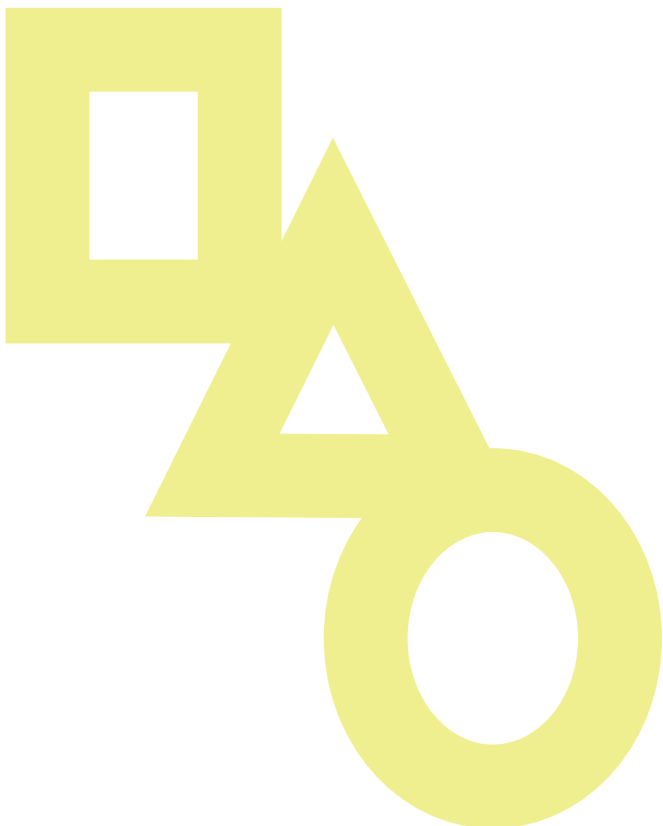




**feel
good**
JOURNEY

This Feel Good Journal belongs to:

„LET’S START THE
JOURNEY TO THE BEST VERSION
OF YOURSELF TOGETHER.“



30 days

C H A L L E N G E

The challenge consists of 30 days, each with a specific activity:

- 1 set your goals
- 2 yoga session
- 3 d-eat day
- 4 sleep early
- 5 d-eat day
- 6 exercise day
- 7 meditate & breathe
- 8 stay hydrated
- 9 take a walk
- 10 exercise day
- 11 d-eat day
- 12 yoga session
- 13 read a book
- 14 take a warm bath
- 15 d-eat day
- 16 do pranayama
- 17 make a compliment
- 18 exercise day
- 19 clean eating
- 20 home spa
- 21 do your journaling
- 22 exercise outside
- 23 d-eat day
- 24 do your journaling
- 25 stay hydrated
- 26 yoga session
- 27 morning routine
- 28 quiz day
- 29 d-eat day
- 30 check goals, celebrate

set your goals.

MY PERSONAL GOALS





















THESE ARE THE FOODS I WANT TO GIVE UP

HOW I WANT TO AVOID STRESS

MY DESIRED HOURS OF SLEEP PER NIGHT

MY DESIRED WEIGHT

WEIGHT AFTER THE JOURNEY

set your goals.

AFFIRMATIONS

MOOD BEFORE THE JOURNEY



MOOD GOAL



I WANT TO GET RID OF THESE BAD HABITS

MOOD AFTER THE JOURNEY



THIS TRIGGERS FEELINGS OF HAPPINESS

You decide.



DAY 1

Goals for the day:

SET YOUR GOALS

1. _____

2. _____

3. _____

„A little progress each day adds up to big results“

DAY 2

I did this yoga pose today:

YOGA-SESSION

That's what yoga means to me:

Movement/Sport

Personality development

Not (yet) tangible for me

Relaxation/Rest

A life philosophy

DAY 3

That's what I want to achieve with COMPLETE d-eat:

D-EAT DAY

1. _____

2. _____

3. _____

My current weight: _____

Satisfaction with my weight:



DAY 4

This is how I have slept in the last few weeks:     

SLEEP EARLY

This is what kept me busy:

That's how I want to improve my sleep:

DAY 5

Recipe „COMPLETE d-eat berry lover“ (Smoothie)

D-EAT DAY

How to:

1. Blend the berry mix with water.
2. Pour it into the RINGANA Glass Shaker
3. Add the content of a sachet of COMPLETE d-eat.
4. Shake it, drink it!

Ingredients:

- 1 x COMPLETE d-eat
- 250 ml water
- 100 g berry mix (frozen)

This is how the drink tastes:     

DAY 6

I did this exercise today:

EXERCISE DAY

That's how it made me feel:

This exercise I want to do more often:


DAY 7


MEDITATE & PRACTICE BREATHING

Current stress level:

 😊

 😊

 😐

 😞

 😞


That's how I want to avoid stress:

DAY 8

STAY HYDRATED

That's how much I drank today:



1 glass = 
0,25 ml

Did you know that RINGANAdesa can help you lose weight?

YES NO

My favourite drink: _____

DAY 9

TAKE A WALK

My positive thoughts during the walk:

1. _____

2. _____

3. _____

„happy mind - happy life“

DAY 10

I did this exercise today:

EXERCISE DAY

I'm still missing the following must-haves for sports:

SPORT push

SPORT protein

FRESH deodorant

SPORT boost

SPORT go

FRESH cooling spray

DAY 11

Recipe „coffee meets d-eat“

D-EAT DAY

How to:

1. Put the content of a sachet of COMPLETE d-eat, water and coffee into the RINGANA Glass Shaker
2. Shake well
3. Enjoy! :)

Ingredients:

- 1 x COMPLETE d-eat
- 100 ml water
- 200 ml black coffee

This is how the drink tastes:



DAY 12

I did this yoga pose today:

YOGA-SESSION

My favourite quote:

Notes:

„Energy speaks louder than words“

„I decide my vibe“

„Life is all about balance“

DAY 13

READ A BOOK

These are the books I want to read in 2023:

1. _____

2. _____

3. _____

„Reading is dreaming with open eyes“

DAY 14

TAKE A WARM BATH

That's how I feel today:



I am grateful for:

1. _____

2. _____

3. _____

DAY 15

D-EAT DAY

Recipe „RINGANA ginger & orange cream“

How to:

1. Pour almond yoghurt & orange juice into the RINGANA Glass Shaker
2. Add one teaspoon of grated ginger and the content of one sachet of COMPLETE d-eat
3. Shake it, drink it! :)

Ingredients:

- 1 x COMPLETE d-eat
- 250 ml almond yoghurt
- 50 ml orange juice
- 1 tsp. grated ginger

This is how the drink tastes:



DAY 16

DO PRANAYAMA

Do you know Pranayama? YES NO

That's how it made me feel:



That's what I learned today: _____

DAY 17

MAKE A COMPLIMENT

Three people I complimented today:

1. _____

2. _____

3. _____

DAY 18

„You are only one workout away from good mood“

EXERCISE DAY

I did this exercise today: _____

That's how it made me feel: _____

That's how many repetitions I managed: _____

DAY 19

CLEAN EATING

I ate this Clean Eating dish today:

Here's what I'd like to eat more often:

Vegetable sticks with dip

Yoghurt with fruits

Edamame

Veggie Wrap

Nuts

DAY 20

„Give yourself some ME time“

HOME SPA

I treated myself to this today:

1.

2.

3.

DAY 21

DO YOUR JOURNALING

10 days left - How far are you with your goals?
What are the difficulties and how can you overcome them?

DAY 22

This was my outdoor workout today:

EXERCISE OUTSIDE

Something I am proud of:

DAY 23

Recipe „COMPLETE d-eat meets Popeye“

D-EAT DAY

How to:

1. Put all ingredients into the RINGANA Glass Shaker
2. Add the shaker ball
3. Shake it, drink it!

Ingredients:

- 1 x COMPLETE d-eat
- 20 g baby spinach
- 100 ml water
- 200 ml apple-pear juice
- 3 g hemp seeds (optional)

This is how the drink tastes:



DAY 24

Write a love letter to yourself 


DO YOUR JOURNALING

DAY 25

That's how much I drank today:



STAY HYDRATED

1 glass = 
0,25 ml

Here's what I'd like to drink more often:

Water

RINGANA drinks (dea, isi, chi)

RINGANA FRESH packs

Fruit smoothies

RINGANA COMPLETE d-eat

DAY 26

„Life is about balance“

YOGA-SESSION

I did this yoga pose today: _____

This helps me to relax: _____

DAY 27

My first thought this morning:

MORNING BEAUTY ROUTINE

The following must-haves of my morning routine are still missing:

FRESH cleanser

FRESH hydro serum

FRESH tinted moisturiser

FRESH tonic

FRESH cream light/medium

FRESH lip balm

DAY 28

QUIZ DAY

These are the challenges I want to overcome in 2023:

1. _____

2. _____

3. _____

„If it doesn't challenge you, it won't change you“

DAY 29

D-EAT DAY

Recipe „Carrot shake“

How to:

1. Pour all ingredients into the RINGANA Glass Shaker.
2. Add the Shaker Ball
3. Shake it, drink it!

Ingredients:

- 1 x COMPLETE d-eat
- 30 ml carrot juice
- 80 ml orange juice
- 190 ml water
- some turmeric

This is how the drink tastes:



DAY 30

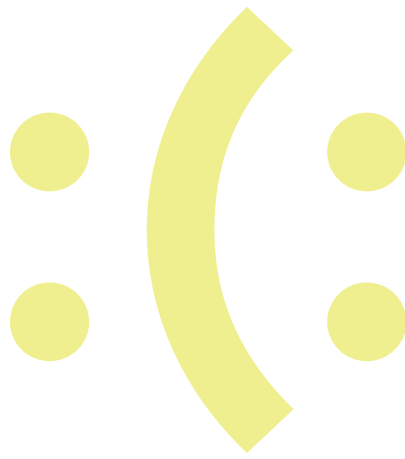
CHECK YOUR GOALS AND CELEBRATE

That's how many goals I achieved so far: _____

That's how happy I am with my performance:



I am proud of: _____



YOU DECIDE.

