

# #MAYtivation

Three years ago I used to religiously listen to Tony Robbins. I would do my makeup, get ready for the day and listen to my man Tony! To be honest with you I haven't listened to his stuff in quite sometime but every now and then I will hear his voice in my head ESPECIALLY when it comes to breaking bad habits. I could hear him saying it right now *"if you have a strong enough WHY then one day it will just CLICK, and you'll stop (or start) doing it"*.

Well that happened to me in April...*Everything started to click*. Before that "click" moment I had lost a lot of motivation due to low iron and health issues. I have become so in tune with my health and fitness that even when the slightest thing is off (*I miss several workouts, too much stress or didn't incorporate enough veggies/herbs*) I start to lose motivation in my life. I was recently watching the documentary HEAL (its on Netflix) and they basically confirmed this feeling I get. In the documentary they spoke a lot about how food and fitness can even effect your mood! You are actually happier when you are eating better, and in movement (working out). Makes sense!

Last year I officially made the decision to live a healthy lifestyle. In theory I was always aiming to be healthy but as time went on from when I started my Youtube channel I gained more knowledge of what "healthy" means to me. I owe a lot of credit to going vegan last year because that got me to eat REAL food and lay low on the processed stuff. Although I am not vegan anymore I still eat a lot of plant based meals and truly appreciate that experience and time in my life.

I watch old videos of mine and cringe at all the artificial sugars, terrible ingredients, store bought food (instead of cooking it) AND SO MUCH CHEESE! I recently had Easter candy and immediately after eating it had the worst headache. I am not saying I don't have those things ever, but its definitely limited. In a way I like that the last 5 years of my life are documented because I can take a look and see how far I have come.

Lets go back to **before** the "click" moment. January to March were stressful on my body. I was weak, tired and had to get so much blood work (to find out what was wrong). I was adding new non vegan foods (like collagen and fish oil), and eventually adding in (fish, eggs and ghee).

Although I was doing the right things for my iron levels I still didn't feel immediately better. When you put in the work you want to see/feel results right away but unfortunately that's not the case. I once read a quote that said "you didn't put on all the weight in 2 weeks, you won't lose it all in two weeks". You can apply that to anything in life not just weight loss. For me, I neglected iron for over a year, and a month of adding things back into my diet wasn't going to drastically change my life. Of course it helped and I would have days I felt super strong, and other days not so much. Even though it was normal to not see immediate results (even my doctor said 3-6 months), I still felt a little "blah". Less creative, less excited to workout, less excited to make dinner at home. I used postmates (its like über eats) a lot more so I was eating (*lets just say not so well*), and snacking late at night. I was working out maybe 2 days consistently a week (some weeks more and some less so well call it 2 days a week on average). I gained 14-15 lbs which on top of everything else and how I was feeling hurt my confidence.

**Finally the click moment! Ahhh April... I LOVE YOU!** Things in April started to get better because I DECIDED TO GET BETTER! I had that Tony Robbins click moment and said *enough!* I have come this far with changing how I eat (growing as many herbs as possible), shopping local organic fruits + veggies, good quality water, vitamins + minerals and daily superfoods!( and NO MORE SPLENDA!). Managing stress by working out (and finding joy in it). I put in a lot of work to become the healthier version of myself and wasn't going to just let it slip away. If you are looking to find that "click" or "spark" and are having trouble, just let it come. I was in the shower and I felt at complete peace. I made one of my fancy showers where I add a little eucalyptus, play spa music and light a candle. In a way it was my form of mediation that day. My mind was blank and everything was calm. Finally I started thinking...what am I doing to my body? Am I fueling it with the proper nutrients? Do I feel tired after eating? Do I workout enough?

Important to note: I asked myself these questions in a kind way. Not beating myself up. More like a mental note or checklist.

Later that day I went to the grocery store and bought fresh food to make dinner. Even Jarod commented on the fact that I was getting motivated again. I also downloaded the SWEAT app so I can workout at home, and joined hot pilates.

At the end of the day you have to do what works for you! And decide what a "healthy lifestyle" means to you. We all have to start somewhere!

For some it may be to quit smoking, or lay low on the artificial sugars. Perhaps starting a workout program that you find joy in. Others may want to start strictly eating home and meal prepping (I am right there with ya!) But ultimately what I hope is for this May challenge to be your start! (if you already started choosing a healthy lifestyle then I hope this is fun and a little reminder to keep it up)!

I will be doing the challenge everyday and if you are too and take pics share with the hashtag

#MAYtivation (like motivation get it lol)

# MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Download or print calendar	2 15-30 min weight training (light weights + resistance bands)*	3 Mid day matcha latte (matcha, oat milk honey)*	4 Meditate outside/ with nature
5 <b>#selfcare</b> Light a candle get cozy & read your book!	6 Use Chard to make lettuce wraps	7 15-30 min fasted cardio (burpees, push ups, jumping jax, dancing)*	8 Bullet Proof Coffee	9 Listen to a podcast on an interesting topic! (real estate investing)*	10 Dark chocolate w/ sea salt + coconut oil!	11 Take a cheat meal or snack!
12 Happy Mothers day to all the mamas! (and dog mamas)	13 Play a peaceful soundtrack (Traditional Japanese music)*	14 make a pitcher of pretty water (mint + lemon)*	15 Try an at home workout!	16 <b>Green Juice:</b> - Celery - Mixed Greens - Lemon - Cilantro	17 <b>Sam's Toast:</b> - Ezekiel Bread - Nut butter - Blueberries - Chia Seeds	18 <b>Turmeric Latte Recipe</b> (Recipe in 5-12-19 video)
19 <b>Healthy Kitchen Staples:</b> - Coconut Oil - Pink Salt - Ceylon Cinnamon - Green veggies - ACV	20 Natural sweeteners only for 24 hours ex. honey, maple syrup <b>NO SPLENDA</b>	21 <b>Sam's Protein Smoothie:</b> - Oat milk -Vanilla protein - Nut Butter - Chia seeds	22 Drink herbal tea after dinner (I like to add fresh lemon)*	23 Eat + drink everything from home today! Ex. cook meals, bring snacks, make coffee	24 <b>Immune Booster Juice:</b> - Carrot - Orange - Ginger - Lemon	25 Wake up make coffee walk for 30 min
26 Buy Local Fruits & Veggies (farmers market)*	27 <b>ACV Shot:</b> - Cap of ACV - Honey - Room temp water	28 <b>No sugar after 12 pm!</b> <b>(limit fruit as well)</b>	<b>Clear Skin Smoothie</b> 29 - Strawberries - Maca - Chia Seeds - Ceylon Cinnamon - 1/2 Avocado - Honey	30 Leg workout (I am doing the SWEAT app)*	31 Reflect on the month! How do you feel? Areas you can approve?	

\* = MY FAVORITE