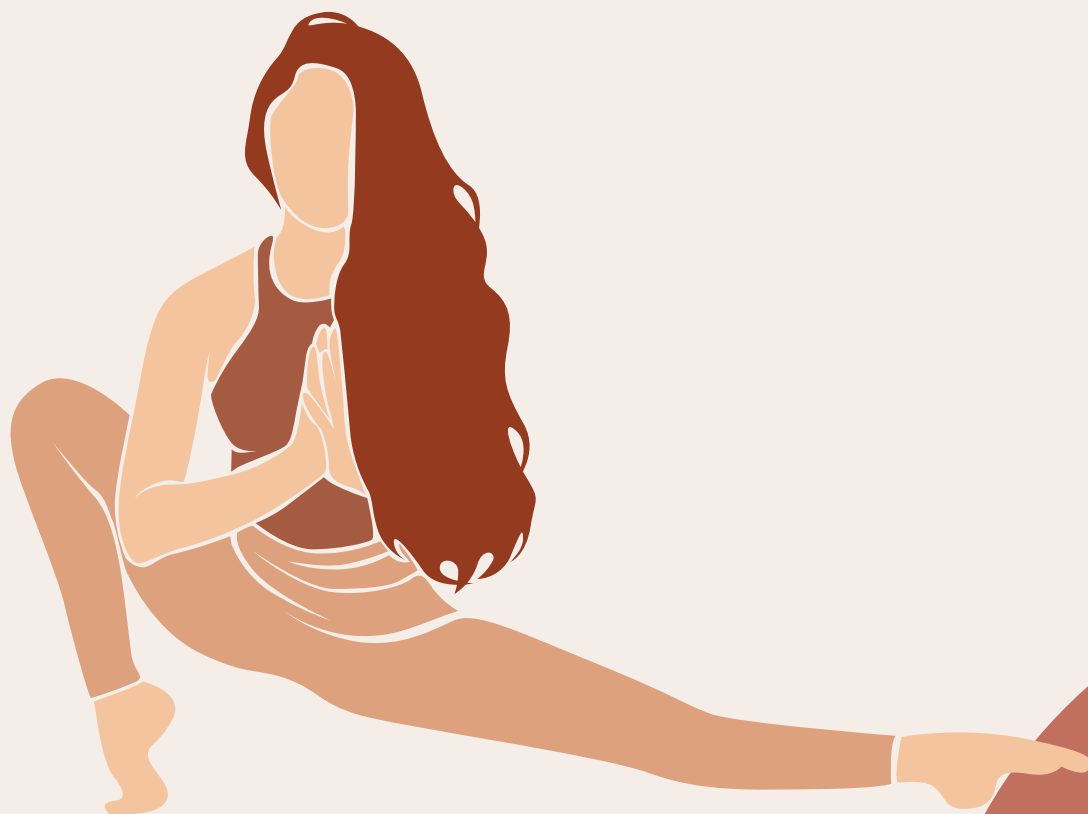




10 Day Grounding Challenge



GlowFigure.com

The Pillars of Health



High Vibe Foods

Routine

Movement

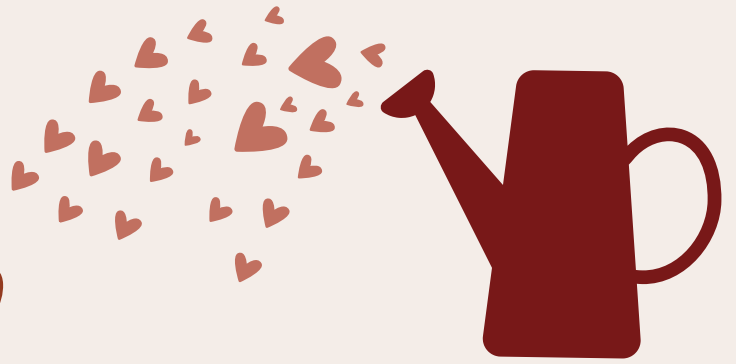
Grounding

Gratitude

Mindfulness



Routine



Eat your meals at the same time each day with your biggest meal at lunch and your smallest meal at dinner. Do not skip a meal.



No snacking in between meals to give your digestion a break and to ignite your metabolism.



Go to sleep and wake up at the same time each day, including on the weekends.



If possible, get movement in before breakfast or by 10 am.



Divide your body weight in half and drink that many ounces of water.



Routine



Wake up

5- 6 am



Movement

6-10 am



Breakfast

7-8 am



Lunch

11- 12:30



Dinner

5-6pm



Bed

9-10pm



No screen time
after 8pm
(tv, phones, electronics, etc)

Gratitude

Spend at least 10 minutes each day giving gratitude to all that you are thankful for.

You can journal your gratitude, and say it out loud or in your head, while on a walk or in nature.

Pick a specific time of day for giving gratitude. If possible, connect it to another task to make it easier. For example, you can do it during a morning walk or when you brush your teeth.

Open your heart to the feeling of love and gratitude while you do this. Really feel the sensation of gratitude deep within your soul.



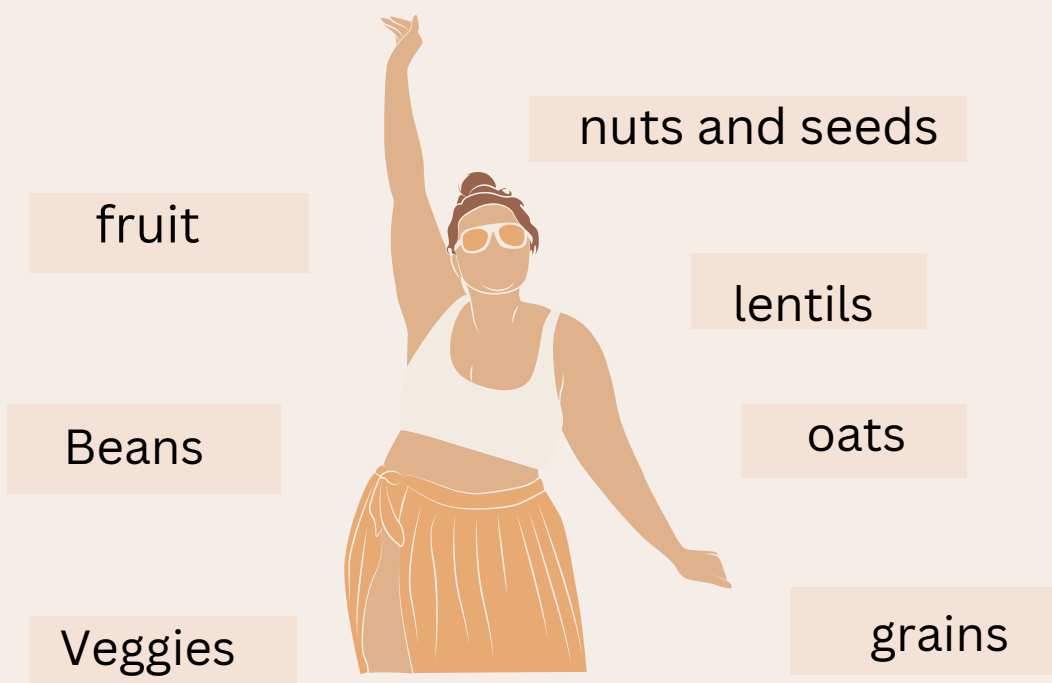
Eat High Vibratory Foods

Consume as many organic plant based whole foods as possible. The majority of each meal should be comprised of these foods. These are high vibratory foods, with fresh fruits and vegetables being the highest.

Vegetables should be cooked whenever possible for easier digestion and nutrient absorption. Choose lightly steamed, baked, or sauted veggies over raw salads.

Allow 4-5 hours between meals with no snacking in between, to increase metabolism and digestive enzymes.

Consume half your body weight in ounces of water daily. Drink room temperature or warm water only. No ice.



Grounding



Spend at least ten minutes each day barefoot on the Earth.



You will receive a host of health benefits including improved sleep, focus, decreased inflammation, and improved moods.

Use this time to eat your meals, meditate, journal, give gratitude, practice breathing techniques, or simply enjoy nature.

Mindfulness



Create space for Mindful Reflection. At least five minutes each day. You can meditate or journal.

This can be a guided meditation, candle meditation, walking meditation, or any other form that calls to you. Choose a time of day that will be easiest for you and commit.



Movement



Get at least 15 minutes of movement in each day.



Ideally between the hours of 6am -10am to align with your circadian rhythm for optimal digestion and to improve your sleep.

A light walk, yoga, dance, or any other movement that feels good to your body. It does not have to be strenuous. It should be any movement that is fun for you.

Your Daily schedule



Create your own schedule using the template provided.
Post it on the fridge, the background of your phone, and set
alarms to help you remember.



Include set times for the following:

Wake up

Movement

Breakfast

Lunch

Dinner

Meditation

Gratitude

Turn off electronics

Grounding

Bed time.

My Schedule



Day 1: Journal Prompt



Why are you doing this challenge?
What is your goal ?



How will you know when you have
achieved it?



What will you say, think, feel, and be
doing when you have achieved this goal?



Day 2: Journal Prompt



What is the one thing you don't want to do,
but know you must do, in order to
complete your goal?



Day 3: Journal Prompt



What limiting beliefs do you hold that are keeping you from achieving your goal?



Day 4: Journal Prompt



How is your physical environment helping you or hindering you from reaching your goal?



Day 5: Journal Prompt



How are your food choices impacting your energy levels and how you are feeling? Are they energizing you?



Day 6: Journal Prompt



What is your relationship with screen time and how is it helping or hindering your goals, sleep, and other areas of your life?



Day 7: Journal Prompt



What are the ten things you value most
in the area of health?



Day 8: Journal Prompt



What would your life look and feel like if you woke up each morning with a feeling of clarity, lightness, and energy?



Day 9: Journal Prompt



What habits do you have that are not in alignment with your goal?



Day 10: Journal Prompt



What has been the hardest part of this challenge for you?



How do you feel after completing this challenge?



What part of the challenge was most beneficial for you?



How did you feel after completing the challenge?



Grounding Recipes

Bomb-As- Fuck Oatmeal

Serves 4

1.5 cup of organic oats

2 ripe bananas smashed

1/2 tsp of cinnamon

3 cups of water

1/2 cup of apple sauce

Combine all ingredients except the apple sauce, in a rice cooker or on stove top. Cook until done (20 minutes). Stir in apple sauce and top with desired toppings.

Toppings:
Chopped nuts
Dates
raisins
apricots



Grounding Recipes

Comforting Kitchari

Serves 4

1 cup organic white basmati rice

1 cup Yellow Split Mung Dal

8 cups of water

1 Tbs Ghee

Salt to taste

1/2 Tbs Curry Powder or Cumin

Combine all ingredients in a pot on the stove top. Bring to a boil and then reduce to low and cook until water is absorbed and consistency is mushy. About 20 minutes. Garnish with lime and cilantro



Grounding Recipes

Warm Fall Salad

Spinach

Oven roasted or steamed Beets

Oven roasted Sweet Potatoes

Dried Cranberries

Pecans

Balsamic vinegar

Olive oil

Throw that shit together and thoroughly enjoy. Add some goat cheese to make it a real party.



Additional Resources

Interested in learning more about the science behind changing your schedule and diet to leave you feeling grounded, energized, healthy, and full of life?

I recommend reading the book
"Change Your Schedule, Change Your Life"
by Dr. Suhas Kshirsagar

Want to feel even more grounded, energized, and mentally and emotionally free? Try 1:1 mindset coaching with me.

Email me at glowfigurecoaching@gmail.com

For your free discovery call to see how you can transform your life today.

