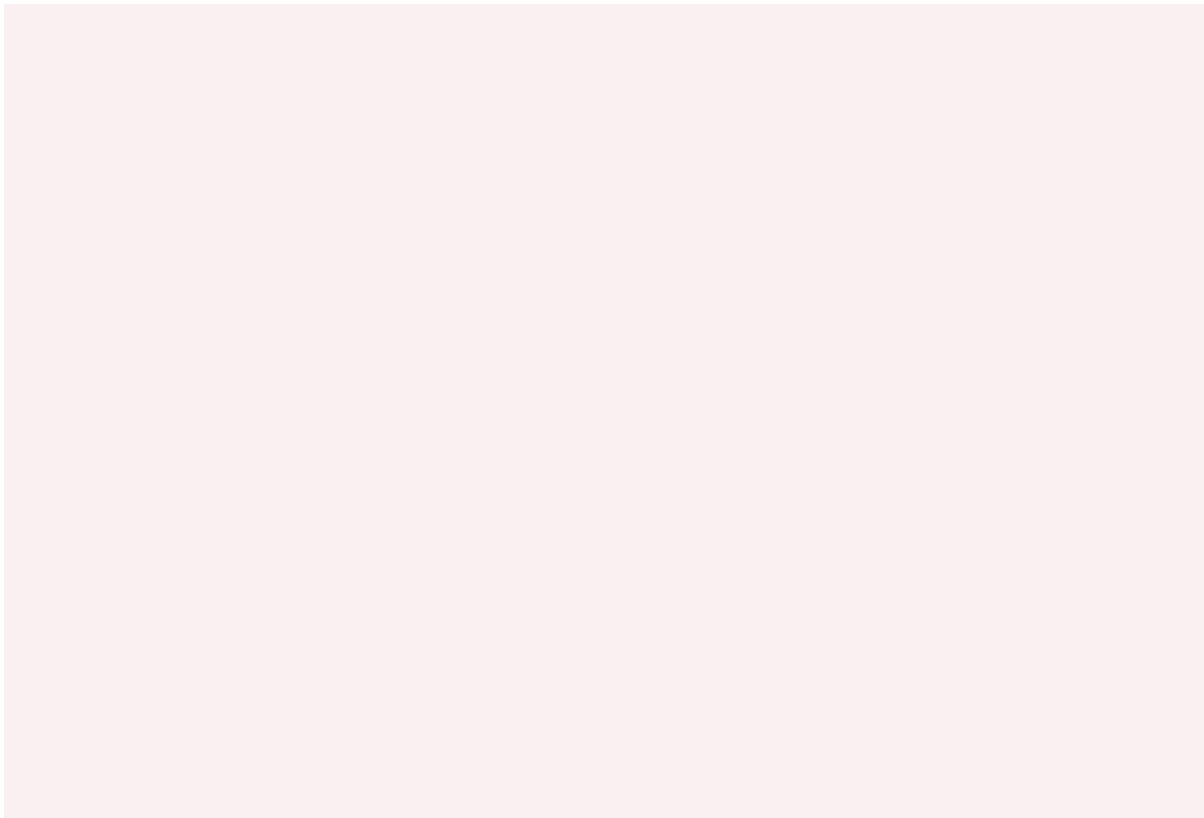
And don't worry if it didn't feel connected or peaceful or transformational or any of the expectations we might have for it. Some days it might, and others it definitely will not, and that's all okay.



Date: \_\_\_\_\_

# Morning

***Soul Note:*** Now, see if there's a message from your inner wise mind, soulful self for you to take into your day. Perhaps a message of compassion, reassurance, encouragement, wisdom, or a gentle intention? Write it down here. And if nothing is coming to you, which is so normal especially in the beginning, write what you would want to say to someone dear to you who is going through a hard time, perhaps similar to what you are going through now.

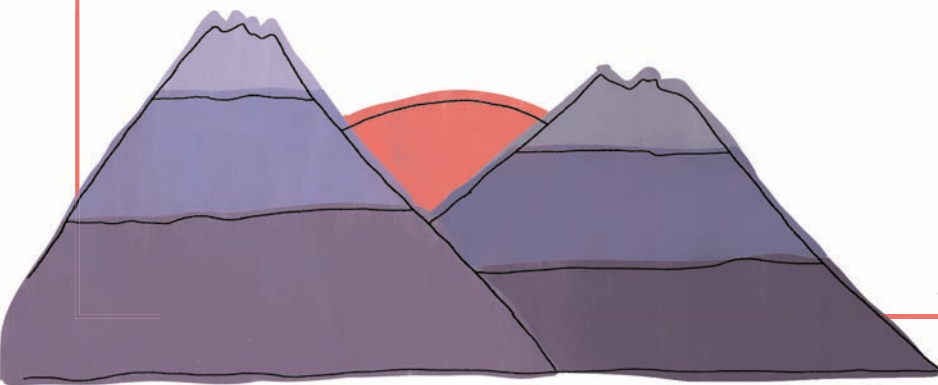


# Morning

Now, take a picture of this message on your phone, or find another way to have it with you during the day.

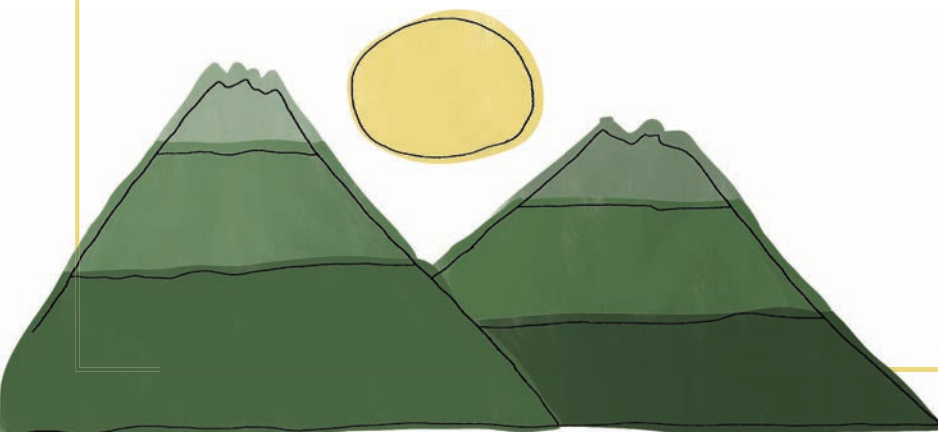
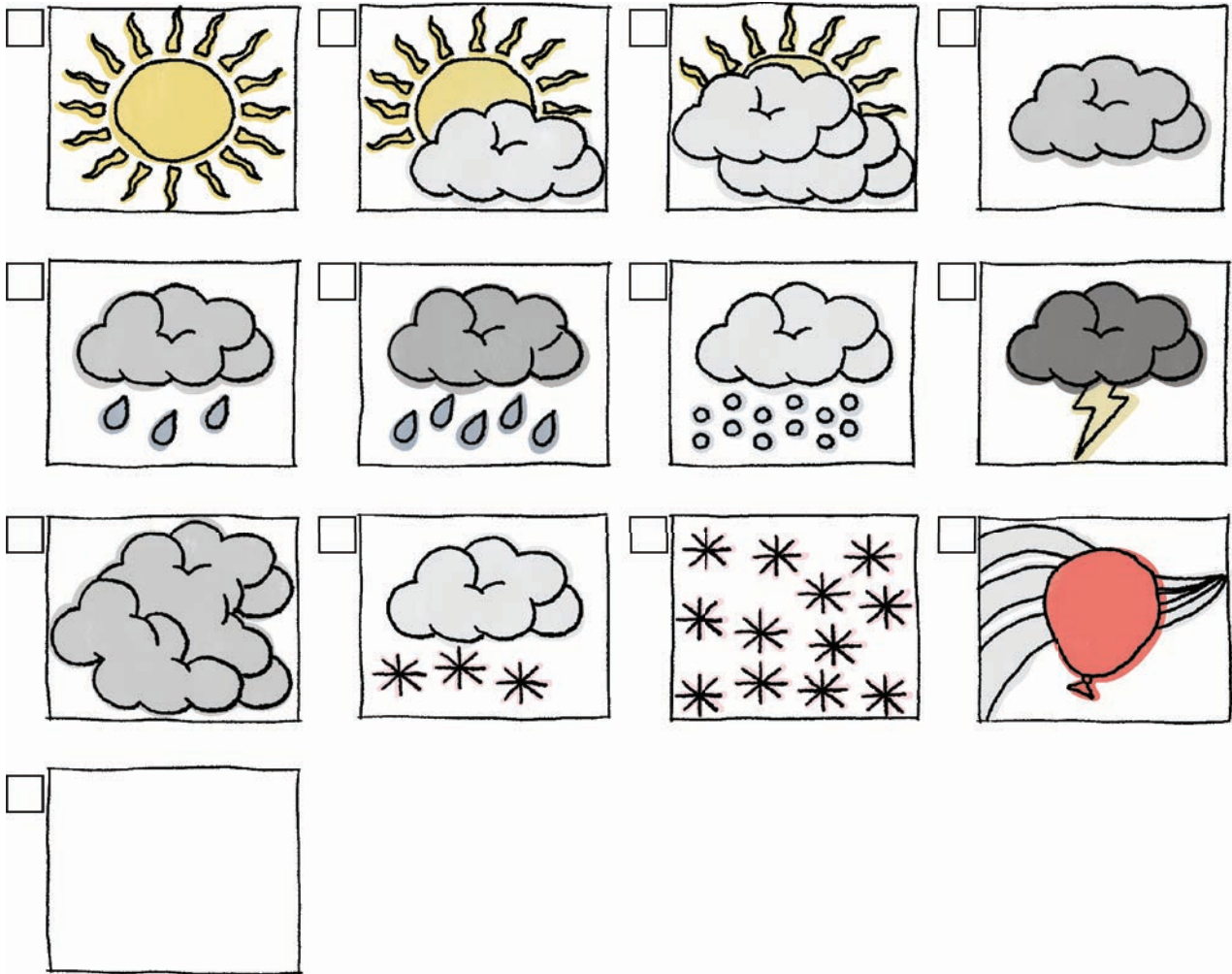
Try setting a reminder on your phone or think of an activity you do multiple times a day such as eating a meal, and reread this message each time.

Now, I hope you have a wonderful day - full of as much self-compassion, strength, and gentle acknowledgment for how hard the recovery journey is and how you're doing your best, even if it doesn't look or feel like you think it should. Recovery is a marathon and not a sprint, and there are good days and hard days, leaps forward and then heartbreaking or scarily-appealing slips back. But the fact that you are filling out this journal tells me that there is a part of you alive inside that's fighting, calling its way to being stronger and stronger - and it will get there, step by step.



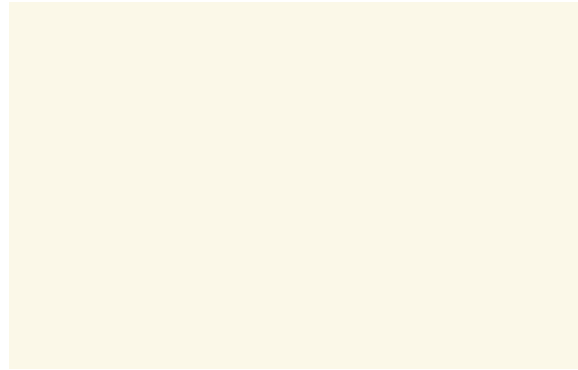
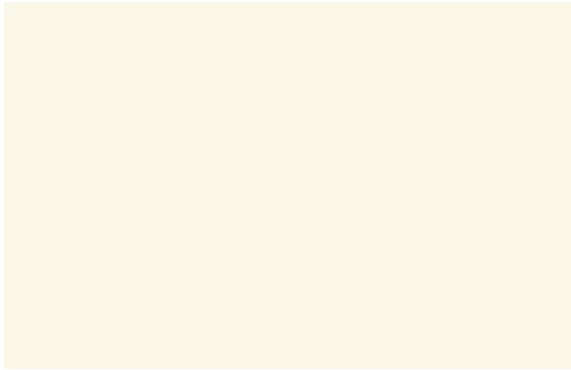
# Mid-day

*Inner Check-in:* Take 3 slow, deep breaths. Now, look at the images below. Which image resonates most with how you feel inside?

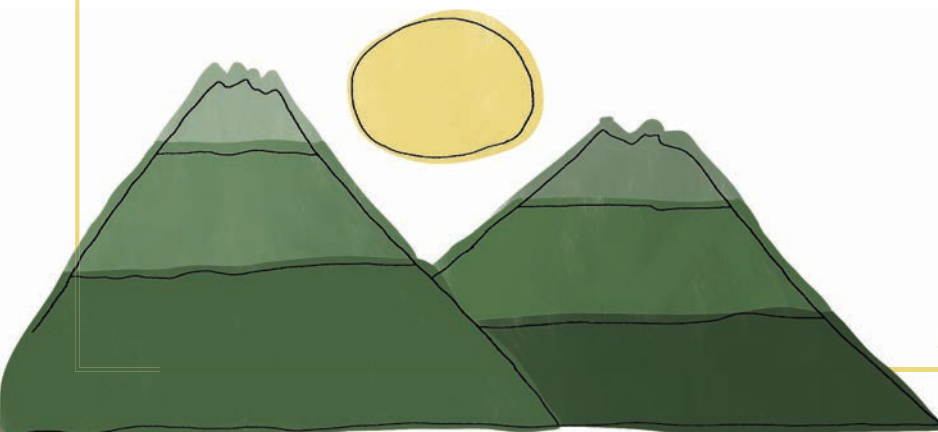
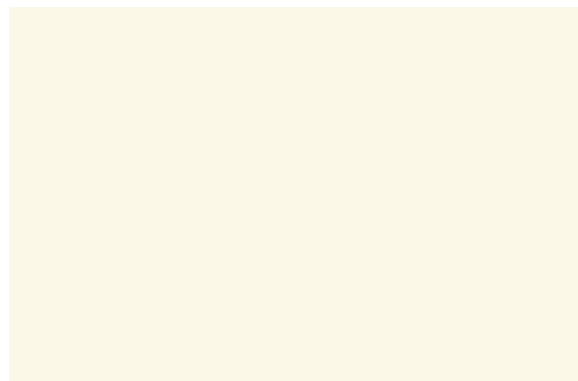
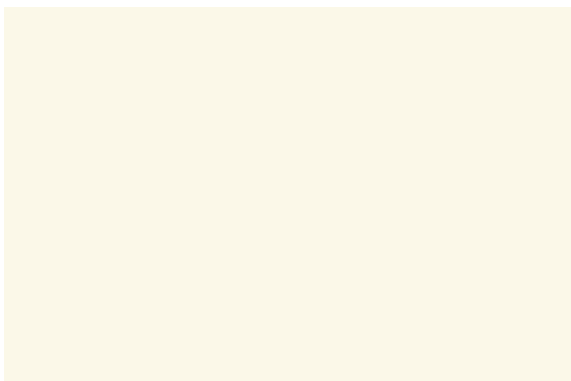


# Mid-day

**Feelings Check-in:** Look over the Feelings List. Are you able to identify any feelings that are present within you right now? List all of the feeling words that resonate with you in this moment.



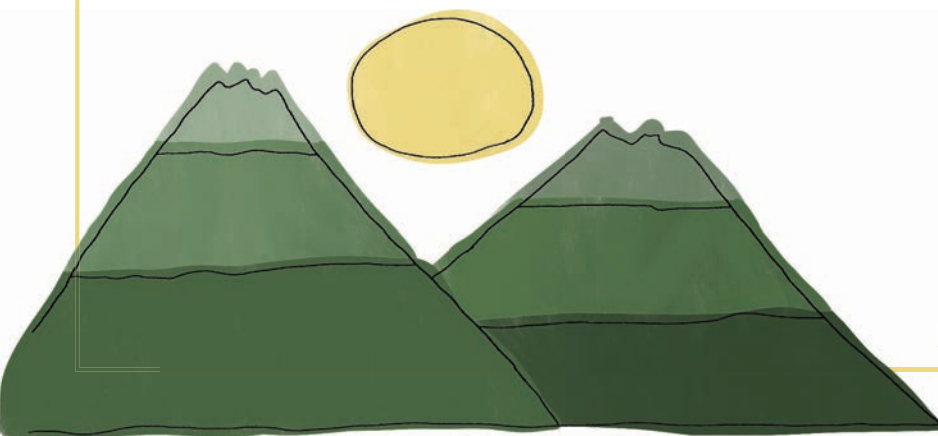
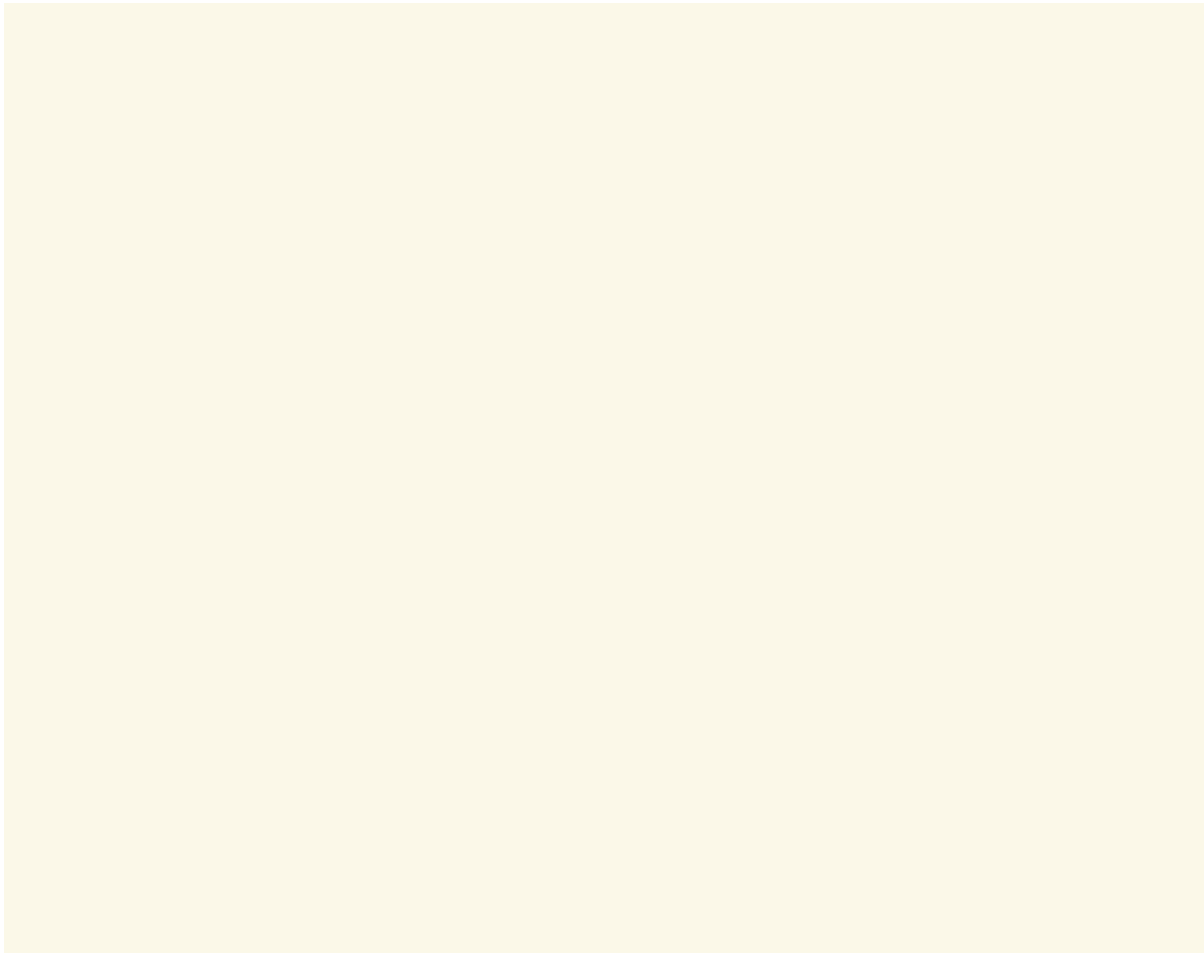
**Needs Check-in:** Look over the Needs List. Are you able to identify any needs that feel like they are calling to you to be met today from your authentic, wise self? List them below.





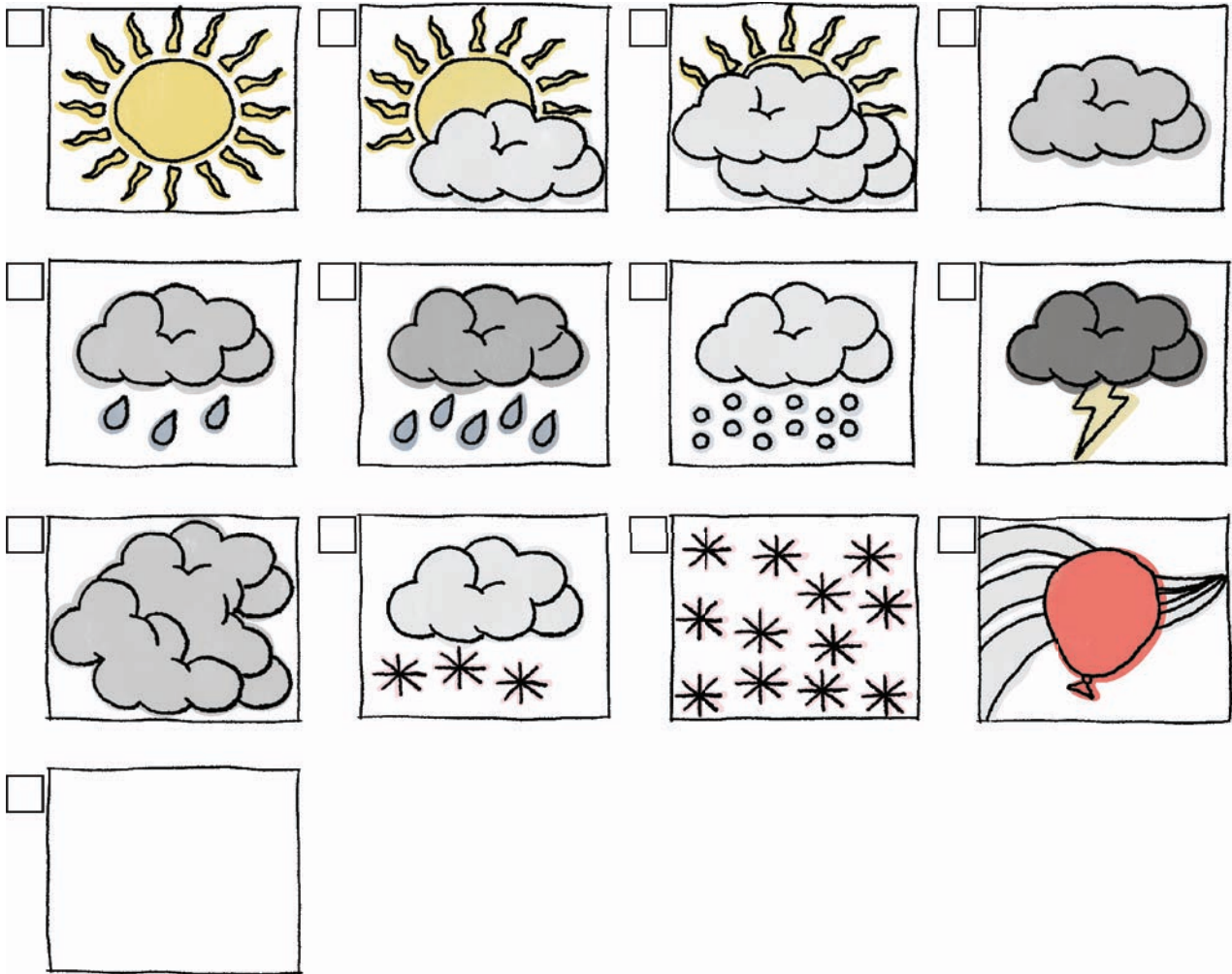
# Mid-day

*Meeting My Needs:* Can you think of one small thing you could do to meet one of these needs today? Perhaps the need calling to you the loudest, or the need that feels most possible to try to meet? Below, put into words what this might look like:



# Evening

*Inner Check-in:* Again take 3 slow, deep breaths, and then choose the image that resonates most with how you feel inside.



# Evening

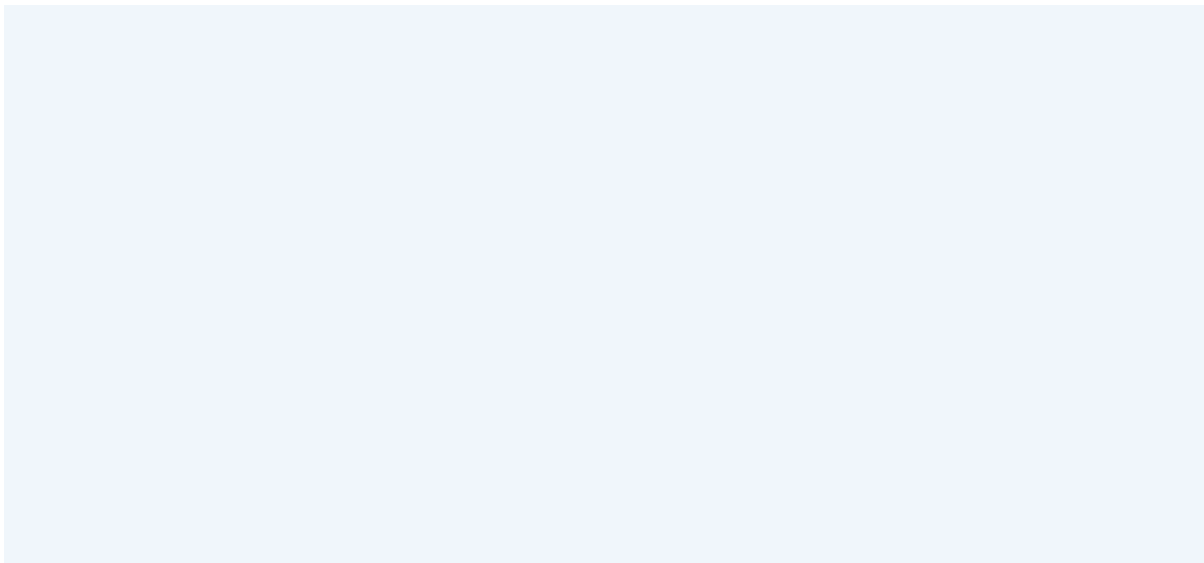
*Evening Connection:* Like you did at the start of your day, do something again to go inwards and connect with your inner self, your Wise Mind self, the part of you that is getting stronger and stronger as your eating disorder part gets smaller, the part of you that feels drawn to fill this journal out.

What practice did you choose to do?



# Evening

*Evening Soul Note:* And like you did at the start of your day, see if there's a message for you from your inner wise mind, soulful self as this gentle part of you reflects on your day. Is there a kind, gentle message that this part of you wants you to know as you close out this day? It may have felt like a normal, inconsequential day, or an excellent day, or an extremely difficult one, or a mix of everything. And if it's hard for this part of you to come through right now, write down what you would say to someone else who was coming to you for support or sharing about the day they'd had, your day:



# Evening

**Self Acknowledgments:** Are there 3 things you can think of that you're proud of in terms of how you handled today? Any wins against the eating disorder, or other ways you practiced self care? Boundaries you set, or anything else! Big or tiny!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now, I hope you have a restful, much needed sleep. And this journal, and your own inner Wise Mind, will be here to greet you in the morning.

