

# Primely<sup>TM</sup> \* Preparation

A 30-Day challenge designed to  
help you PRIME yourself for your own  
success at work and life outside of it.



## Foreword

I would like to personally dedicate this book to all the people who have struggled, or are experiencing issues with their Mental Health. And, to the family members and friends supporting them.

Unfortunately, in May 2018, I lost one of the people closest to my heart, my mother, to suicide (that's her pictured on the left). After a long, life battle with depression and anxiety, she decided to leave this world.

As tragic as this experience has been for me... after a lot of reflection, reading and personal development work; I have finally found my purpose in life: to honour the memory of mum by helping others achieve well-being and preserve their mental fitness.

In my working life, I've always given high importance to 'working hard' to achieve the goals I've set for myself. I still do. However, the 'old me' was working long hours, travelling, constantly checking emails and taking phone calls even outside work hours, with a mindset of 'always be closing.' Over the last few years, especially after mum's passing, my lifestyle 'imbalance' became impossible to ignore. It got to me.

Living a BALANCED and WELL-LIVED life is not just about 'working hard' and achieving big things in our career. I believe it should embrace all the different aspects of well-being; our social relationships, emotions, purpose, engagement and accomplishment. These well-being aspects contribute to our happiness, and our happiness positively influences our energy, motivation and our ability to succeed in all that we do. Work included.

I believe there's a lot of work to be done in our society to improve mental fitness preservation. Why? Preservation is a key stage that can reduce the current demand for suicide prevention.

If I can help even one person to achieve and maintain their mental fitness and avoid experiencing a mental health crisis (which can be brought on by the stress and high expectations of the Work Environment), then I have honoured the legacy I long to create for mum.

Juan Sanchez  
Founder, Primely™

## Why Journal?



Keeping a reflective journal like this, has greatly helped me develop my mental strength and has now become my nightly habit. I've found writing my thoughts relaxes me before bed and provides me with a clear structure of what I want to achieve tomorrow.

## Before you get started



We highly encourage you to take this **short survey** as a way to identify the key areas in your well-being that need most attention.

- ① How do you feel when you arrive at your workplace on a typical day?

Excited

Slightly Stressed

Pretty Good

Full of dread!

Normal

Other (Please specify)

- ② On a scale of 1 – 5, how do you feel during your work day?

Click a number on the graph below:

1

2

3

4

5

Surviving ←————→ Thriving

Write down a time or example of when you felt like this. What happened that made you feel this way?

3 What are the trigger scenarios, situations, or conversations that cause **stress or anxiety** in you?

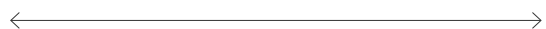
Dot points are fine

4 Overall, how satisfied are you with your life nowadays?

Click a number on the graph below:

1 2 3 4 5 6 7 8 9 10

Not at all  
satisfied



Completely  
satisfied

Why do you think you feel this way? Reflect on your thoughts...

5 Overall, how happy have you felt in the last month?

Click a number on the graph below:

1 2 3 4 5 6 7 8 9 10

Not at all  
happy



Completely  
happy

Any specific reason(s) for this?

6 "I feel active and vigorous at work..."

All of the time

Less than half of the time

Most of the time

Some of the time

More than ½ of the time

At no time

7 "I am already **stressed** by the time I begin my work day"

To what extent do you agree or disagree with the following statements?:

1 2 3 4 5 6 7 8 9 10

Strongly  
disagree



Strongly  
agree

Why do you feel this way?

Great job, thank you!

# My Well-Being Contract

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**My Investment:** 10 minutes per day  
(or 0.5% of the time available every day...  
it's not too much to ask, right?).

I understand that by signing this contract, I am committing to a new, daily routine that will encompass well-being practices to strengthen my mental fitness. With a goal to be the best version of myself; as a colleague, family member, parent, and friend. And, to live a more fulfilling and energetic lifestyle...however I choose to define success for myself.

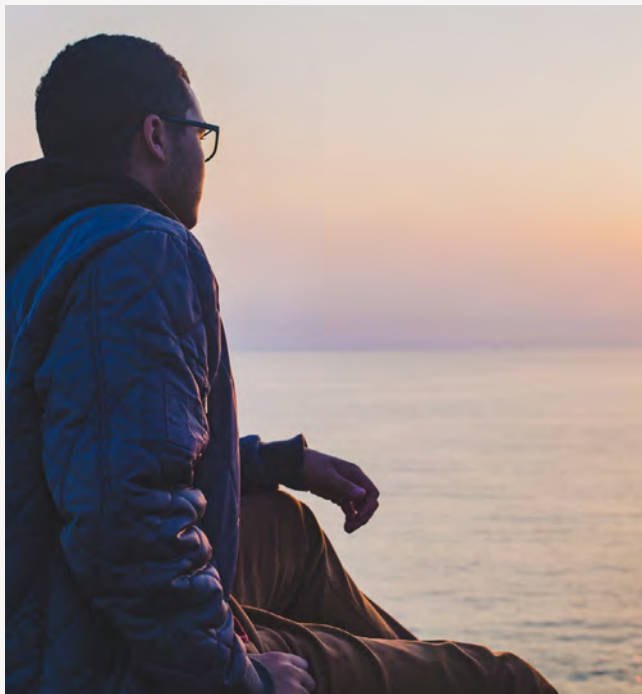
① How will I reward myself for completing this challenge?

② How I define success for myself

Name

Date

Signature







# Time to begin your 30-Day Challenge

## Your Objectives



What are the 3 things you want to achieve out of this 30-Day Challenge?

1

2

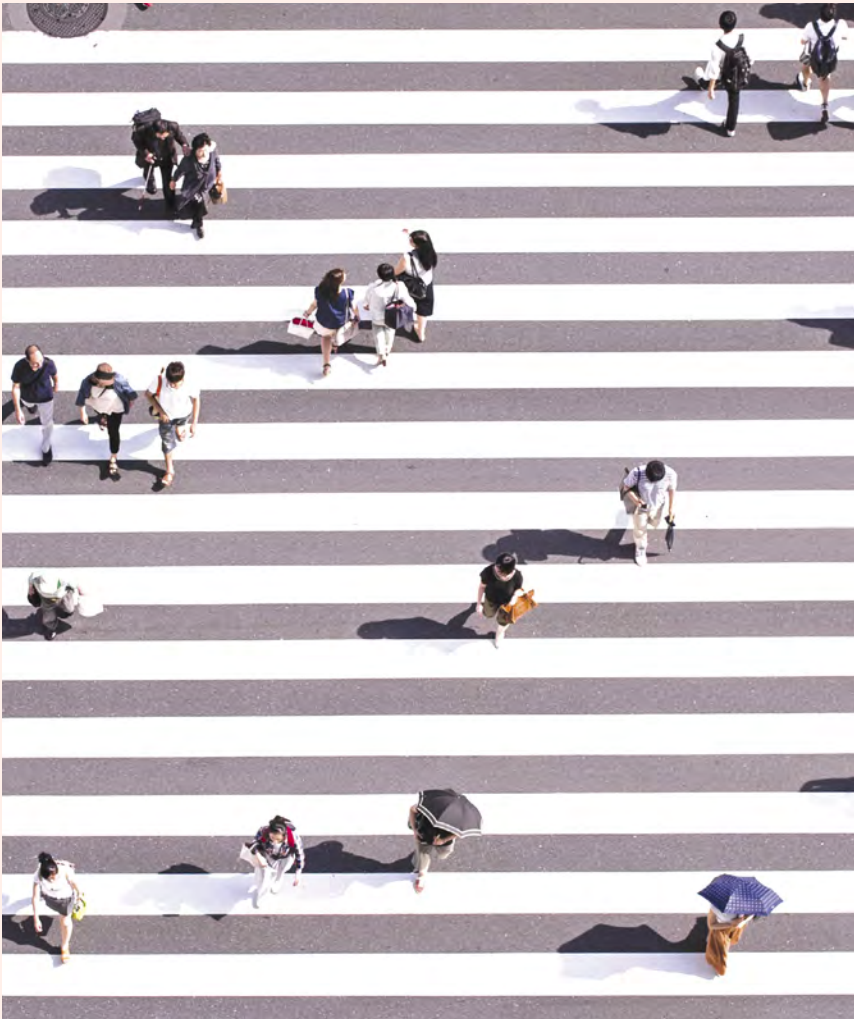
3

If you need some inspiration, here are a few examples:

— “In the next 30 days I want to practice breathing and mindfulness exercises before going to work (at least 5 times per week) with an aim to increase my energy levels”

— “In the next 30 days I want to improve the quality and longevity of my sleep.”

# Week 1



## Day 1 – Monday



### 1 Wins from today:

Win #1 –

Win #2 –

Win #3 –

### 2 What have I learnt today that will help me improve?

### 3 Wins for tomorrow:

Win #1 –

Win #2 –

Win #3 –

### 4 Things I'm grateful for:

*Past*

#1 –

*Present*

#1 –

*Future*

#1 –



Day 2 – Tuesday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 3 – Wednesday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 4 – Thursday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

Past	#1 – _____
Present	#1 – _____
Future	#1 – _____

Day 5 – Friday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

Past	#1 – _____
Present	#1 – _____
Future	#1 – _____

Day 6 – Saturday



① Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

② What have I learnt today that will help me improve?

\_\_\_\_\_

③ Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

④ Things I'm grateful for:

<i>Past</i>	#1 – _____
<i>Present</i>	#1 – _____
<i>Future</i>	#1 – _____

Day 7 – Sunday



① Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

② What have I learnt today that will help me improve?

\_\_\_\_\_

③ Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

④ Things I'm grateful for:

<i>Past</i>	#1 – _____
<i>Present</i>	#1 – _____
<i>Future</i>	#1 – _____

# Week 2



Day 8 – Monday

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① Wins from today:

Win #1 –

Win #2 –

Win #3 –

② What have I learnt today that will help me improve?

③ Wins for tomorrow:

Win #1 –

Win #2 –

Win #3 –

④ Things I'm grateful for:

Past

#1 –

Present

#1 –

Future

#1 –

Day 9 – Tuesday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 10 – Wednesday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_



Day 11 – Thursday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 12 – Friday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

## Day 13 – Saturday



### ① Wins from today:

Win #1 –

Win #2 –

Win #3 –

### ② What have I learnt today that will help me improve?

### ③ Wins for tomorrow:

Win #1 –

Win #2 –

Win #3 –

### ④ Things I'm grateful for:

Past

#1 –

Present

#1 –

Future

#1 –

## Day 14 – Sunday



### ① Wins from today:

Win #1 –

Win #2 –

Win #3 –

### ② What have I learnt today that will help me improve?

### ③ Wins for tomorrow:

Win #1 –

Win #2 –

Win #3 –

### ④ Things I'm grateful for:

Past

#1 –

Present

#1 –

Future

#1 –

# Week 3



Day 15 – Monday

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① Wins from today:

Win #1 –

Win #2 –

Win #3 –

② What have I learnt today that will help me improve?

③ Wins for tomorrow:

Win #1 –

Win #2 –

Win #3 –

④ Things I'm grateful for:

Past

#1 –

Present

#1 –

Future

#1 –

Day 16 – Tuesday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 17 – Wednesday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_



Day 20 – Saturday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 21 – Sunday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

# Week 4



Day 22 – Monday

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① Wins from today:

Win #1 –

Win #2 –

Win #3 –

② What have I learnt today that will help me improve?

③ Wins for tomorrow:

Win #1 –

Win #2 –

Win #3 –

④ Things I'm grateful for:

*Past*

#1 –

*Present*

#1 –

*Future*

#1 –

Day 23 – Tuesday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

Past	#1 – _____
Present	#1 – _____
Future	#1 – _____

Day 24 – Wednesday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

Past	#1 – _____
Present	#1 – _____
Future	#1 – _____

Day 25 – Thursday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 26 – Friday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 27 – Saturday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_

Day 28 – Sunday



1 Wins from today:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

2 What have I learnt today that will help me improve?

\_\_\_\_\_

3 Wins for tomorrow:

Win #1 – \_\_\_\_\_

Win #2 – \_\_\_\_\_

Win #3 – \_\_\_\_\_

4 Things I'm grateful for:

*Past* #1 – \_\_\_\_\_

*Present* #1 – \_\_\_\_\_

*Future* #1 – \_\_\_\_\_



# Week 5 – And Last!



Day 29 – Monday

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① Wins from today:

Win #1 –

Win #2 –

Win #3 –

② What have I learnt today that will help me improve?

③ Wins for tomorrow:

Win #1 –

Win #2 –

Win #3 –

④ Things I'm grateful for:

*Past*

#1 –

*Present*

#1 –

*Future*

#1 –

① Wins from today:

Win #1 –

Win #2 –

Win #3 –

② What have I learnt today that will help me improve?

③ Wins for tomorrow:

Win #1 –

Win #2 –

Win #3 –

④ Things I'm grateful for:

Past

#1 –

Present

#1 –

Future

#1 –

# The End– Well done!

Reflect back on the 3 things you wanted to achieve prior to starting this 30-Day Challenge.

PRIMELY™ PREPARATION is a tool that aims to help professionals live yourself, to strengthen Mental Fitness and establish a well-being routine that primes you to be your best self and live your best life.

We've all heard professional athletes and coaches say... 'what you do OFF the field is equally or more important to what you do ON Field'.



As always, we warmly welcome your feedback and would love to hear about your 30 Day Challenge - experience.

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