Use Your Journal for a Complete Health Reset

If you have been struggling lately with your physical health, but small changes you have been making aren’t sticking, it might be time for a complete health reset. This is when you change more than one thing at a time to develop all new healthy habits. Using a journal is a great way to set health goals and stick to them.

**Document Your Detox Process**

A full detox does not mean doing one of those juice or tea detoxes, but cleansing your body from the inside out with healthier choices. A detox might include switching to a clean and organic diet, removing foods you have an intolerance to, reducing caffeine and alcohol, or even detoxing your mind to reduce stress and anxiety.

Come up with a detox plan, then document it in your journal. This allows you to create goals, tasks related to the detoxing, and checking in for updates.

**Develop a Healthier Mindset**

Having a health reset isn’t just about your physical health, but mental health as well. You can reduce stress and anxiety, and feel better overall when you have a better mindset. You want a healthy mindset that is just as balanced as your physical health. This means finding activities that will relax you and give you time to self-reflect and get rid of all your negative feelings, such as with a journal. You can journal daily to dispel all the negativity and worries, and find a more positive mindset moving forward.

**Focus on Better Nutrition**

For a complete health reset, you might want to change your diet. You are what you eat, after all. Even if you’re not trying to lose weight, your diet can have a very large impact on your overall health and wellness. However, switching to a healthy diet isn’t always easy, so using a journal can be a great tool. Use it to plan out your meals, have grocery lists, and keep a food diary so you know what you are eating. This is excellent motivation for continuing to improve your diet in the future.

**Record Your Fitness and Activity**

The last aspect of a complete health reset is with your activity level. Everyone should be active on a regular basis, especially with some cardiovascular exercises. This helps with your heart health, lowering cholesterol, and improving your energy and focus. Try to commit to at least 3 days a week of physical activity. Once again, keep track of it in your journal, and write down any new fitness routines you want to try out.