

- If I could give you one gift today, I'd give you the ability to see beyond your fears, worries & doubt. Then you could embrace the extraordinary person that you truly are.

Manifesting Journal

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Intuitive Eating 1 0 1

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A little progress each day adds up to big results



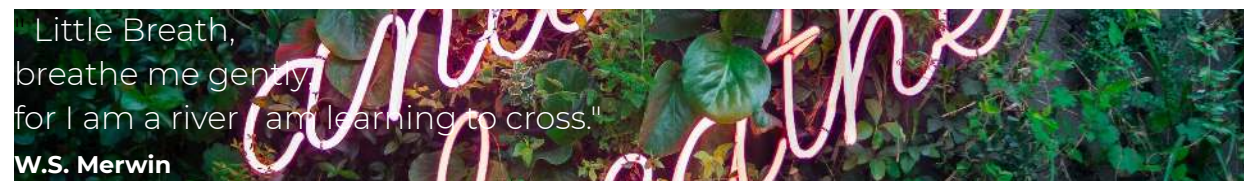
4 Steps of Manifesting

Transform your Body, Mind & Spirit

What you want in life

Remove the obstacles.

Just thinking what you want will not get you what you want.



- "Be the energy you want to attract."

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- The moment we refuse to hurt others because of our own pain, is the time we evolve as souls

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Learning to release what doesn't have a place in your life is crucial to your growth & transformation

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It's where your peace lives. It's how you regain your power. It's how you stop trying to solve things you cannot change.

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It's how you're finally able to focus on yourself & attract what aligns with all that belongs to you.

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- I am capable of succeeding at my goals

More than enough is my new standard

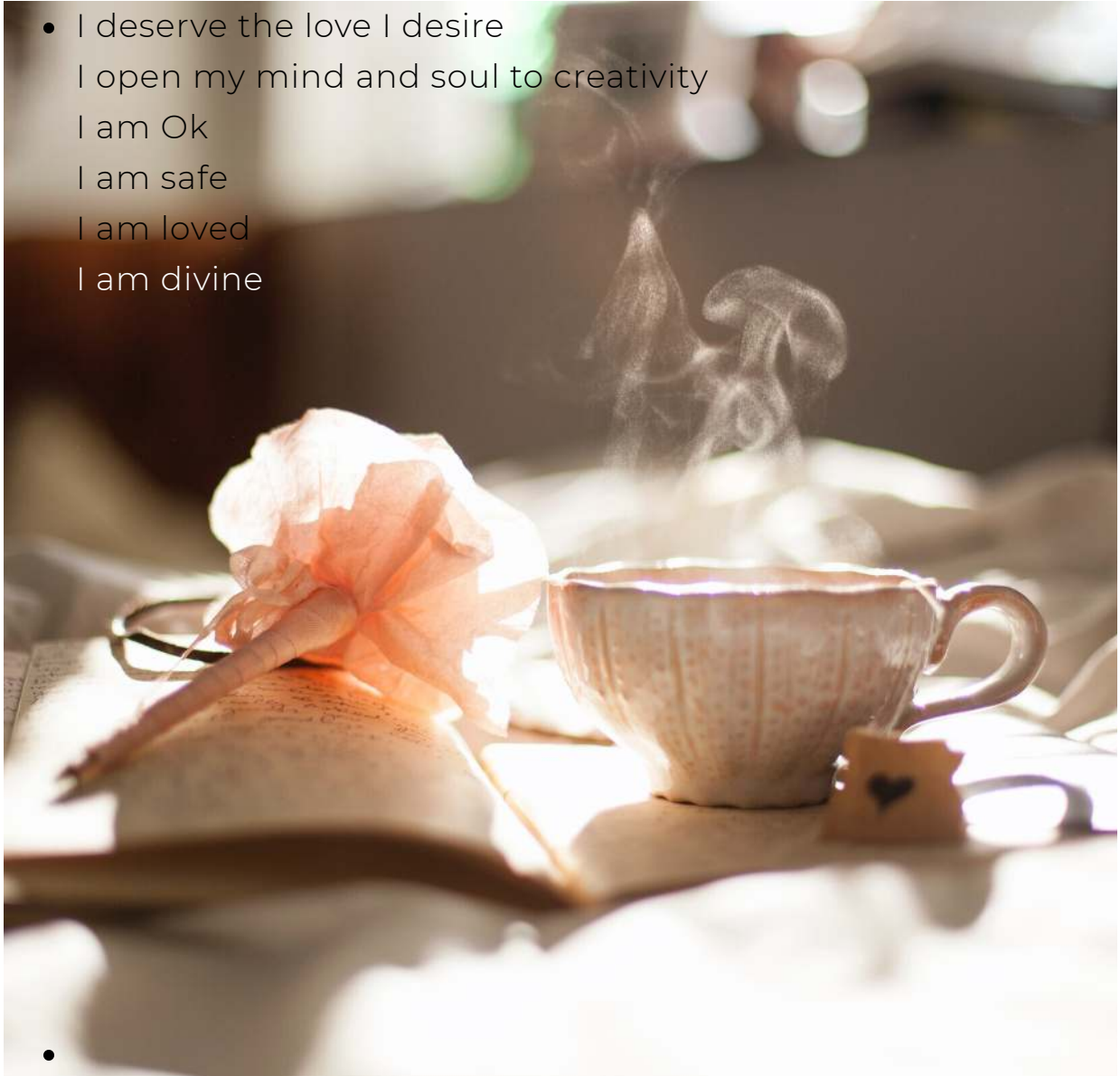
- I am open to being the best version of myself

- ◦ “Ask. Trust. Give thanks. Simple, right?” —Dawn Gluskin

“There is nothing you cannot have. There are no limitations.”

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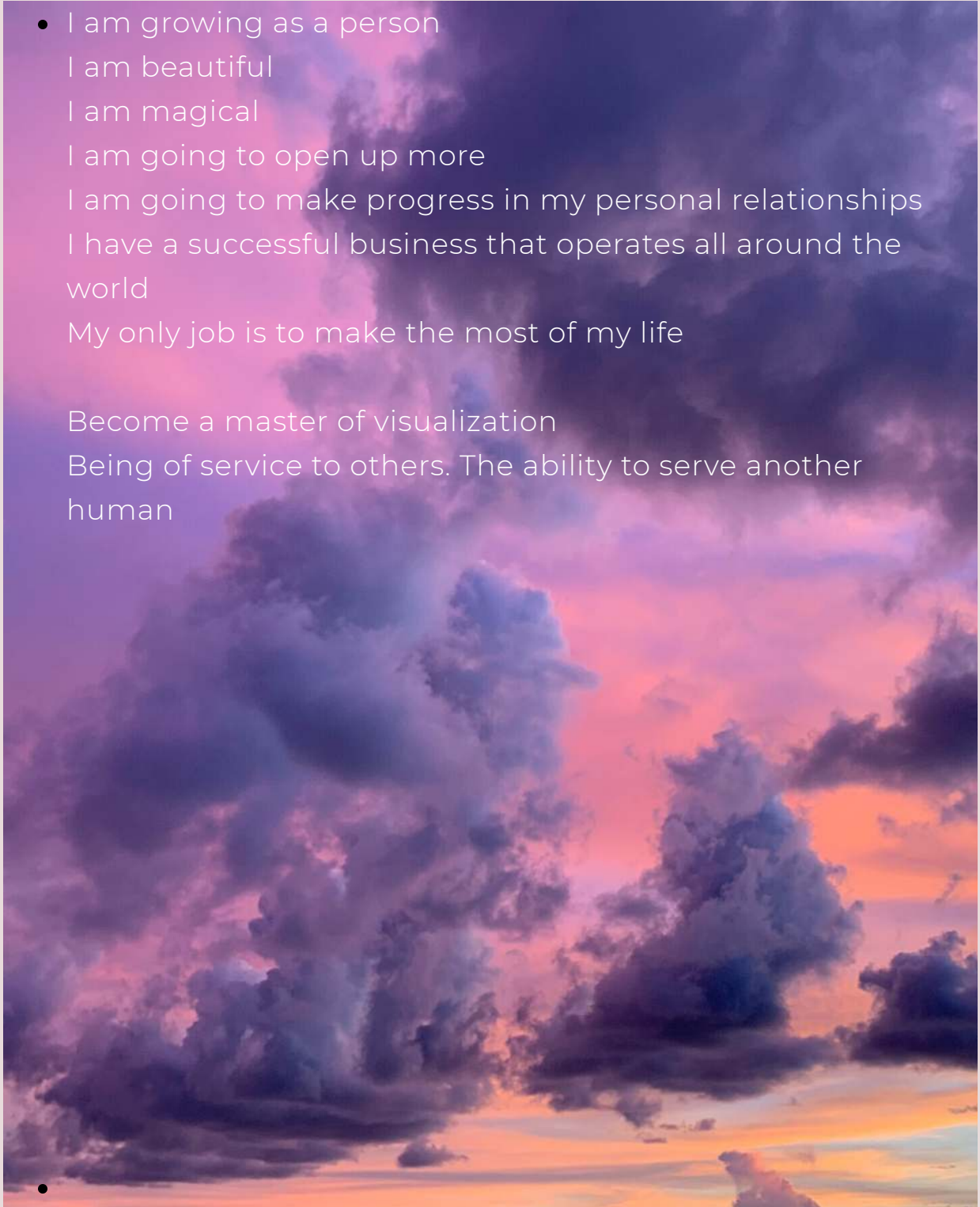
- I deserve the love I desire
I open my mind and soul to creativity
I am Ok
I am safe
I am loved
I am divine



- “All that we are is a result of what we have thought.” —Buddha

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- I am growing as a person
I am beautiful
I am magical
I am going to open up more
I am going to make progress in my personal relationships
I have a successful business that operates all around the world
My only job is to make the most of my life
- Become a master of visualization
Being of service to others. The ability to serve another human



- “Play the picture in your mind—focus on the end result.” —Rhonda Byrne - The Secret

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- I welcome positive energy in my life



You get in life what you have the courage to ask for.” —Oprah Winfrey

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- I release all of my insecurities
I have more money than I know how to spend
I am a money magnet

I am **financially free**

My bills are paid. My income is consistently increasing. For every dollar I spend back comes double. I feel at peace & extremely blessed that I no longer need to stress about my finances. I attract money easily & effortlessly. I am in full alignment with abundance & prosperity.

Limits only exist, if you believe they do.

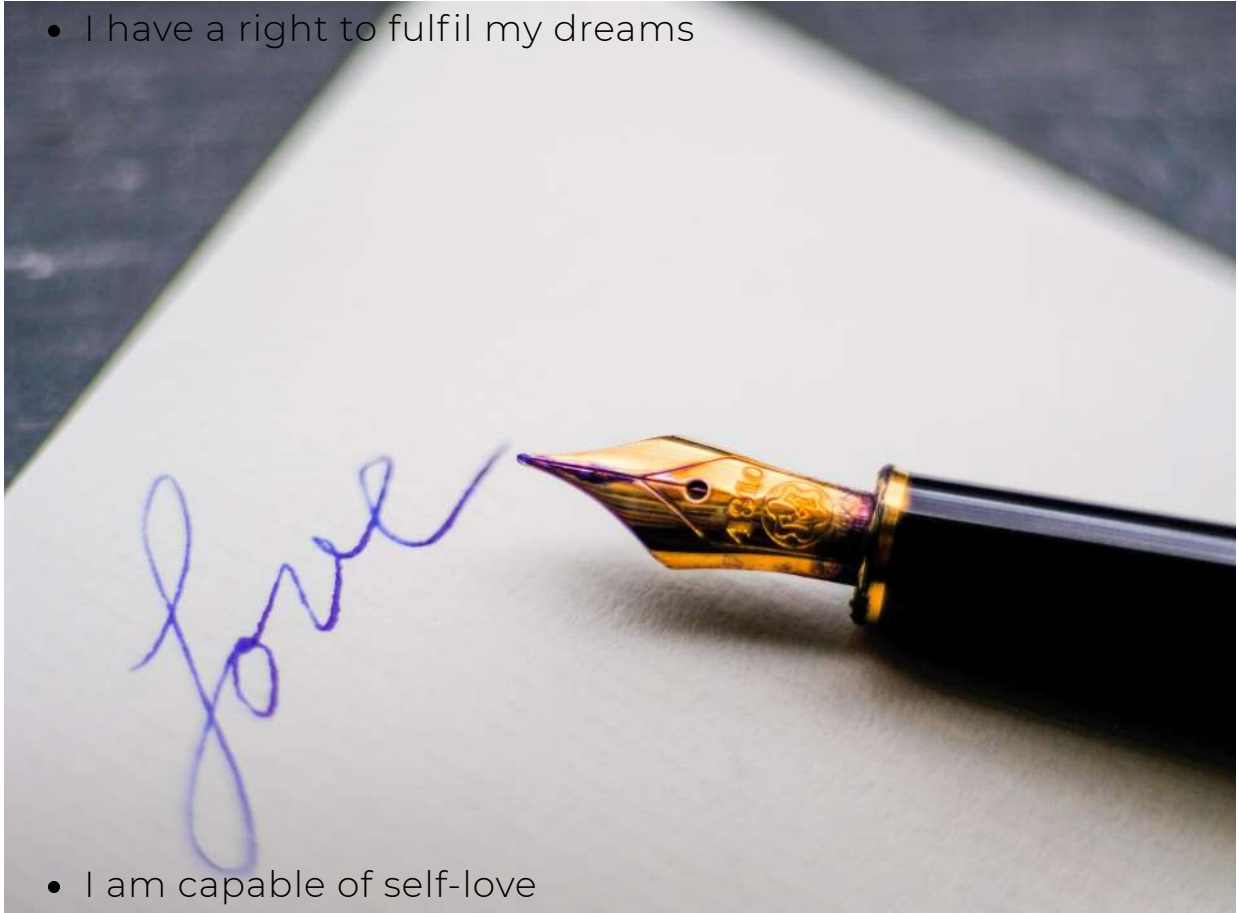
Everything you want is possible.

What's possible for others is proof its possible for you.

- "Thoughts become things. If you see it in your mind, you will hold it in your hand." —Bob Proctor

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- I have a right to fulfil my dreams



- I am capable of self-love

- “Envision the future you desire. Create the life of your dreams. See it, feel it, believe it.” —Jack Canfield

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STEP 1

DREAM WITH THE LID OFF

Dream what you actually want

No fears, anxiety & give yourself permission

Write 5 things every morning

Can be different or the same things everyday

If self doubt is stopping you - you must write it down (no use just thinking it)

Training yourself to dream

On arising each day - consistency is key

Trains your mind - like a muscle

Use manifesting properly - see & feel - close your eyes to feel it

TAKE ACTION

1,2,3,4,5 breaths

Take control of your life with one simple habit. Get the confidence to create your unbelievable life. It all starts with a high five. High five the mirror each morning (The High 5 Habit - Mel Robbins). Today is going to be the best day of my life. A miracle is coming to me. I am open to receive. I am deserving of it.



- "Fully inhale your dream"

T.F. Hodge

STEP 2 - Seeing is believing

1. Decide What You Want

What do you want to focus on? Pick one to start visualizing. This is not like a vision board (they can make you discouraged)

Top performing athletes will visualize - hearing the starting gun, seeing the successful race, breaking the finishing tape, etc.

2. Picture the Scene...give yourself permission to the path were you want to go

The bridge - to get you there, the dream (what you want)

Start imagining the exact scene. Don't be vague or unclear – the more specific you are, and the more details you imagine, the better the visualization will work for you.

Picture the scene as if you were there.

Make sure you use all of your senses in the visualization exercise. Sight, sound, taste, smell, touch – include them all so that you really bring your vision to life.

Key Points

Visualization is a useful technique that helps you reach your goals and live your dreams. It works by getting your mind and body ready for what you want to happen – and, just like any exercise, the more you do it, the stronger it becomes.

Aim to practice your visualization exercises daily in a quiet place, and make sure your visualizations are as detailed as possible. Remember – always focus on what you want to happen, not on what you don't want to happen. We need to let go, because the past doesn't exist any longer. Let's live in the present where it matters?

STEP 3

Feel it in your body - feel what it is like. CLOSE YOUR EYES & go into your mind - not only see it but FEEL it!! You are building a muscle, to feel it, like running a marathon. Your brain doesn't know the difference from seeing. As long as you can feel it. You can become it!



STEP 4

You need to do the work - climb the mountain. Don't come up with excuses. In order to have what you want in life You must give up the excuses - not only see yourself climbing to the top of the mountain, feel yourself & push through the obstacles.

- If nobody told you today, I am so proud of you, you made it this far. Never give up. I believe in you. You are loved.

week of

Is your stomach grumblin'? Are you trying to work but feeling foggier than a winter morning? You need food! Speaking of...

BLOATED & FRUSTRATED

9.00 AM: avoid breakfast and snack throughout the morning

12.00 PM: avoid lunch and snack on the go throughout the afternoon

6.00 PM: eat the bum out of a rotten fox time, eat too quickly and super bloated

Tip: skipping meals won't help remove the junk from the trunk, leaving you bloated and feeling frustrated and hungry

LIVING YOUR BEST LIFE

8.00 AM: eggs cooked in broth with wilted greens, avocado, sweet potato hash ... drizzled with sauerkraut brine. Or eggs and kimchi. Small serve of kefir

12.00 PM: quinoa kimchi bowl, shredded chicken, veggies and beet kvass hummus

4.00 PM: grapes, sprouted crackers and olives

Ignore the critical voices telling you foods are either "good" or "bad." You aren't what you eat. Intuitive Eating 101

7.00 PM: salmon, roasted brined potatoes, side sauerkraut salad and vegetables

It's OK to stumble or feel unsure about whether you're doing everything "right". The fact is that there's no such thing as a perfect diet or perfect meal, so intuitive eating supports the process of continuously learning and adapting to what you need. If you've been restricting food or skipping meals, step one is to start eating at a regular cadence to communicate to your body that it can trust the fact that it will receive nourishment regularly. While there's no firm schedule set as part of the intuitive eating protocol, you can ease into this strategy with a rough game plan if you find it helpful.

BREAKFAST LUNCH DINNER SNACK

M

T

W

T

F

S

water tracker

Food & Mood

date

M Tu W Th F Sa Su

time place food/drink

mood before mood after

gut check summary

Reflection Daily date:

M T W T h F S a S u

Stress Impacts Your Gut.

Improving Stress Improves Motility

If your "clean" diet for gut health is causing you more stress and impacting your mental and emotional health it could actually worsen your gut health and quality of life.

Food is a piece of the puzzle, but not the whole piece of the puzzle! We have to address lifestyle, stress management and underlying root causes.

Addressing your mindset around food, stress level around diet and fears around symptoms can make a difference in healing as well.

Long term restrictive diets can create food fear, more stress and are not healthy.

Creating peace with food and using nutrition as PART of your healing is helpful

Fill yourself full of peace and compassion and enjoy

Lessons And Takeaways

Overall Mood

summary

Reflection Daily date:

M T W T h F S a S u

Physical Activity

Singing loudly

Gargling twice per day

Meditation

Exercise that requires balance and coordination

Singing your favourite song in the shower daily can help stimulate your vagus nerve and improve the bloat! The gut and brain are connected by something called the vagus nerve, which stimulates the digestive tract to move. So, if someone tells you to stop, just sing loud and proud and tell them you are working on your gut health. Humming works too!!

Quality of sleep

Cravings / Situations / Timing of meals

VARIETY IS THE SPICE OF LIFE! Your gut bugs love variety. Eat your veggies with every meal ... Aim for 30 plants a week to improve gut health and keep the good gut bugs happy!

Affirmations Mindful Eating Write them down in a journal or on a sticky note. Keep them in a place you see frequently. Silently repeat them to yourself throughout the day (even better – say them out loud to yourself, sitting tall, embodying the energy of each!)

Repetition enhances your belief in them. Add your own affirmations too!

- **It is safe for me to listen to my body's internal cues.**
- **I release food rules that no longer serve me.**

Cravings / Situations / Timing of meals

3 SIGNS OF AN IMBALANCE OF "BAD DUDES" IN YOUR GUT

1. You feel 6 months pregnant by the end of the day dudes too!!
2. Incomplete or infrequent poo
3. Leave the room propeller gas that smell like there is garbage in your intestines

The gut is a muscle and we have to build tolerance.

Lessons And Takeaways

Overall Mood

One of the number one ways to improve constipation and bloat - is to get to know kefir and do 15 minutes of daily stress management like deep breathing or meditation

Intuitive Eating 101

IMPROVE MINDSET

& IMPROVE YOUR BLOAT

Replace "OMG I can't eat that it's going to make me bloated"

Try this: I know what my body knows what to do with my food

Then: take 5 deep breaths before eating and stay relaxed

I give my body permission to change

I deserve to nourish my body

I treat my body with respect

It's okay to not know what my body needs right now,
I am figuring it out

I see all food as equal, no food is good or bad

The foods I choose to eat do not impact myself
worth

I forgive my past self for dieting and I choose to be free
moving forward

Intuitive eating is a journey, and I am learning as I
go

Dear Me,

I know you're scared, but you can handle this.

Love, Me



Monthly Goal Tracker

Focus:

Month:

Action Steps:

Hunger Scale

Starving, Weak, Dizzy 1.2.3.4.5.6.7.8.

Beginning to feel hungry

Intuitive Eating

Very Hungry, Irritable, Low

Energy, Stomach Grumbling

Pretty Hungry, Stomach beginning to Growl

Satisfied, Neither Hungry Nor

Full

Slightly Full, Pleasantly Full

Slightly Uncomfortable

Feeling Stuffed

Very Uncomfortable, Stomach is

Aching and swollen

Very Full And Feeling Sick

Gut Check : increasing prebiotics (the fuel for your probiotics) Fiber intake
Probiotics (like good old fashioned sauerkraut) eat prebiotic fiber and
produce postbiotics like Butyrate
Butyrate fuels the gut lining, strengthens the gut barrier and reduces
inflammation

Intestines are a MUSCLE, they require to be exercised in order to work! Low,
fiber, low water and restricted diets make them weak and end up
contributing to poo problems.

Add chia seeds to a shaker ... 10 grams sprinkle over breakfast
Add 4 grams of activated almonds to afternoon snack
Add 1 pear to lunch

Listen to your body... skin problems and food sensitivities are a
communication ... GUT imbalances

Trust Yourself

Love Hula-Hooping? Dance? Find activities that leave you energized and hone
in on how movement makes you feel. Bring awareness to how you speak to
yourself, and how often and when negative self-talk appears in your head — or
out loud. Would you continuously criticize and mistreat someone you loved
and respected in this way? Absolutely not. Try to treat yourself and talk to
yourself just as you might your BFF.

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