7 Day Get Started
Transform Your Gut

NOTICE TO READER

This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made. There are no medical recommendations or claims for the *7 Day Transform Your Gut Program* or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the *7 Day Transform Your Gut Program.*

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DAY FOUR

Introspection for Clarity

JOURNALING

You will learn:

- Facts about healthy eating and being active.
- Why it is hard for you to eat healthy and be active.
- How to change some habits so that new habits work for you, not against you. Remember, this should be easy.
- Finding and creating the time to be active.
- Ask for what you want when you go out to eat. Learn to listen to your body.
- Keep things around you at home and at work that make you want to be active and eat healthy. Environment is huge for a full overhaul.
- Release the things that get in your way or cause you to lose your healthy balance.
- Replace negative thoughts with positive ones.
- Get back on your feet if you slip from your plans for healthy eating and being active.
- Learn to handle stress, social events, and other people that make it hard for you to change.

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JOURNALING

It can be very difficult to make time to journal every morning. Here are some tips on how to find time:

1. Try getting up 20-30 minutes earlier in the morning. This gives you quiet time before the house becomes fully alive.
2. Utilize the time you have once everyone else is out of the house.
3. Find a coffee shop or juice stop on your way to work and take 15 minutes out of your day to stop. This gives you the time you need to write and enjoy the surroundings.
4. 15 minutes before you start your work routine may be the time for you. You may think it will cause you to stay later at work to get everything accomplished, but writing is like your morning workout. It is amazing how spending the time journaling can buy you more time through the day. Your head will be clearer and you can do your job and handle people more efficiently and effectively.

Journaling in the morning allows you to clear the cobwebs from your brain. You'll notice the effects almost immediately. It helps to focus you. You will find that you do things that you would have skipped over otherwise. Try to journal every day. If you can't, do it as often as you can. It's all about getting into the practice of writing in the moment.

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JOURNALING

There are many ways to journal.

Below are some other ways to put your thoughts on paper:

- Poetry.
- Morning pages (just start writing).
- Letter writing.
- Blogging.

The idea is to become introspective as well as documenting for better understanding.

Thoughts, Feelings, Intuitions (spiritual, family, inspirational)	
Gratitude	
Goals	
Action Steps	
Joy, Laughter, Play	
Fitness Plans	
Meals Water/Liquids Vegetables Fruits Healthy Fats Protein Supplements	
Progress (3 things you did well yesterday and 1 thing you will do better tomorrow)	

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JOURNALING

Daily Intentions

Journal	
Homemade food	
Mindful eating	
Reduce one food	
Tongue scraper	
Dry skin brush	
Conscious breathing	
Fresh air and sunshine	

Physical activity	
Prayer/meditation	
Meaningful connections	
Loving work	
Laughter	
Alone time	
Visualization	
Quality sleep	

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JOURNALING

Be honest. Write down what you really eat.

Be accurate. Measure portions and read labels.

Be complete. Include every little scrap you eat.

Energy	
Digestion	
Cravings and addictions	
Hair and skin	
Mouth, teeth, and tongue	
Body shape and weight	
Posture and breathing	
Mood and emotions	
Relating to others	
Gratitude	
Contribution	

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TODAY AND TOMORROW

Today

We talked about toxins in your environment.

Tomorrow

We'll talk about the toxins in your environment and what you can do about it.

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