








Follow-up Actions for Pillars

As you listen, takes notes for each pillar and rate yourself on how closely your actions have been aligned to that pillar.

Pillar	Notes and Action Plan
	
	
	

Letting Go of Limiting Beliefs

"Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them -- or one that can literally save their lives." ~Tony Robbins

Common Limiting Beliefs:

- ☐ I can't
- ☐ I shouldn't
- ☐ I mustn't
- ☐ I'm not good enough
- ☐ I'm not smart enough
- ☐ I'm too shy
- ☐ I'm sick
- ☐ Money is evil
- ☐ I'm weak
- ☐ If I get too close I might get hurt
- ☐ I might get rejected
- ☐ I can't trust people
- ☐ Success takes sacrifice
- ☐ Self-care is selfish

Where Limiting Beliefs Come From:

- ☐ Family
- ☐ Culture
- ☐ Media
- ☐ Community
- ☐ Religious Institutions
- ☐ Experiences

Limiting belief are things we've heard over and over again from people we trust. They are not necessarily true, and there are ways to disconnect from them and adopt new empowering beliefs. Among these methods are "making believe" like we did as kids, asking questions that dig deeper and uncover the flaw in the belief, practicing disengagement, and connecting to your dreams and visions.

Disarm Your Limiting Beliefs Activity

Make a List of Your Limiting Beliefs:

Make a list of beliefs you hold that might be limiting you from moving forward into the health you desire.

For example: *"It's too hard", "I will never be healthy", "My family will alienate me", etc.*

List at least 5 beliefs you hold that are limiting you:

Disarm Your Limiting Beliefs:

One-by-one, disarm each limiting belief.

1. State the belief.
2. Ask yourself, "Do I believe this is true?"
3. If the answer is yes, ask yourself why the statement is true. Keep asking "why" questions until you no longer truly believe it.
4. Write down an empowering alternate to the belief. i.e. *"I am not strong enough"* becomes *"I am working on getting stronger day-by-day."*



How to Create a Positive Aspects Journal

“No matter how dark things seem to be or actually are, raise your sights and see the possibilities – always see them, for they're always there.”

— Norman Vincent Peale

One of the biggest stresses you may have is the feeling of not being “good enough”. If so, you’re not alone.

The “*I’m not good enough*” mindset strikes even the most successful and “together” people. Although they are unlikely to reveal this feeling about their own inadequacies, it’s there nonetheless! Unfortunately, the feeling of being somehow imperfect and inadequate is more common than you think. More unfortunately, this feeling can result in addictive behaviors, eating disorders, and OVERWORK!

Feeling “not good enough” may express itself as shyness and discomfort about making your requests. It can also appear as self-expressed criticism or even take on an outwardly bold, but inwardly vulnerable, criticism of others. In general, you are your own worst critic. So, **the purpose of this exercise is to make you your own raving fan!**

While it may seem humble or modest, did you know that directing negative thoughts towards yourself is truly a wasted and misplaced use of your energy!? When you focus on the negative and overlook the many, many positive aspects of yourself, you create internal stress that damages your health almost as much as eating Twinkies does!

That’s a bold statement; yet scientific studies, particularly those conducted by the Institute of HeartMath™ (www.HeartMath.org) support the finding that holding negative emotions has a negative effect on your health. Self-criticism and self-reproach create disorder in your nervous system, evoke a stress response, and unfavorably affect your heart rhythms and immune system.

Surprisingly, even those with the most beautiful skin, lovely hair, and fit bodies may nonetheless notice and exaggerate their less-than-perfect physical attributes when they look the in the mirror.

Journal Your Way to Self-Joy

With the **Positive Aspects Journal** you'll begin to focus on the things you LIKE about yourself. And the more you LIKE about yourself, the more you move in the direction of both self-acceptance AND belief in your own ability to achieve your dreams.

Getting in touch with what really matters and having something you are working towards helps determine the positive actions you take on a moment-to-moment basis.

This exercise may evoke strong feelings for you, and you may find yourself a little sensitive about what comes up; however, this activity has the potential to transform stressful feelings that keep you trapped in a body or situation that no longer excites you.

1. Get yourself a notebook that you can dedicate to this process.
2. On the front cover write the title of the book:
Celebrating YOUR NAME
3. Be creative on the cover. Decorate with positive anchors. This can be words or images that elicit positive feelings that represent your passions, interests, and hobbies that you find restful and soothing. Choose images and/or words that represent your values, or in any other way represent who you are and who you are evolving to become.
4. Making your cover should be fun; not something that requires great thought or deliberation. Allow it to take shape from your heart. There's no need to decorate it all at once. When you see a picture, sticker, or image that resonates with you, add it to the cover. It can be a work in progress. There is no right or wrong way to do this.



Have fun with it!





Fun Assessment

Question #1: Which most closely applies to you?

- ☐ I am in touch with what's fun to me, and I do it often. (4 points)
- ☐ I am in touch with what's fun, and I long to do it more often. (3 points)
- ☐ I don't have enough fun. (2 points)
- ☐ I am not sure what's fun anymore. (1 point)
- ☐ Nothing seems fun anymore. (0 points)

Sub-Total Score Question #1: _____ (Max Total = 10)

Answer each multiple-choice question as accurately as you can according to the point scale below. Each multiple choice question has a numeric value that is also your "score" for that question. Add up your scores, then enter the total on the specified lines below.

Point Scale for Question #2

0 = Never or almost never
3 = 4-5 Times per week

1 = 1 Time per week
4 = Daily

2 = 2-3 Times per week

Question #2: How often do you take time for...

Hobbies and recreation overall	0	1	2	3	4
Fun activities: engage in a hobby, gardening for fun, arts and crafts, listening to music, etc.	0	1	2	3	4
Exercise: hiking, running, walking, going to the gym, doing yoga, swimming, cycling, etc.	0	1	2	3	4
Games: playing group sports, playing board games, card games, puzzles, etc.	0	1	2	3	4
Connecting: calling friends or family members, going out with friends, connecting on social media, etc.	0	1	2	3	4
Silliness: deliberately engaging in playful activities just for the fun of it and bring out your inner 7-year old	0	1	2	3	4
Self-improvement: read or listen to personal development	0	1	2	3	4
Spiritual: get out in nature, meet with people from your belief group, meditate, etc.	0	1	2	3	4

Sub-Total Score Question #2: _____ (Max Total = 32)

Point Scale for Question #3

- 0 = Daily
 1 = 4-5 times per week
 2 = 2-3 times per week
 3 = 1 time per week
 4 = Never or almost never

Question #3: How Often Do You Spend Time On...

(NOTE the change in the point scale)

Venting: calling a friend/family member to gripe or gossip	0	1	2	3	4
Distractions: eat, watch TV, play video games, etc.	0	1	2	3	4
Chores: laundry, cleaning, organizing, yard work, etc.	0	1	2	3	4

Sub-Total Score Question #3: _____ (Max Total = 12)

Grand Total Score for Questions #1, #2, and #3: _____

(Max Total = 54)

Score Interpretation: Check the score that currently applies.

- ☐ **If your total score is greater than 40:** You are doing a great job of having fun!
- ☐ **If your total score is between 30 and 40:** You need to add more fun to your life. Take time every day for 20-30 minutes and once a week for a couple of hours.
- ☐ **If your total score is between 20 and 30:** Your fun quota is sinking fast. Add more fun to your daily life and plan some "big ticket" items from your inventory to get you going.
- ☐ **If your total score is between 10 and 20:** You have a little fun in your life, but not enough to make a positive improvement on your health. Plan on doing 5-10 minutes a day from your fun inventory and 30 minutes or more on weekends.
- ☐ **If your score is between 0 and 10:** You need to turn up the dial on fun and start planning it into your daily life in order to improve your energy and health. Planning for 5 minutes a day is a good starting point.

Connecting With Your Vision Process

Your Five Year Vision

"If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise." — Robert Fritz

"Vision without execution is hallucination." — Thomas Edison

Using the space below, describe in words what you'd like to be like 5 years in the future. Envision the ideal you: physically, mentally, spiritually and emotionally, and write down what you desire most.

For instance, for your physical description, write about your weight, your health, physique, shape, energy, the clothes you wear, the way your body moves, physical confidence, etc. What do you look like? How does your body image impact the way you relate with other people?



Write everything in the present tense, as if you are that person now and are describing yourself. Continue until you have fully captured every detail, and the person on the paper feels real to you, **as** you. You will find this becomes amazingly easy once you actually begin to write.





The more you let yourself go and really experience this vision of yourself, the more your present and possible future become one experience. Your subconscious mind can't tell the difference between reality and your vision. Envision it and you WILL become it.

"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes." — Andrew Carnegie





My Vision: The Ideal Me 5 Years From Now

(present tense language)

Hormone Harmonizing Herbs

	Name and Dosage	Description and Uses
	Ashwagandha Powder: 1/2-1 teaspoon in elixir, 1-2x/day Tincture: 30-40 drops, 2-3x/day Capsule: 400-500 mg, 2x/day	Commonly used for exhaustion, emaciation, memory loss, muscle weakness, overwork, anxiety, and insomnia. May also be helpful for tired eyes, joint pain, skin breakouts, cough, anemia, infertility, immune system problems, blood sugar imbalance, and low thyroid function. Can reduce vitamin C loss and normalize cortisol levels.
	Cordyceps Powder: 1/2-1 teaspoon in elixir, 1-2x/day Tincture: 20-40 drops, 2-3x/day Capsule: 400-500 mg, 2x/day	Used to support lungs, liver, and blood. Used to lower cholesterol, supports immune system, protects kidneys, strengthens heart, improves infertility, and enhances aerobic capacity leading to increased stamina and endurance. It's also been shown to help with dizziness, chronic bronchitis, ringing in the ears, night sweats, and frequent urination.
	Holy Basil (Tulsi) Tea: 1 teaspoon in 8 oz. water, steep for 5-10 minutes. 4 oz. up to 3x/day Tincture: 40-60 drops, 3x/day Capsule: 2-3x/day	Used as an antioxidant, to protect nerves, to reduce stress, and to protect against radiation. It's also been shown to be helpful for brain fog, poor memory, ADD, liver protection, blood sugar lowering, allergy inhibition, asthma management, and prevention of gastric ulcers. It can possibly speed up liver detoxification of certain medications.
	Reishi Tea: Decoct 1-2 oz. in 32 ounces water, decoct 2-4 hours, drink 3-4 cups per day water Powder: 1 teaspoon in elixirs and other foods Tincture: 80-100 drops, 4-6x/day Capsules: 3 500-1000 mg capsules, 3x/day	<p>It's said to have mild and cumulative effects on adrenals. It has been reported to help with altitude sickness if taken 4 weeks before trip.</p> <p>It's considered an immune-modulator, which means it can strengthen an underactive immune system and calm an over active immune system, as in allergies and autoimmunity. It's been shown to be effective as a cancer fighter and also for improving cardiovascular function. Reishi is often used for anxiety, insomnia, bad dreams, moodiness, poor memory, fatigue, weakness, shortness of breath, and dizziness.</p>

	Name and Dosage	Description and Uses
	Licorice Root*** Tea: Decoct ½ teaspoon per 8 oz. water, 15 min, 1x/day Powder: 1/2-1 teaspoon per day in elixir Tincture: 10-20 drops, 3x/day Tablets: In the form of DGL used for gut healing, 200-300 mg before meals ***Caution in people with high blood pressure.	<p>Helps with adrenal insufficiency (exhaustion) including Addison's disease. It is anti-inflammatory, demulcent, expectorant, mild laxative, pancreatic tonic, and immune stimulant with anti-viral properties.</p> <p>It increases cortisol levels and raises blood pressure. Improves the body's ability to retain sodium and magnesium, thus helps with frequent urination.</p> <p>It also helps heal the gastrointestinal mucous membrane, heals ulcers, soothes lungs, and helps dry coughs. Used topically for herpes lesions, eczema, and psoriasis.</p>
	Shitake Whole, dried: 6-16 grams per day Fresh: about 90 grams per day Extract: 500-1500 mg per day Powder: 4 grams per day	<p>Shitake contains protein, potassium, niacin, calcium, magnesium, phosphorus, copper, selenium, and B vitamins. It is also a rich source of iron. It is low in sodium, low in glucose, and is a rich source of fiber.</p> <p>It can be helpful for diabetics, has been shown to lower cholesterol, and may help prevent cardiovascular diseases. It is an antioxidant that is said to prevent cancer. It is also anti-viral and boosts the immune system.</p>
	Cinnamon Powder: 1-6 grams per day, up to 1 teaspoon Oil: 1-2 drops per day	<p>Cinnamon is a very rich source of manganese and a great source of calcium and fiber. It can reduce the risk of colon cancer, lower high cholesterol levels, and provide relief from constipation and diarrhea. Cinnamon is also anti-inflammatory and has been shown to possibly help reduce blood clots. Cinnamon is anti-microbial and helps stop the growth of bacteria and fungi, especially Candida.</p> <p>Cinnamon is used in blood sugar control. It is also an antioxidant. The smell of cinnamon improves brain function.</p>

	Name and Dosage	Description and Uses
	Turmeric Dried, powdered root: 1-3 grams per day Fresh root: 1.5-3 grams per day Standardized powder (curcumin): 400-600 mg, 3x/day Fluid extract (1:1): 30-90 drops per day Tincture (1:2): 15-30 drops, 4x/day	<p>Turmeric is anti-inflammatory and anti-oxidant. It has been reported to help with Inflammatory bowel diseases like Crohn's and colitis, as well as arthritis, cystic fibrosis, and cancer, including leukemia. Turmeric improves phase 2 liver detoxification. The anti-oxidant may help with Alzheimer's disease. Turmeric contains vitamin B6, helping with heart disease prevention. It is also reported to reduce cholesterol.</p> <p>Turmeric has also been used to treat flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic.</p>
	Ginger Fresh root: 1-4 grams per day, in divided doses Standardized extract In pill form: 100-200 mg, 3x/day Powdered ginger: 1/2 to 3/4 teaspoon, 3x/day	<p>Ginger is an anti-oxidant and anti-inflammatory. It helps relieve gas and nausea. This makes it helpful during pregnancy. It is also helpful with arthritis. Ginger has been reported to provide protection against colorectal and ovarian cancer. It also has immune boosting actions.</p> <p>Ginger may lower cholesterol and help prevent blood from clotting. That can help treat heart disease, avoiding heart attack or stroke.</p>
	Maca Powdered extract: 500-1000 mg, 3x/day Liquid extract: 30-60 drops per day	<p>Maca is said to boost male libido, increase sperm count, and increase testosterone. It is used to strengthen energy and endurance levels. Maca has been shown to relieve menopausal symptoms, especially hot flashes, and balance hormones. It also helps with menstrual problems. Maca has also been reported to help with skin problems like acne and mild depression.</p>
	Slippery Elm Tea: 4 grams (2 tablespoons), 3x/day Tincture: 5 mL, 3x/day Capsules: 400-500 mg, 3-4x/day	<p>Slippery elm contains mucilage and coats the mouth, throat, stomach, and intestines. It's an anti-oxidant, which can help with inflammatory bowel diseases as well as protecting the GI tract from ulcers and excess stomach acid. It is helpful with GERD, Crohn's disease, ulcerative colitis, and irritable bowel syndrome (IBS), as well as diarrhea. Externally it helps with wounds, burns, boils, psoriasis, and other skin conditions.</p>