



week 3

PUTTING
YOURSELF FIRST

transformation
guide

REVITALIZE YOUR BODY

PUTTING YOURSELF FIRST

In life, we often end up putting the needs of others before our own. These 28 days are all about taking care of you. It's like the emergency instructions in airplanes that tell you to put on your oxygen mask before helping anybody else – if you've passed out, you can't help anybody! By replenishing your energy inventory, you will only have more to give others, whether it's your family, friends, or colleagues.

DAY ONE

CHECK IN WITH YOURSELF

Today, I want you to look over your journal from week one and the goals you set. What were your short- and long-term goals?

Take a piece of paper and write a letter to yourself about the new life you envision, including your new body, new projects, new ways of being, and new perspectives.

What comes up for you as you write this letter to yourself? What old stories keep replaying in your head that are not allowing you to put yourself first?

Write down the story you've been carrying around, by which I mean the old messages and negative self-talk that no longer serve you. I'd like you to get really detailed here and talk about your emotions. Give yourself the space to allow these emotions and really feel them without pushing them away.

1.

2.

3.

4.

Now, I want you to read the letter you wrote in the mirror and ask yourself for forgiveness for anything that has come up that is really not true. Get comfortable with the new emerging you and the work you have done for yourself in the past few weeks that is changing the way you take care of your body.

If you feel the urge to rip up the letter, burn it, or toss it in the trash, then go for it, as it may symbolize letting go of these old beliefs. Or you may want to dance and rejoice at the beginning of this new chapter for you!

DAY TWO

SET YOURSELF UP FOR SUCCESS

Let's take some action steps for putting you first.

The daily routine for making 'you' number #1:

1. Write in your journal. Continue with the written visualizations and affirmations we covered in week one if you are finding them helpful, write gratitude lists, or write whatever feels right for you.
2. Do your favorite meditation or a few minutes of visualization in your mind's eye.

Simple Steps to Visualize:

- Close your eyes.
 - Take 3 deeps breaths.
 - Visualize how you'd like your day to go and your future to look like. Breathe in how it feels to live the life you want.
 - You can also do visualization before you go to bed and visualize a great sleep or your body being at rest.
3. Practice forgiving yourself and letting go of judgment of others through compassion.

4. Drink your lemon water.

Every day, we have a choice of where to spend our time and attention. We all have 168 hours in our week, and WE choose how we spend those hours. Too often, we spend them without a clear sense of purpose, just responding to what life throws our way.

Today, I want you to think about how you spend your time and whether it reflects your priorities in life. We all have obligations, but commit to aligning at least a part of your daily routine with your life goals. Schedule blocks of time in your agenda for your priorities, whether that means shopping for and preparing healthy food, exercising, spending time with your loved ones, or finally writing that novel. Planning your time in advance will help keep you on track.

Take time daily to say or write your affirmations and forgive yourself for whatever mistakes you consider you have made. We all mess up, but successful people forgive themselves and move on instead of getting bogged down in negative thoughts. Celebrate the small successes and learn from your mistakes.

STRIVE EVERY DAY
TO BE A BETTER YOU

Tomorrow we are going to discuss how that plays out in real life.
What do you do when STRESS hits?

DAY THREE

DEALING WITH STRESS

Stress is a normal function of the body, but it can wreak havoc on your metabolism, digestion, and overall health. Having a clear understanding of how stress affects your body will give you power. Once you know how stress impacts your life, you can take action and make changes.

Stress can affect you physically and emotionally in the following ways:

- Weight gain or weight-loss
- Depression, anxiety
- Feeling sad or overwhelmed
- Mood swings
- Digestive stress
- Hormone imbalance
- Sleep – too sleepy or inability to sleep or stay asleep
- Overeating or inability to eat
- Inflammation, including arthritis and joint pain
- Reduced sex drive
- Sluggish or weak immune system
- Food allergies or environmental sensitivities

How you deal with stress plays a huge role in your health. Finding healthy ways to get through challenging moments in your life will revitalize you instead of drain you. Find ways to incorporate some of these stress-busting activities into your daily, weekly, and monthly schedule, so that you'll be prepared when stress inevitably hits.

Here are some ideas for healthy and practical ways to deal with stress:

- Deep breathing
- Laughing
- Journaling
- Scrapbooking
- Making a date with a friend
- Exercising
- Cooking
- Taking the time to sip a cup of tea
- Reading a book
- Getting a massage
- Pursuing a hobby you enjoy, such as knitting, cooking, or painting
- Learning something new
- Being part of a book club or another activity that makes you feel connected to other people
- Yoga
- Meditation
- Volunteering
- Doing something that aligns with your religious or spiritual practice
- Spending time in nature

In order to properly handle your stress, you need to understand what got you here in the first place. Often, we feel stressed without knowing exactly why. It is really important to identify what brings you to the point of being totally stressed out.

The next time you find yourself at that point, I suggest you ask yourself the following:

1. What is happening?
2. Why do I feel this stress?
3. When did it start?
4. Where do I feel this stress in my body?

Today's assignment is to identify three action steps you can realistically take to reduce stress in your life. Use the above list or think of ones of your own (be creative!). Commit to pursuing at least one of them.

1.

2.

3.

TEN STEPS FOR MOVING PAST THE STRESS AND BREAKING FREE

1. Take a few deep breaths, consciously making the exhalation longer than the inhalation (without strain). On the inhalation, say to yourself, "taking in goodness", and on the exhalation, "letting go".
2. Allow yourself to fully feel. Send yourself a message of self-acceptance and forgive yourself for feeling stressed.
3. Accept the past for what it is, but acknowledge that stress related to what's past does not have to dictate your current life.
4. Find the source of your stress and reframe the story.
5. Remind yourself that things are rarely as bad as they seem, and often end up working out for the best.
6. Share with family, friends or a therapist how you feel.
7. Be present in the now. Access what makes you feel full at the present moment.
8. Get in tune with your body; let go of what is happening in your mind and step into your body.
9. Exercise is key for releasing stress.
10. Let the little kid out by giving yourself permission to play!

DAY FOUR

FOUR STEPS TO RESHAPE YOUR STORY AND YOUR LIFE

STEP 1

I'm going to show you how to RESET the story and put yourself FIRST. Over the remaining four days of this week, I want you to focus on this four-step exercise. I call this re-shaping the story. Putting yourself first has to be a daily commitment.

The foods we put into our mouth are only one aspect of our true health. Learning to identify our feelings and properly deal with them is another huge part.

Practice going through this 'check in' list every day:

1. What am I feeling?
2. Where am I feeling this in my body?
3. What emotion am I feeling?
4. When did I first feel this emotion?
5. What can I learn about myself from this situation? Dig deeper by asking, "What's behind this feeling?"
6. Now allow yourself to feel and be in your truth. Allow yourself to let go and operate from a place of faith instead of fear.

Each day we are going to learn a new step. Today, we will start with Step 1: Learning to be with our feelings.

In our hectic lives, we rarely give ourselves the time or the permission to FEEL what we are actually feeling, generally covering it up with distractions.

Set aside some time to get quiet and check in with how you're feeling. Don't resist any pain that comes up. Resistance actually causes more pain.

Close your eyes and ask yourself the following questions. You can also practice asking yourself these questions during a meditation or visualization.

1. How can I describe this feeling? Am I sad, fearful, angry, anxious, etc.?
2. Am I feeling one emotion or several things at once?
3. Where do I feel this in my body?
4. What color is it?
5. What shape is it?
6. What is underneath it?
7. Who/what do I associate with it? Person, time, event?

Don't run... Don't push it away... own it and feel it!

DAY FIVE

STEP 2

Today, I want you to rewrite the old story, a.k.a. the chatter in your head, which keeps you stuck.

Catch your breath. Put down the bat and stop beating yourself up.
Release that which no longer serves you.

Write down the main negative beliefs you hold about yourself:

1.

2.

3.

Are they TRUE?

CROSS THEM OUT and create NEW beliefs about yourself.

For example:

“I am complete.”

“I am enough.”

“I am loved.”

“I am wonderful.”

Write your new, positive beliefs about yourself here:

1.

2.

3.

Now, take those old negative beliefs (the ones you had adamantly held onto for so long).

RELEASE them and say:

"I release_____. I allow myself to feel my feelings and I love myself completely."

These are affirmations, like we chose in week one. But now that we are digging deeper, we can hopefully excavate even deeper-held beliefs.

By saying affirmations daily, you are honoring yourself and RE-leasing!!!!!!

DAY SIX

MOVE IT!!!

STEP 3

Move Your Body and Rewrite the Story

Many studies have shown that it helps to be in movement to release. So get moving!

I encourage you to look at the letter you wrote on day 1 and read it (or jot down the gist of it if you've already burnt it!). Now, we are going to release it by burning, flushing, or ripping it to shreds.

When you've released the letter physically and emotionally, I want you to put on your favorite playlist and dance like nobody's watching. Or you may feel like going for a run or doing some yoga. The goal is to move and RE-LEASE, clearing the body's memory of these negative emotions.

Get on the forum, and tell us how you are going to move today!

DAY SEVEN

RELAX AND ENJOY THE NEW YOU

We have been at this for 21 days now, and you have done amazing work! You are one week away from having all the tools in place for a revitalized new you. Take some time today and go through the final step. Taking stock of our feelings and emotions and dealing with them allows us to be in control and not be ruled by hidden reactions to things we don't grasp or don't acknowledge. It takes daily work to check in with these feelings, accept them, and release those that are not serving you.

Also, take time out weekly to relax and rejuvenate, check in, and revise your plan, if necessary, and commit again to putting yourself first. This is not being selfish. This is filling your bucket so it overflows and you have extra to give and to share. It is important to be self-aware and find that confidence in yourself, wherever you can access it, so that you can move from fear to a place of abundance.

STEP 4

Creating a new you

Try this meditation:

- Breathe in and let it all out. Release everything that feels scary as you exhale.
- As you deepen your breathing, open your soul and your heart and feel the feelings.

- Is there a time, person, or event that is causing you pain? Go there and feel. Now, breathe in and exhale slowly. Allow yourself to experience the release that comes with the exhalation.
- Take a deep breath into any areas of pain, imagine the color white, and bring that color into those areas.
- Bring blue into your lower back, red into your heart, and orange into your belly.
- Allow yourself to feel soft inside and out. Let it all flow.
- Imagine being in the ocean – touch the bottom of the ocean and feel FREE. Remind yourself you are FREE and always have been.
- Open the door to your heart. You are home!
- Take another deep breath.

If you want, take a few minutes to write down any thoughts and feelings that came up during this exercise. Rejoice in the fact you are connecting with your feelings, even if they are negative ones. You are free and you are loved!

INSPIRATION FROM LOUISE L HAY

1. Deep at the center of my being there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied.
2. The more love I use and give, the more I have to give, and the supply is endless. The use of love makes me feel good; it is an expression of my inner joy.
3. Yes, I love myself; therefore I take loving care of my body.
4. I lovingly feed it nourishing food and beverages. I lovingly groom it and dress it and my body lovingly responds to me with vibrant health and energy.
5. I love myself, therefore I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in.

6. I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it.
7. I love myself, therefore I work at a job that I truly enjoy doing, one that uses all my talents and abilities, working with and for people that I love and love me, and earning a good income.
8. I love myself; therefore, I behave in a loving way to all people for I know that that which I give out returns to me multiplied.
9. I only attract loving people in my world for they are a mirror of what I am.
10. I love myself, therefore I forgive and totally release the past and all past experiences and I am free.
11. I love myself, therefore I love totally in the now, experiencing each moment as good and knowing that my future is bright, and joyous and secure, for I am a beloved child of the universe and the universe lovingly takes care of me now and forever more.

And so it is.