

MODULE 3

FORGIVE & LIVE

INTRODUCTION

In this assignment I want to teach you how to write their own affirmations and creating an ACTION-affirmation daily practice.

ASSIGNMENT

Use the techniques below to build the affirmation that works best for you.

NUTRITION CHANGES & AFFIRMATIONS to nourish & stay positive: When trying to lose weight, feel healthy, and get in shape 80% of your success or failure will come from how well you eat – which is why people rebel.

Use the following information to impact your eating skills with a step in the right direction AND combine it with these two mantras: Repeat daily (1) “You can’t outrun your fork“. (2) “You can’t out train a bad diet.”

This week:

Most people fail at eating better because they try to make TOO many changes at once. What happens is their brain can’t handle it and their stomach freaks out. As a result they run back to their comfort foods.

To help your brain and your palate adjust to a healthier lifestyle:

(1) Pick one food change every 3 weeks, and stick with it. Whether it’s eating less calories per day, drinking one less soda, eating more vegetables or one less glass of alcohol...small changes will lead to big successes in the long run.

To focus on building a healthier, stronger, fit & muscle toned body:

(2) Include with each meal a protein, good carb & good fat. Pay particular attention to reducing your overall amount of processed carbs and refined grains.

For weight loss:

(3) Over the next three to four days track your calorie intake. Don’t leave anything out. (Not even the: half a glass of juice, two pieces of candy from your purse and the four French fries you ate from your partner’s plate) Track everything. Sign up for the dailyburn.com or the dailyplate.com and input your foods. It calculates all the calories for you!

MODULE 3

FORGIVE & LIVE

After you have a few days recorded reduce the calories by 250 to 500 each day. It might mean one less snack, cutting your dinner in half, or cutting back on liquids calories. You will lose up to 1 pound a week. This is a great place to start taking control of your eating.

MEDITATION AFFIRMATIONS: Practice daily relaxation and flexibility techniques – like meditation with positive affirmations embedded. It centers you, balances and connects the mind to the body and can be a spiritual enlightening too. Laughter therapy, yoga and tai chi are other good alternatives.

Meditation and flexibility techniques help to reduce stress. It gives you a healthier more positive outlook on life. Its great for circulation, helps to prevent injury relieves pain, releases positive energy throughout your body and supports you for exercise and life in general.

Understand that this meditation is designed to be in the present tense as if it is already happening. For example you cannot say I want to be healthy & fit. That is wishful thinking. You have to claim it. Say I (already) am healthy & fit.

Let's go through one of my favorite-guided meditations that I love to do.

Video: First, block out 5 min of your time. Then, do our stretching exercises.

Next, take off your shoes, and get comfortable. Turn the lights down. Sit on the floor Indian style or in a chair with feet flat on the floor and hands resting on your thighs with palms facing the ceiling. Now just relax. Take a deep breath. Close your eyes. Breathe slowly and deeply. Now repeat after me or listen and let it sink in. Try to pay full attention for just a couple of minutes. Don't let yourself get sidetracked by other thoughts, your to-do list, or worries about what happens later in your day. Just breathe, be, and focus on these words:

“I deserve to feel good and have the best life has to offer. I feel healthy and sexy. I love myself and deserve good health and to look my best. Working out and eating healthy foods helps me to Take Back My Life. I am confident of my choice to create a healthier life for myself. Working out makes me feel good and everyday, I take another step toward accomplishing my goals and I'm getting better!” I use creativity to find the time to work out and to combine healthy ingredients to make foods that nourish my body. I am grateful for all I have been given.

I already have the power to Take Back My Life.”

MODULE 3

FORGIVE & LIVE

Take one last deep breath and let those words settle in your soul. Now open your eyes and feel the difference. It may take a little practice for some. But in the silence try to be obedient to the answers that will come.

Keep strong with your faith so positivity can breed.

- **Create other meditations that are more personal to you. You can change, add or replace some of these words to make it more personal to support what your lifestyle, goals and dreams are as well.**
- Focus on healthier meals that will nourish the mind and body to support your meditation chant. Try replacing flavored drinks with ice tea and adding lemon juice to your water.