



The Rainbow To Wellbeing

- Challenge Journal -

A playful, practical space to explore what's getting in the way — and what could set you free.

Explore. Experiment.

Discover your path to a new you

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Start Here:

What the heck is a Challenge Journal?

Quite simply, it's a playground — a space to explore the pillars of wellbeing. It's your chance to walk through your own Rainbow, test your skills, stretch your limits, challenge your assumptions, and gather insight that can fuel your health transformation.

Knowledge is power.

That means learning what works for you — like realizing that fasting for six hours drives you batty, or that meditation calms your entire nervous system, or that sometimes life gets in the way. It's about noticing the small things — like discovering that doing something a certain way makes it easier to stick with.

That kind of knowledge is far more valuable than chasing some perfect version of “success.”

Because in truth? The act of trying is already success.

The only time we truly fail is when we give up, walk away, and never look back.

And even then... if you return months or years later and try again? That's still a win in our book.

Page 1

This Journal includes two core challenges:

- Give it a go.
- Have fun.

And four simple rules:

- **One challenge at a time.** More than one, and you won't know what helped or hindered.
- **Be honest.** As brutally honest as you can muster.
- **No judgement.** Not from you. Not from your coach.
- **No such thing as failure.** Even if you do nothing else but write down why you didn't do a challenge — that's still a win.

Experimentation leads to learning

Nobody knows everything — not even all of humanity, the internet, or AI. But through honest experimentation, small steps, and systematic curiosity, you can climb your own Everest.

And maybe even change everything.

Have fun. 🌈

Time to explore your first pillar — it's just over the page.



Food As Nutrition

We all know a bit about nutrition — unless you’ve somehow skipped every health talk ever.

To summarise: eating well is directly linked to improved outcomes for:

- Heart disease
- Type 2 diabetes
- Weight and weight management
- General health
- Pretty much every other condition

But what you might not know is that growing evidence links nutrition to:

- Mental health
- Emotional regulation
- Decision-making
- Cognitive performance

At WheresMyPrince Ltd, we advocate for a “whole food first” approach.

No food is inherently bad — but as a general rule, the closer something is to its natural form (think chicken breast vs. chicken nugget), the better it tends to be for our bodies.

(*Always respecting allergies, intolerances, personal, cultural, and spiritual food choices.)

Challenges

OPTION 1: 1 Day - No Sugar

Avoid all added sugars for one day.

Look at food labels, spot the sneaky sugars, and swap them out. Try replacing with protein-rich options like nuts, cheese, or eggs.

Observe:

How did you feel?

- Any changes to your hunger, energy, or sleep?
- If you did eat sugar — what were the circumstances? How much?
- Did you notice any reactions, physical or emotional, afterwards?

OPTION 2: 1 week - Add something healthy

For seven days, add one nutritious food to your meals — even if it's just an apple.

Observe:

- How did it feel?
- What changed in your hunger, mood, or sleep?
- If you missed a day, what got in the way?
- Did you remember later? Try to “make it up”?
- What patterns or insights came up?

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Movement is Key

If you haven't yet sat through a lecture on why you need to exercise, you're one very lucky (or unlucky? 😊) human.

To summarise: movement is linked to all the same benefits as nutrition, including:

- Lower risk of heart disease
- Improved blood sugar regulation (Type 2 diabetes)
- Better overall health
- Support with weight management

But that's just the beginning. Movement also improves mood, mental health, and resilience. It taps into the body's natural **hormesis response** — the process where small, repeated stress builds us stronger, fitter, and more adaptable.

At WheresMyPrince Ltd, we advocate for movement that is **intentional and repeatable**. For some, that might mean going to the gym daily. For others, it could be walking to the mailbox, parking a little further away, or hiking the Tongariro Crossing. You do you.

What matters is finding what's **sustainable and repeatable** for you.

Challenges

OPTION 1: 1 more thing a day

Add one extra movement to your day. A short walk, a little gardening, lifting something heavy — whatever feels doable and (hopefully) a little bit enjoyable.

Observe:

- How did it feel?
- Did anything change in your hunger, mood, or sleep?
- If you missed a day, what got in the way? Did you remember later?
- Did you try to make it up, and how did that feel?

OPTION 2: Do something new.

Always wanted to try line dancing? Swim out to that buoy? Roller skate? Walk to that nice shop a few blocks further away?

Give it a go.

Observe:

- How did it feel?
- Did anything change in your hunger, mood, or sleep?
- If you missed a day, what got in the way? Did you remember later?
- Did you try to make it up?

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Community - The Village

This pillar is often overlooked — but in a post-COVID world, we've seen just how much a lack of social connection can impact our wellbeing.

Humans are social creatures. We've evolved to feel safer and healthier in groups. Being part of a “village” helps us feel supported, grounded, and seen. In contrast, isolation can affect both body and mind.

Science backs this up. The Mediterranean diet is often praised for its health benefits — but research suggests it's not just the food. It's the shared meals and connection that amplify the effects. In cultures where people eat alone, the health gains just aren't as strong.

The good news? You don't need to host a dinner party or talk to strangers. At WheresMyPrince Ltd, we encourage simply **being around others — in whatever way suits you.**

Sit in a café. Read at the library. Wander the mall.

You don't need deep conversations — just shared space, presence, and gentle exposure.

You set the pace.

Challenges

OPTION 1: 1 social thing 5 days in a row

Do something social every day for five days.

Visit the library, call an old friend, drop off baking at work and start a conversation about it — whatever feels fun, small, or meaningful.

Observe:

- How did it feel?
- Any changes in hunger, sleep, or mood?
- If you missed a day, what got in the way? Did you remember later?
- Did you try to “make it up”? What did you notice?

OPTION 2: Reach Out - Make a Plan.

Is there someone you miss, lost touch with, or haven’t made time for?

Reach out to them. If possible, make a plan to connect — in person, online, or even just a phone call.

Observe:

- How did it feel?
- Any changes in hunger, sleep, or mood?
- If you missed a day or delayed reaching out, what got in the way?
- Did you follow through? What happened next?

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Sleep & Recovery

Often overlooked, **sleep is more critical than we ever imagined.**

Think of it like this: science has shown that just a few hours of missed sleep can impair your brain **as much as being just over the legal limit for alcohol.**

That's right — your reaction time, decision-making, and focus all suffer. Sleep deprivation contributes to as many car crashes as having one too many drinks.

But here's the part most people don't fully understand: sleep is essential for a process called **hormesis** (remember that from the Movement section?). Hormesis is how your body responds to a stressor — by rebuilding itself stronger.

With exercise, that means muscle growth. In the brain, it means greater emotional resilience. Across your entire body, hormesis helps you adapt and thrive — but it can't happen without quality sleep.

At WheresMyPrince Ltd, we advocate for **long, comfortable, and consistent sleep** wherever possible.

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Challenges

OPTION 1: Sleep hygiene review

Search for “Good Sleep Hygiene” or ask AI for tips. Try changing up your routine, your sleep environment, or your bedtime.

Observe:

- How did your sleep feel?
- Any changes in mood, energy, or cravings?
- If you didn’t stick with it, what got in the way? Did you remember later?
- Did you try again, and how did that go?

OPTION 2: Actively give yourself recovery time.

Many people train or work hard every single day without enough rest — but recovery is where the magic happens.

This week, deliberately schedule recovery time. Take a day off from the hard stuff — whether it’s the gym, the grind, or mental pressure.

Observe:

- How did the following day feel?
- Was work easier? Was exercise more fun?
- What did you notice about your mood, hunger, or sleep?
- Even small shifts count — jot them down.

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Redefine Mental Health


For too long, mental health has been brushed off with phrases like “harden up” or “you’ll be fine.” But the truth is, **our brains can get unwell — and they deserve care, not shame.**

The good news? There are more proven, effective tools than ever. And no, it’s not always about taking a fistful of pills.

(Note: Antidepressants can be life-changing — never stop or adjust your medication without guidance from your doctor.)

At WheresMyPrince Ltd, we advocate for **vulnerability, honesty, and safety.**

Get the support that’s right for you. Build a plan that works. And don’t wait to ask for help.

 **If you’re having dark or dangerous thoughts,** call **1737** in New Zealand to speak with a trained counsellor, or visit the Mental Health Foundation’s helplines page for more support options.

 Outside NZ? Search for mental health emergency contacts in your area.

Challenges

OPTION 1: Meditate – Each day for 1 week

Look up simple meditation practices or ask AI for a starting point.

Try something doable — 10 minutes a day is enough.

Apps can help, but there's no need to spend big money.

Observe:

- How did it feel to pause?
- Any changes in mood, sleep, or focus?
- If you found yourself resistant or forgetful — why?
- What was playing in your head?
- What could help support regular practice?

OPTION 2: Go jump in a lake - 3 times this week

Find a cold-water option: a lake, the ocean, or a cold shower.

Get in, stay in for 10 minutes (if safe), swim or move to stay warm, then get out, dry off, and warm up.

Why? **Intentional hormesis:** using short, controlled stress to build mental and physical resilience.

Observe:

- How did it affect your mood?
- Any shifts in energy, cravings, or sleep?
- What was your body or brain trying to tell you?
- Were you able to handle stress better?

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Spirituality is Important

Not everything in life can be explained by science — and even when we do understand something intellectually, that doesn't mean we can cope with it emotionally.

This is where **spirituality, religion, and ritual** can play a powerful role.

If you've lost someone, experienced something that defies logic, or are living with consequences outside your control, exploring your spiritual values — and the rituals that support them — can help you move through pain in a way nothing else quite can.

Consider the loss of a loved one. A funeral or tangi gives you a framework to process grief — to feel it communally, to honour it, and to begin moving forward.

But grief doesn't vanish overnight. It comes in waves — days, weeks, months, years... even for life.

Small rituals and meaningful actions can help you integrate loss, accept new truths, and **make space to heal and thrive.**

Challenges

OPTION 1: Chuck away the feels

Choose something organic (figs?)— something you associate with a particular person or experience.

Go to a natural space — a stream, the ocean, a quiet clearing — and throw the figs away while saying whatever's stuck inside your head:

"I miss you.", "I'm sorry.", "F*&K you."

Say what you really feel. Give it space to come out.

Observe:

- What were you feeling before?
- How do you feel now?
- Any shift in stress, mood, or emotion?

OPTION 2: Attend an organised spiritual event.

Choose something that someone else has organised — a church service, group meditation, moon ritual, yoga class, or anything that resonates with you.

Commit to showing up with an open mind. Follow the process, even if it feels unfamiliar. Try not to judge.

Observe:

- What were you feeling before?
- How do you feel now?
- Did anything shift in your mood, stress, or sense of connection?

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Money with Meaning

This one might seem obvious — but if **money stress is running your life**, then your wellbeing isn't fully in your control.

Unfortunately, traditional budgeting advice often comes from people who've **never had to live paycheck to paycheck**. It can feel disconnected, unhelpful, and even condescending.

At WheresMyPrince Ltd, we've lived it.

We understand what it means to make hard choices, stretch every dollar, and still keep your dignity.

We know how to be resourceful, how to rebalance, and how to walk with you — without judgement — as you work toward change.

Whether you're looking to **live better on less, increase your income**, or simply **shift your expenses toward what matters most** — we're on your side.

Challenges

OPTION 1: Seasonal Eating

Referring to Nutrition you know that less processing is better, so explore the produce that is in season, is the cheapest right now. And try a new recipe that focus on using what is on sale.

Example: Pumpkin Season? Make a simple pumpkin soup

Observe:

- How did it feel?
- Any Obstacles?
- How much work was involved?
- Would you do it again?

OPTION 2: Note and Track.

Pull out your banking app, and write down and account for every payment for a week. Put notes about the expense, was it a 'Want' or a 'Need', motivations, reasons, and how it made you feel. Did it help or hinder? Could you have done the same thing a cheaper way?

Observe:

- How did it feel?
- Resistance?
- Feelings of missing out?
- Unfairness?
- Pride?

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This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the paper.

Final Note

If you complete a challenge, no matter the outcome, bring it to coaching, let's talk about it, let's see what we can learn, leverage and adjust to get new outcomes for you.

Knowledge is power, change is messy, but all of this can be fun, when the only motivation is to learn, not pass or fail.

We can't wait to see what you discover.

Good luck and remember – there is no such thing as failure – and nothing is ever lost if you learn from the missteps.

****IMPORTANT****

Elements of this model are inspired by Te
Whare Tapa Whā,
a Māori model of health by Sir Mason Durie.
We honour and thank the Tangata Whenua
of Aotearoa.

If you would like to explore this wholistic
approach to wellbeing WheresMyPrince Ltd
would be proud to introduce you.



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