

Creating Your Ideal Day

Steps to creating your ideal day:

1. Take a look at the sample below for ideas
2. Write down your daily schedule
3. Look over the Challenge Checklist and pick ideas you would like to incorporate
4. Add 1 item each week to something you already do daily

Morning ideas

- **Wake up** + think of 3 things you look forward to today = start your day on a high vibration
- **Brush your teeth** + drink 16-20 ounces of water before eating = flush those toxins out and let your skin glow
- **Let the dogs out** + Enjoy morning sunlight + joyful movement outside by taking dogs for a walk (10-20minutes) = getting sunlight for your circadian rhythm while also moving your body, and serving others with love
- **Prepare organic lunch** + continuing Intermittent fasting = balance blood sugar levels by eating a late anti-inflammatory, whole foods meal

Afternoon ideas

- **Eat lunch** + Practice breathwork before eating + eat fresh fiber first slowly = put yourself into parasympathetic state before eating and then get those enzymes going
- **Afternoon break** + self love or joyful movement or socializing = self love by moving, shake off any built up tension, release tight muscles and “be” in the moment
- **Check in with self** - Take note of any person/situation or thing that has triggered you? Why? What was the feeling/ emotion? = identify emotion, autonomic pairing and trying to let go of triggers

Evening ideas

- **Dinner** + Choose, chew, chill, cherish, check = select foods that move you closer to your health goals, put yourself into parasympathetic state, allowing a higher vibration with gratitude, and checking stool to see how your food is being digested
- **Evening House lighting** + Eliminate overhead lighting by using lamps with warmer light bulbs = increase your melatonin
- **Relax** + Have an epsom salts bath with essential oils + candle light + think of the things you are grateful for = self-love, gratitude and “be” present
- **Bedtime** + Be in bed by 10pm + complete darkness + cooler room + phone on airplane mode = reduce EMFs, enable growth hormones, and get a restful night sleep and allowing heal and detoxification