

COMMIT TO CHANGE

*'NOURISH 28' – The Clean Eating Plan
Week 1*



Welcome to the 'NOURISH 28' – The Clean Eating Plan. This program has been designed to revolutionise your eating habits and the way you think about food.

You may be here because you just finished my signature detox program and you are looking for the perfect way to transition into the real world of eating.

Or maybe you are here because you're tired of reaching for food for comfort and are ready to learn how to make better choices to experience optimal vitality.

However you arrived here, welcome – you are in the right place!

A handwritten signature in black ink that reads "Sam" with a small "x" mark at the end.

Sam Cannell, Holistic Health Coach

YOU'RE IN THE RIGHT PLACE

This program is four weeks long, and each week you will be learning about different topics that are essential for making life long changes. I am going to share with you tools, tips, and tricks for eating healthily that will last a lifetime. I will take you day-by-day and lead you through the same steps I took to transform my life and my body.

WELCOME

YOUR LIFE IS ABOUT TO CHANGE

This program is a revolutionary four-pronged approach to transformation. What makes it revolutionary? Rather than just giving you a diet, together we are going to get to the bottom of what's holding you back from making healthy choices and living your best life. Diets often don't work because they lead you to focus on what you can't have, making you feel deprived and depressed. By looking at food as deprivation, you put yourself in a negative mindset and set yourself up for failure. Instead, I want to help you align yourself with vitality and a positive mindset in order to make the changes you need in order to feel fantastic!

There is nothing more important than the health of your body. I ask myself and my clients, "If you do not have your health, what do you have?" Feeling good physically is the beginning of creating the life you want to live. We all need energy to accomplish what we want to do, and it is much easier to tune into your intuition and align with your purpose when your body is functioning optimally.

Chances are you are ready to make serious changes. I will be providing you with a four-week chef-created meal plan so you can start experiencing how good it can feel to eat well. But that's just the start. More importantly, I will take you through goal-setting and junk clearing, step by step, so that you can make positive lasting changes rather

than reverting to your old habits at the end of the program.

Let's take this journey together and if you follow the steps, I promise you will not only change your relationship with food for a lifetime, but also instill habits that can help you achieve what you desire in other areas of your life.

You will get to the bottom of what's been blocking you from eating healthily. You will develop new strategies for making better food choices. You will improve your eating habits to optimise vitality – whether you have prepared the food yourself or you are eating out.

You will learn the best meals to fuel your unique body.

You will learn how writing down what you want and creating a vision map can help you reach not only your health goals but achieve other dreams as well.

I am 100% committed to your success, and I want you to be, too. Say this with me or even scream it:

**I AM
COMMITTED TO
MY SUCCESS**

THE PROVEN PROGRAM BREAKDOWN

WEEK 1

Setting the Stage for Success: Commit to Change

WEEK 2

Food Focus: The Good, The Bad and the Ugly

WEEK 3

Putting You First

WEEK 4

Exercise

DURING WEEK 1,
WE WILL FOCUS ON
COMMITTING TO CHANGE

HOW TO ACHIEVE SUCCESS

STEP 1

Visualise the healthy body you want and deserve. Feel what it would be like to wake up every day bursting with energy.

STEP 2

Write down your goals for the next week. Instead of looking at this program over the entire 28 days, let's think **-seven simple days of clean eating**. You can do anything for seven days. And once you experience how great clean eating makes you feel, you'll be less tempted to reach for the junk.

STEP 3

Trust that I am providing you with the tool kit you need for long-term success.

CLEARING OUT THE JUNK

In order to move towards the body and life you envision, we are going to dig deep in week 1.

We are going to clear out the junk that keeps us going back to the junk.

To be successful in this program, you must let go of everything you think about who you are in this world. Forget all the nasty names you say to yourself when you look in the mirror, or maybe when you beat yourself up for ditching the "perfect" diet.

Instead we are going to visualise what life looks like when you are happy, free, and feeling inspired by the foods you put in your body.

Be mindful of the language you use, even when you say something in your head. How much better does it feel to say, "I'd like to lose some weight", or "I'd love to have more energy" instead of phrases like "I shouldn't have dessert" or "I have to go jogging"?

Experiment with adding the word "yet": so rather than saying, "I'm out of shape", try on, "I'm not fit yet... But I'm getting there!"

BELIEVE YOU CAN DO IT

A huge aspect of making life long changes is believing that you can do it and breaking your goals into small, achievable steps.

This program is not a crash diet. This is about making a commitment to your health, disease prevention, and feeling fantastic every second of the day. Take a deep breath right now. Imagine how amazing that would feel in your body, and believe it is possible. Wow, right?

DAY ONE

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SETTING UP YOUR JOURNAL

ELIMINATE YUCKY THINKING

We all experience negative self-talk, but this week we are going to focus on the good.

I'd like you to choose a daily affirmation that resonates with your goals and say it out loud every day.

We are going to commit to the work, why?

BECAUSE YOU DESERVE IT!

Today's assignment is to get a journal!

Maybe you have one, somewhere? Find it. Dust it off. Get a nice pen, make yourself a cup of tea, turn off your phone, and tuck yourself into your favourite spot.

Maybe you have to buy a journal or make one. Don't get bogged down in the details. Just get something to write on and start.

Make sure you are journaling through your entire experience, as journaling is a way to set in motion your new plan and keep the momentum going!

AFFIRMATIONS TO LIVE BY

STEP 1

Say one affirmation per day and write it down in your journal.

BODY YOU DESERVE...

PICK A FEW THAT RESONATE WITH YOU OR USE THEM TO SPARK YOUR OWN IDEAS.

- I lovingly do everything I can to assist my body in maintaining perfect health.
- I release the need to judge or criticise, including and most importantly, myself.
- I love myself; therefore, I behave in a loving and compassionate way towards all people since I know that that which I give out returns to me multiplied.
- I only attract loving people in my world, for they are a mirror of what I am.
- I am open and receptive to all the good and abundance in the Universe.
- Today is a delightful day. All that I desire is coming to me in expected and unexpected ways.
- When my interpretation changes, so does my reality.
- I consciously commit to flexibility and detachment.
- Whenever I notice that I am becoming emotionally attached to a point of view, I take a deep breath and come back to a more centered place.
- I have the ability to accomplish any task I set my mind to with ease and comfort.
- I am willing to attract all that I desire, beginning here and now.
- I have infinite patience when it comes to fulfilling my destiny.

- I am dropping my “story” and rewriting the script to align with my true Self.
- All is well in my world, and I trade love and acceptance with the world.
- I have access to unlimited assistance. My strength comes from my connection to my Source of being.
- The right circumstances and the right people are already here and will show up on time.
- Being myself involves no risks. It is my ultimate truth, and I live it fearlessly.
- I have high self-esteem as I respect and cherish my whole self.
- I am loved.
- May my mind and heart be pure and true, and may I not deviate from the things of goodness. May I see the love and innocence in all mankind, behind the masks we all wear, and the illusions of this worldly plane. May angel's wings be lent to me that I might fly above the noise and turmoil of the world. With every moment's flight, may something beautiful be revealed to me, and become a part of who I am.

HOMework

Your homework this week is to create seven of your own affirmations.

Don't get stuck on this - if ideas aren't flowing yet, star your seven favourites and repeat those the next week!!

“SETTING GOALS IS THE
FIRST STEP IN TURNING
THE INVISIBLE INTO
THE VISIBLE”
TONY ROBBINS

4. Who are the people who may not support you in this program? In your goals? In your mission?

5. What are the events or times of day that trigger your most unhealthy eating choices? Examples include: boredom, the 5 o'clock lull at work, sitting in front of the television, your kids' snack time, arguments with family members... What are you going to do to respond to each trigger with a healthier choice (e.g. take a walk, take 10 deep breaths, have carrot sticks or trail mix ready, etc.)

6. Pick three examples of negative things that you find yourself saying to yourself, particularly as it relates to food or your body. Rewrite them in a positive way. For example, replace "I'm fat and I need to lose weight," with "I love my body just the way it is, and I'm learning healthy habits in order to feel fantastic." Don't just say it, *feel it!*

I want you to get really clear about what this looks like for you so you can actually taste, see, and feel the success, because this is how huge change happens. Connect with this feeling as often as you can during this program. Feeling good is more motivational than beating yourself up over your food choices, and will help you start saying no to the quick pick-me-ups or soothers you've relied on in the past as you notice how they don't make your body feel good after the initial "high".

DAY TWO & THREE

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PUTTING IT ON PAPER

Now we are going to do an exercise in which you write down what success looks like for you by creating a goal setting worksheet.

SUCCESS IS BEST ACHIEVED WHEN WE NOT ONLY WANT SOMETHING BOTH DEEP IN OUR HEART AND IN THE FOREFRONT OF OUR MIND, BUT WHEN WE WRITE IT DOWN!

EVERY DAY YOU ARE GOING TO BE VERY CLEAR ON YOUR INTENTIONS AND YOUR GOALS.

CLARITY COMES WHEN YOU AREN'T ONLY THINKING THESE IDEAS BUT YOU are MAKING THEM a part of your daily ritual.

GOAL SETTING WORKSHEET

LONG-TERM GOALS

This is who you desire to be in three, five or ten years. What does this look like for you? How does it feel?

I want you to dream BIG and have *FUN* with this. Be a kid, do not think like an adult. Adults put limits on their dreams, children don't!

Write down three long-term goals or dreams.

1. _____
2. _____
3. _____

SHORT-TERM GOALS

While your goals above were big dreams, here I want you to start with small, achievable steps so you can get some successes under your belt.

Are these goals around your body? Career? Relationships with your family? Your spiritual life?

Some short-term health-related goals, for example:

- Finding alone time to honour yourself
- Doing your daily affirmations and journaling
- Performing a daily "body check in": Am I feeling nourished? Am I feeling loved? What am I feeling in my body physically and emotionally?
- Drinking your lemon water & healing elixirs
- Replacing your mid-afternoon candy bar with a healthy snack
- Committing to a realistic exercise routine
- Doing something that's fun for you

Write down three short-term goals.

1. _____
2. _____
3. _____

DAY FOUR

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Now let's talk DAILY action, because daily action is where the magic takes place. Day 4 involves integrating the affirmations and journaling we've learned into a daily routine. Start setting your alarm a few minutes earlier and taking the time each morning to check in with yourself. Morning is a wonderfully intuitive time of day, as our minds are bridging between the unconscious sleep mode and the conscious "doing" mode.

If you find yourself making excuses that you don't have the time to do this, examine why you might be avoiding checking in with yourself. Even just a few minutes will reap benefits, and eventually this will become as integrated into your morning routine as brushing your teeth.

You could start by stretching and moving your body in whatever way it wants to move. This doesn't have to be a full yoga practice or workout if you don't have the time; it can be as simple as a few neck rolls, side stretches and a luxurious bent-knee forward bend. Isn't it remarkable that we have to give ourselves permission to do this?

Take a few minutes to close your eyes and breathe. Connect with yourself. Move into your affirmations by either saying them out loud or writing them down. Continue with your journaling now if you have the time so you don't make excuses later in the day. By journaling daily, you are writing down how you envision your new life, gradually changing the picture in your head of what's possible. We are setting the stage for new behaviors, which is essential for lasting results.

We will talk more about how to take care of yourself and put YOU on the top of the priority list in week 3, but for now, keep up with your affirmations and journaling daily.

Tomorrow your assignment will be putting together a vision board. This is a terrific way of SEEING and believing that you are worth every step of positive action you are taking to make your life one huge success.

Today's second assignment is to read through the instructions and gather up your materials so you can put your board together tomorrow!

THINGS YOU WILL NEED:

- Large poster board, corkboard, or foam board, or a bit of wall space. Some people like to have a “moving” map with pushpins; others find the gluing of images symbolically “commits” them to achieving their goals. Do whichever feels better to you.
- A pair of scissors
- Glue and/or tape or push pins
- A stack of magazines and/or printed images from the Internet and photographs from your own life that inspire you to be the best version of yourself. Rich sources of images include magazines focused on health, yoga or travel, but you can find inspiring visuals anywhere.

DAY FIVE

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TAPPING INTO THE POWER OF VISION MAPPING

A vision board, also referred to as a treasure map, is a collection of images that resonate with you and capture the essence of how you'd like to feel. Putting one together is a fun and simple way for you to capture the dreams you have for yourself and your life and allow your subconscious to work towards turning them into a reality. By gathering and displaying these images together, you create a personal reminder that YOU create the blueprint for your life, and you do it on a daily basis.

TO BEGIN YOUR VISION BOARD:

1. Gather your materials (board, scissors, glue, magazines and/or images)
2. Set aside ample time for the selection, cutting down, and gluing of the images
3. Take a few breaths to settle into a space of intuitive awareness. This will allow you to be clearer on your desires and what truly inspires you

TO CREATE YOUR VISION BOARD:

Prepare your working area (floor, desk, kitchen table, etc.) with your materials. Flip through your stack of magazines and rip out images that stir you. Don't think too hard about this and try not to get caught up in the shopping list aspect of what it is you want to bring into your life (like searching for a picture of a specific car for example). Rather, focus more on how the images make you feel. You won't have to use all the images you rip out, so just take what you're drawn to instinctively. You'll be surprised with what your subconscious comes up with!

Include a photograph of yourself as you'd like to feel and/or your name somewhere on the map to "own" it.

Once you have a pile of potential images you're happy with, go through and cut them down to size. Arrange them in a way that you like on your board. Before them gluing down, step back and make sure the board makes your heart leap saying, "Yes!" Avoid using any images that make you feel bad about yourself (like a photo of a waif-like model if it makes you feel unattractive). Rearrange the images until the board feels right.

Once you're satisfied with the layout, glue, tape or pin your images to the board. Put it somewhere you can see it often and spend a little time each day looking at it to connect with the feeling of what it's like to live your dream life!

**NOW, YOU ARE READY TO START
MANIFESTING YOUR REALITY.**

DAY SIX

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CHECK IN WITH YOUR PLAN AND VISION

- Are you getting rid of the negative and replacing your self-talk with positive affirming statements?
- Are you taking the time to check in with yourself daily and journaling about how you want your life to look?
- Are you accomplishing or working towards what you've set out as your short-term goals?
- Is your vision board up and someplace you can see? Are you spending a little time looking at it every day?

Take some time today and do the things you need to do to make these habits easy and doable. Write them in your calendar. Clear off that comfy chair and put your journal there with a pen. Make a commitment to yourself that you aren't going to get yourself stuck this time and you are going to forgive any mistakes and move ahead.

If you have made it through these first steps, congratulations!!!

You are on your way to a **REVITALISEDYOU!**

DAY SEVEN

'Nourish 28' - The Clean Eating Plan

REST & REJUVENATE

You have made huge changes this week!

You are focusing on the positive and letting go of the negative.

You have written goals. Studies show that just by having written goals you increase your chance of reaching them.

You have visualised your success by making a vision board.

You have set yourself up for success, and next week we will focus on how to nourish yourself with food.

Take some time today to rest and relax.

What makes you feel your best? What do you like to do that you don't normally take the time for? Add that back into your day!

Read that book. Take that bubble bath. Do your nails. Spend time with friends. Go for that walk in the park or on the beach. Go shopping. Do NOTHING!

Acknowledge that there are myriad other sources of pleasure than food.

**REWARD YOURSELF FOR BEING
BRAVE ENOUGH TO MAKE SOME
POSITIVE CHANGES!**

See you next week for some education about food that will change your eating habits forever!