

PATHWAY TO CALMNESS, CLARITY, CONFIDENCE & CONNECTION



Welcome to Day 3...

*The Pathway to
Calmness, Clarity, CONFIDENCE
& Connection!*



Your Practical Pathway Begins...

Day 1

CALM

*The
Power of
Presence
& the
Beauty
of Breath*

Day 2

CLEAR-MINDED

*Seeing, Feeling
&
Hearing
Clarity*

Day 3

CONFIDENCE

*Stepping into
a
Confident
New You*

Day 4

CONNECTION

*Connecting on
the Inside
=
Connecting
on the
Outside*

BONUS DAY

**WRAPPING IT ALL
TOGETHER**

*Wrapping
everything
we've learned
into one
meaningful
day, week, month
and year.*





OVERVIEW

Day 3

What is in Store for YOU Today...

- *The Recipe for Confidence*
- *Fuel Your Body Right: Nutrition + Exercise*
- *Stepping into Your CONFIDENCE! (Audio)*



SECTION ONE



THE RECIPE FOR CONFIDENCE

- Confidence is not **WHO** you are... Confidence is **WHAT** you do
- Confidence is not something you **HAVE**... Confidence is something you **BUILD**
- Confidence is **NOT FIXED**... Confidence evolves & expands & grows with **INCREMENTAL ACTION**
- Confidence comes from **FAMILIARITY & FLOW**



THE RECIPE FOR CONFIDENCE

BUILDING CONFIDENCE

=

1. **INITIAL ACTION + PATIENCE** (entering new territories of the unfamiliar & unknown)
2. **PRACTICE** (Consistency. Showing up Daily)
3. **PREPARATION** (Getting ready to be ready...AND getting ready to FAIL....)

BUT WAIT...

it is not actually Failing...

YOU ARE...



THE RECIPE FOR CONFIDENCE

LEARNING

+

GROWING

+

BUILDING

NEW SKILLS!

And this makes you.....



THE RECIPE FOR CONFIDENCE

CAPABLE OF...

CREATING

CONSTRUCTING

CRAFTING



THE RECIPE FOR CONFIDENCE

FEELING MORE CAPABLE TO
CREATE, CONSTRUCT & CRAFT

=

LOWER FEAR

LOWER SELF-DOUBT

LOWER ANXIETY



THE RECIPE FOR CONFIDENCE

LOWER FEAR + LOWER SELF-DOUBT
+ LOWER ANXIETY

=

INCREASE IN CONFIDENCE



THEREFORE...

INITIAL ACTION + PATIENCE + PRACTICE + PREPARATION

LEADS TO....

LEARNING, GROWING & BUILDING NEW SKILLS

WHICH MAKE YOU...

CAPABLE OF CREATING, CONSTRUCTING & CRAFTING

WHICH MAKE YOU FEEL...

LESS FEAR, LESS SELF-DOUBT & LESS ANXIETY

=

INCREASE IN CONFIDENCE



CHALLENGE

A silhouette of a person is captured in mid-air, jumping from one large rock pillar to another. The scene is set against a dramatic sunset sky with vibrant orange, red, and blue clouds. The water of a lake or sea is visible in the background, and the overall mood is one of challenge and achievement.

Take one grand activity/task
Break it down into 'x' number of steps
Complete 1 step per day until finished

Be mindful of how you feel

SECTION TWO



LET'S GET PHYSICAL...

Exercise ... Why is it so important for us?

- *Reduces risk of disease*
- *Builds a healthy, strong, energized body*
- *Creates a healthier state of mind*
- *Lowers anxiety and depression*
- *Improves quality of sleep*
- *Produces dopamine and endorphins in the body...which are mood uplifters!!!*
- *Boosts confidence!*



LET'S GET PHYSICAL...

How does Exercise boost our Confidence?

Exercise:

- Creates an improved relationship with our body & our body image
- Increases production of Endorphins (making us feel great), while lowering levels of cortisol (which is a stress hormone)
- When we feel good about the skin we are in, and when our mental frame is clear and uplifted, we are now able to make better decisions for ourselves and take action in our lives. As we saw from the *“Confidence Recipe”* above, **ACTION** is the first step in building confidence in yourself!



LET'S GET PHYSICAL...

*Weekly Exercise
Challenge Chart
Ahead!*

(pdf version for print is attached on platform)



Exercise	Challenge of the Month						
<i>Minimum 1 minute</i>	MONDAY	TUESDAY	WEDNES.	THURS.	FRIDAY	SAT.	SUNDAY
Jumping Jacks							
Burpees							
High Knee							
Mountain Climbers							
Jump up & Squat							
Lunges							
Squats							
Wall Sit							
Leg Lifts (lying on back)							
Cycling Cross Crunches							
Heel touches							
plank							
Arm raises + circles							



LET'S GET PHYSICAL

Great At-Home Workout Resources for Men & Womyn

Pilates + Yoga + Full Body:

<https://www.youtube.com/user/blogilates>

<https://www.youtube.com/user/lululemon>

<https://www.youtube.com/Sean%20Vigue%20Fitness>

Full Body Workout Routines (Male Focused):

<https://www.youtube.com/user/ArtLikePicaso>

<https://www.youtube.com/user/TheMiamiTrainer>

Full Body Workout Routines (General):

<https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA>

<https://www.youtube.com/user/popsugartvfit>

Full Body Workout Routines (Female Focused):

https://www.youtube.com/channel/UCVQJZE_on7It_pEv6tn-jdA

https://www.youtube.com/channel/UCKO8zrU3WTo_L-QZw3VQ1aQ

Dance + Zumba Workout Routines:

https://www.youtube.com/channel/UCi66R6vyZOm6Dc7FERb_kdg

https://www.youtube.com/channel/UCbx0nYywXrKpoMFT_1ZTYJw

<https://www.youtube.com/channel/UC4GTYUQEZSQ-28KNX7I0ngw>



CHALLENGE

A silhouette of a person in mid-air, jumping between two dark rock pillars. The background is a vast body of water under a dramatic sunset sky with orange and red clouds. The overall mood is adventurous and inspiring.

Look at Exercise Challenge Chart
Do it daily for 30 Days

Have Fun!

FILLING YOUR BODY WITH THE RIGHT FUEL...

NUTRITION BABY!

*Why is it so important? And what does it
have to do with confidence?*



FILLING YOUR BODY WITH THE RIGHT FUEL...

When we make healthy food choices we...

- *Reduce risk of disease & build stronger immune system*
- *Feel improved sense of overall health*
- *Feel energized, well-rested & clear minded*
- *Improve our memory and focus*
- *Nourish the brain and protect it from oxidized stress*
- *Improve our gut health (which is related to our mental/emotional health)*
- *Lower anxiety and feel a boost in our mood*



FILLING YOUR BODY WITH THE RIGHT FUEL...

And how are my food choices related to confidence?

When our overall physical body feels healthy and energized, and our brain feels well-rested, clear and concentrated (due to the foods we are fuelling it with), we are now able to make calm, clear-minded decisions (without stress hormones, anxiety and fatigue kicking in) that put us in alignment with our values & help us to take

Intentional CONFIDENT Steps forward in our lives



FILLING YOUR BODY WITH THE RIGHT FUEL...

Foods Which Boost Your Immune System:

- Garlic
- Citrus Fruits (Oranges, Grapefruits, Lemons, Limes)- (Vitamin C rich)
- Ginger
- Turmeric
- Berries (Blueberries, Raspberries, Strawberries, Cranberries, Blackberries, Cherries)
- Papaya
- Kiwi
- Sweet Potato
- Red Peppers
- 80-100% Organic Dark Chocolate, Raw Cocoa Beans/Nibs
- Green Tea + Echinacea Tea (let sit 15-20 mins. before drinking)
- Kimchi (Fermented Cabbage)
- Coconut Oil



FILLING YOUR BODY WITH THE RIGHT FUEL...

Foods to Incorporate into Diet Often & Are Highly Alkaline:

- Organic Greens: Broccoli, Zucchini, Spinach, Kale, Arugula, Swiss Chard, Celery
- Wheatgrass
- Cucumbers
- Avocados
- Sprouts
- Lemon (squeeze half in hot water and drink first thing in the morning before eating anything)
- Grains
- Beans



FILLING YOUR BODY WITH THE RIGHT FUEL...

Foods to Eliminate that are Highly Acidic Foods:

- ***Fried & Fast Foods***
- ***Red/ all meats***
- ***White Flour Foods:*** Pasta, muffins, cookies, croissants, bagels, bread, crackers (unless they are made of “healthy flours” : almond flour, buckwheat, spelt, kamut)
- ***Dairy:*** milk, cheese, yogurt (if must have- opt for organic goat/sheep sources instead. Cheese can be replaced with nut cheeses. Milk can be replaced with almond, cashew or coconut milk)
- ***Sugar*** (avoid processed, refined, white. Instead opt for honey, maple syrup & agave syrup)
- ***Alcohol***
- ***Sweet drinks, pop, juice*** (You may have juice from a juicer that has greens mixed in. Drinking juices made with only fruit = too much sugar consumption all at once).
- ***Caffeine*** (Avoid Coffee and Sugar. Opt for green tea and distilled or reverse osmosis water as stimulants instead)



SWEET & SIMPLE RECIPES!!!

BREAKFAST:

Start your day off with a Smoothy or Juice. Your body just came out of sleeping rest mode for 7-8 hours and the digestive system must be eased back into full function. Liquids are the easiest thing for the body to digest, and the nutrients in liquids absorb faster in the blood stream. Therefore, start your day with a ***NUTRIENT DENSE SMOOTHY!***

BASE:

Fruit: Mixed Berries **OR** other fruits (as desired) - 1 Cup

Greens: Spinach or kale- 1 Cup **OR** green powder mix- 1 tsp.

Water: Distilled or Reverse osmosis **OR** chilled herbal tea (steep the night before and let sit in fridge overnight) **OR** almond/cashew/coconut milk

Probiotics: if in powder form, than you can toss it into your smoothy

ADD:

Ginger, Turmeric with black or cayenne pepper, Lemon, cinnamon, raw cocoa, nuts, seeds, oats, almond butter, tahini, Avocado, Celery, Carrots, honey

*(1 serving of nuts = 8-10. AND 1 serving of seeds = 1-2 tbsps)

*(choose any of the following options you enjoy- in moderation)



SWEET & SIMPLE RECIPES!!!

ABUNDANCE OF SATIATING SALADS:

Base: Spinach, Kale, Parsley, Mixed Greens, Romain, Arugula (The darker the green the better)

+

Vegetable Toppings: Artichokes, Carrots, Radishes, Tomatoes, Peppers, Cucumbers, Onions, Broccoli, Mushrooms

+

Beans/Legumes (For Protein + Carbohydrates): Lentils, Split Peas, Black Beans, Red Kidney Beans, Chickpeas, Sprouts, Green Peas

+

Nuts & Seeds (For Healthy Fats + Protein): Hemp Seeds/Hearts, Ground Flax Seeds, Pumpkin Seeds, Sesame Seeds, Chia Seeds, Almonds, Brazil Nuts, Walnuts, Hazelnuts Pine Nuts, Pecans, Macadamia Nuts, Cashews, Pistachios, sunflower seeds

+

Healthy Fats/Dressing options: Coconut, Coconut Oil, Avocados, Avocado Oil, Almonds, Almond Oil, Almond Butter, Walnut Oil, Extra Virgin Olive Oil, Nuts & Seeds, Omega 3 Fish Oil, Tahini

+

Salad Dressings:

BASE: Extra Virgin Olive oil + apple cider vinegar

ADD: lemon, ginger, garlic, horseradish, spices/herbs, basil, parsley, oregano, honey, mustard... get creative! (Also consider the “Healthy Fats” above as an alternative to Olive Oil).

***You can make a wild combination of salads with all these healthy options! Pick at least one option from each category and put it into your salad! The more “Base” & “Vegetable Toppings,” the better! Don’t overload your salads with more than one “Bean/Legume” and with more than one “Healthy Fat.” As for “Nuts and Seeds,” your average amount a day is about 8-10 nuts or 1-2tbsp. of seeds. Consider whether your exercise levels are high or low as well, in which case you add or subtract from the average amount.



CHALLENGE

A silhouette of a person is captured in mid-air, jumping from one dark rock pillar to another. The scene is set against a dramatic sunset sky with vibrant orange and red clouds. The background features a calm body of water and a distant, dark shoreline under a twilight sky.

Have a smoothy + bowl of salad or greens everyday for 30 days

Be mindful of how your body feels

SECTION THREE



Stepping Into Your CONFIDENCE

This Section includes
1 Meditation Audio Recording
that you can listen to at any point throughout
your day *to* MOVE you
Out of Fear
&
Stepping Into Confidence!
Enjoy it with an open mind & open heart!

(see audio recording on platform)



CHALLENGE

A silhouette of a person is captured in mid-air, jumping between two dark, vertical rock pillars. The scene is set against a dramatic sunset sky with vibrant orange, red, and blue clouds. The water of a lake or sea is visible in the background, reflecting the colors of the sky. The overall mood is one of challenge and achievement.

Do this Meditation everyday for 30 days
Be aware of how confident you feel within your
body, mind, heart & spirit
afterwards

Q & A TIME

**Please Post Any Questions, Comments,
Insights
or Breakthroughs
you've had in the group!**

We can all share and participate together as a community!

PATHWAY TO CALMNESS, CLARITY, CONFIDENCE & CONNECTION

