



Nutrition • Fitness • Stress Management • Lifestyle

# Your Guide to My 3 Phase Holistic Approach

## PHASE 1 TUNING IN

This phase is all about tuning into **what serves you** and what doesn't. It is an opportunity to get curious about your health, your body, and your life and to get honest about what is keeping you from feeling good.

Through **daily tracking with my Phase 1 log**, you will observe not only what you put into your body, but the messages your body is sending after you eat or drink. You'll take notice of sensations or symptoms that arise after meals – some may be positive! And you'll also take note of how you eat your meals. Are you in a rush? Frequently eat either standing up or with a clenched core? With friends or in front of the TV or social media feed? It's amazing to think that how we eat and our mood at the beginning of our meals can impact our digestion and a host of other outcomes, but it does! You'll also track any exercise and movement you currently engage in and if you don't yet, that's ok! We'll get your body feeling good with movement in just a couple weeks. Tracking is simply a tool – a way for us to gather some data and get real about what life looks like for us.

The focus of Phase 1 is to **observe without judgment**. You may feel you are not doing what you \*know\* or think you should be for your body (we'll work on banning 'should' from your thoughts as well 😊), but just the fact that you're observing and open to the process of change is a step toward success!



Nutrition • Fitness • Stress Management • Lifestyle

A key companion to observing and tracking is reflecting with journal assignments. Some of our greatest insights can come through via journaling and I find it to be an extremely valuable tool in making lasting changes and really feeling connected to yourself and the process.

I developed and provide you with journal prompts to guide your writing. They are by no means restrictive and you are encouraged to let your thoughts flow. They are great starters and ways to open your awareness to areas that may need to be explored, but let your intuition be your guide and let your pen flow where it may.

I would be remiss if I didn't include and emphasize meditation as part of each phase. Meditation has been gaining popularity in recent years and I am thrilled about this! It is the not-so-well-kept secret to clarity, connection, and energy, and my secret weapon for handling pretty much anything that comes up in my life. I have yet to find a problem or area of my life that meditation has not improved. I recorded a beautiful body scan meditation for you to start your journey and will guide you through meditations at the beginning of each of our sessions together. I also provide you with resources for starting a meditation practice as well as my favorite tools and tricks to live a mindful life – even when you're crazy busy!

---

**I love Phase 1 and I know you will, too! It's a time of great reflection, connection to your mind and body, and a beautiful way to start your wellness journey. I am honored to be your guide on this journey!**



Nutrition • Fitness • Stress Management • Lifestyle

## **PHASE 2 NOURISHMENT**

**It is good to feel good.** Phase 2 is where we take what we learned in Phase 1 and make changes so you experience more of what feels good and less of what doesn't.

You'll start with a **2-day Reset**. The Reset serves to prepare your body and mind for radical change! And be prepared for some beautiful meditations and journaling over these 2 days – you are preparing your mind as much for this shift as your body. And don't worry, I'll be holding space for whatever challenges you encounter in the Reset (and all along the way).

The heavy lifting in this phase comes from making nutritional changes and implementing lifestyle strategies that improve energy. I'll provide you with a **customized Wellness Protocol** (your personal Bible for your wellness journey) designed with feedback from Phase 1. You'll spend 2 weeks implementing the Wellness Protocol and we'll check in as often as needed so you feel supported every day.

The Nutrition section of your Wellness Protocol is designed to address problematic foods that you identified in Phase 1 (and likely already knew about) and includes a 2 week sample meal plan and recipes. The sample meal plan is also designed with your lifestyle in mind. Identify as a foodie? Your Wellness Protocol will include fun and interesting recipes with variety in cuisine, ingredients, and preparation. More of a convenience eater? Your Wellness Protocol will center around easy to prepare meals, batch cooking, and tips for quick meal preparation.

Also included is specific recommendations for movement and more intense exercise, tailored to your needs and what you enjoy. I love to focus on fun when it comes to movement and exercise. It won't be sustainable if it's not enjoyable. And with all the different ways that our bodies can move I am positive there is at least one activity for you!



Nutrition • Fitness • Stress Management • Lifestyle

In Phase 2, I'll continue to guide you through journal prompts centered on changing deeply ingrained habits and experiencing change. A mindset shift is taking place along with changes to your lifestyle which that can bring up buried or new feelings. Journaling helps bring those feelings out in the open and I'll hold space for you to explore those feelings in our work together.

I encourage you to record and reflect on what parts of the Wellness Protocol are working for you and what may need some tweaks. This is a process, and a learning experience - improvements can always be made!

You'll also continue to explore the practice of meditation and connection to your body and spirit. Meditation is a tool that you will find useful in each phase as you **deepen your awareness of what feels good and what serves you.**

---

**Phase 2 will be work but so fun and worth it!**



Nutrition • Fitness • Stress Management • Lifestyle

## **PHASE 3 TRANSFORMING & THRIVING**

Phase 3 is really a 2-part phase. The first part of this phase is Transforming. You have done the heavy upfront lifting with changes to your nutrition and movement, explored your feelings around change, begun a meditation practice, and cultivated your connection and awareness of your body and mind. **Now it's time to own this serene and balanced life that you are creating.**

After years of yo-yo dieting and committing and recommitting to a healthy lifestyle I know it can be difficult to truly own your healthy self and to believe that you will continue to choose what feels good no matter the stressors that life throws at you. But Phases 1 and 2 have been preparing you for a massive shift in your thinking that sets you up for long-term, lasting change. **You already have everything within you that you need to live your best life,** now own it sister! You got this!

Throughout the Transforming phase you will be building your confidence in your ability to walk this path of true, aligned wellness while continuing to implement nutritional changes and to make movement part of your daily life. While it is never easy and there isn't a magic switch that flips after Phase 2, you will already see success in the choices you make, **the intuition you are honoring,** and the positive energy that is flowing through you. What started as a desire is now manifesting in action.

In Phase 3, you'll be working to identify your support systems. Do you already have all the support and love in your life that you can ever require? If yes, awesome! If not, we'll make sure you are set up with the support you need and feel surrounded by high vibe people who will reflect your greatness back to you.

Just as we'll continue cultivating that meditation practice, we'll also throw in some visualization techniques. I love visualization! And I'm not talking vision boards. I mean visualization where you feel your dreams so deeply in your core that it would be hard for them NOT to manifest.



Nutrition • Fitness • Stress Management • Lifestyle

I'll guide you through a few more journaling exercises to accompany the continuation of your journey. My hope for you is that journaling becomes as fulfilling and habitual as spilling your heart out to your best friend over coffee (or mimosas!).

The Thriving part of Phase 3 (the part that never ends!) is begging for a ritual in which you say goodbye to what doesn't serve you and embrace the present. You'll quickly learn about my love for rituals! Rituals make habits that you're trying to cultivate fun. I have rituals around making my morning coffee or herbal concoction, around my evening tea, dry brushing... just about everything! So I can't let Phase 3 go by without a little ritual that feels right for you (I'll provide examples and options) to say goodbye to what isn't serving you and **reaffirm your connection to your highest good.**

---

There is no end to our journey inward, to our work to stay connected to our true authentic selves. But I am confident that at the end of Phase 3 you will be set up to walk this path of vitality with grace and confidence.