

THE GOURMET GUIDE TO

BEST
Life-ing

WORKBOOK



Welcome from Julia

Hi mate,

My name is Julia Brodska, and I'm going to be your 'best life-ing' guru in this wonderful journey that you have decided to take. Firstly, I want to say thank you for giving my team and I here at Juu's Kitchen the opportunity to be a part of your transformation. This is what we love to do, and are tremendously passionate about. So you've made a great choice. We can't wait to share the 'Gourmet Guide to Best Life-ing' with you! I have tremendous respect for you, the person wanting to change and elevate yourself. I've been in your position, and I truly know how hard it can be to get started and make real lasting change in your life. I'll share with you my story soon. But helping you get started achieve your health goals, create lasting change and fall in love with the process is my absolute dream and my number one priority, which is why I've put together this whole entire course. And I want to be able to help you with everything you need to succeed along the way. Here Juu's Kitchen we don't believe in crazy diets and extreme workout regimes. We believe in self indulgence tempered with modern minimalism to create long lasting and sustainable change. We want you to grow as a person, physically, mentally, and especially happily! Aside from the six modules loaded with heaps of awesome content that we've spent years developing. I've also scoured the earth to bring together this incredible team of industry experts to share their personal stories, their 'rock bottom' moments and their triumphs to get to their version of best life-ing. We have a team of health experts from the medical industry, personal trainers, nutritionists, authors, and business owners bringing you their collective knowledge. Sharing their mistakes, and the tips and tricks that you need to achieve your goals. I'm super excited that you've chosen to work with us. And if you haven't purchased the premium package already, that's okay. You too can have one-on-one access to anyone in our team anytime in the first month by upgrading your package. All you need to do is email me directly at julia@brosellsolutions.com to upgrade and I'll sort it all out mate! Alrighty, now let's get straight into the reason why we're all here. Let's get you onto the journey into the Gourmet Guide to Best Life-ing!

- Julia & the team!

What is this Workbook?

This workbook is a resource guide to the GGTBL course and contains resources and relevant documents that can be used to achieve your health goals. If you have not signed up already, please find the information for the course below!

For the course and VIP guided assistance please sign up for our course at this link:

<https://juuskitchen.thinkific.com/courses/vip-ggtbl>

If you would not like to be a VIP member with access to the course without support from our Nutritionists, PTs and Best Life-ing coach then please sign up here:

<https://juuskitchen.thinkific.com/courses/GGTBL>

IMPORTANT CONTACTS!

**INSTAGRAM:
@BESTLIFE.ING**



**FACEBOOK:
@BESTLIFEING.SELFHELP**

**TWITTER:
@BESTLIFEING**



Our team is dedicated to making sure you succeed. If you have any questions or suggestions please email me directly at julia@brosellsolutions.com and I will get onto it as soon as possible. We aim to solve all problems within 24-48 hours.

Here are some things you may want to reach out about:

- Technical issues**
- If there is something you don't understand or need help navigating our website**
- Support from an expert: medical industry, nutritionist, personal trainer, content trainer or me (Julia)**
- Any other questions or suggestions you may have.**
- Any problems, complaints or issues you are experiencing with the program**

Your Gourmet Guide to Best Life-ing Journey

Best Life-ing: Learn all about the 7 Areas of Life, how to overcome beliefs that limit you, live your dreams and feel fulfillment in all areas

Paperback & e-book: Available on all platforms, or ask at your local book store.

The 7 Areas of Life in Depth

Online Course: Best Life-ing

you are here!

Physical: The Gourmet Guide to Best Life-ing Program

Relational

Spiritual

Social

Vocational

Financial

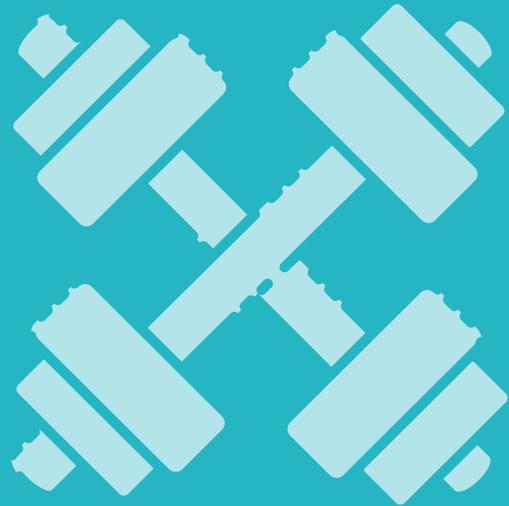
Intellectual

PHYSICAL AREA OF LIFE:

The Gourmet Guide to Best Life-ing

What will you get out of this workbook?

- + Set clear goals around weight management
- + Learn how to achieve your goals
- + Anticipate obstacles and challenges
- + Build mental strength
- + Make it a sustainable way of life
- + Love the process of simply being



Each stage should take one week - write down your dates below each one to help plan and track your journey!

Stage 1:
Intro and Planning

Stage 2:
Understanding foundations
& getting into meal
prepping

Stage 3:
Figuring it out and
putting it all together

Stage 4:
Planning and putting
it into action

Stage 5:
Getting in control of
your mind

Stage 6:
Preparing to do it on
your own

OUTCOMES:

- + Lose/gain the weight you set out to & achieve other performance measurements from initial plan
- + Love your new healthy life

THE SKY IS THE LIMIT!

How to Use this Workbook

This workbook is designed to supplement the course.

Follow the workbook along with the course and keep an eye out for activities to complete as you go along!

Our worksheets are divided into chapters and follow the course chronologically.

You will notice that not every module has a worksheet attached but each worksheet is designed to encourage you to think more meaningfully about the course and how it can relate to you on a more personal level.

CATCH UP WITH MY COACHES PLANNER

Welcome!

Please make use of this sheet to plan your coaching sessions with your Best Life-ing coaches over the next six weeks.

Coach Name	Date	Time

**Best Life-ing
Planning Sessions**



**Weekly Fitness
Coach Catch-Up**



Coach Name	Date	Time

Coach Name	Date	Time

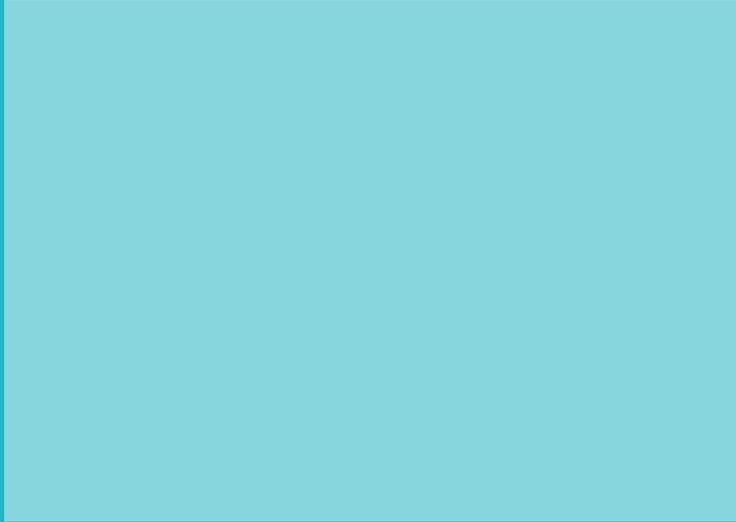
**Weekly Nutritionist
Catch-Up**



GUIDED WORKSHEET

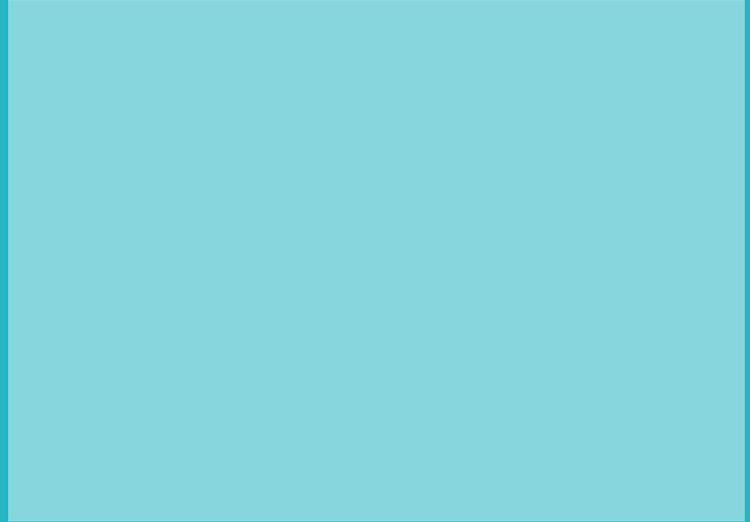
Negative

What negative outcomes are you worried about?



Positive

What good outcomes do you want?



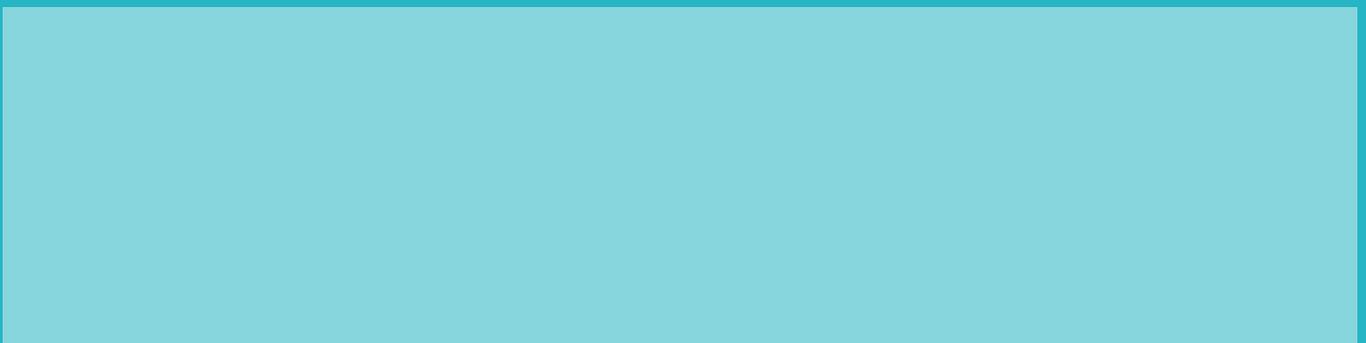
Think

Who are some inspiring people that have overcome failure or limiting beliefs?



Consider

We have all failed before - consider a time in your life when you failed and describe something positive that came out of it.



Chapter One

Welcome to the GGTBL e-Course!



"If it's not challenging you, you're probably not growing. When you get tired, learn to rest not quit."

- Banksy

Week 1 Checklist

Use this checklist alongside the course to make sure that you've made the most of the information and activities that we have provided for you!

- o Signed and hung up 'Pledge to Yourself'**
- o Welcome video watched**
- o Bookmarked course page**
- o Downloaded Zoom (if premium)**
- o Scheduled your first coaching call by replying to email using Calendly link in the signature**
- o Completed the Best Life-ing Goals Questionnaire during your one-on-one Welcome Call**
- o Read Program Overview and Orientation**
- o Read through workbook instructions and introduction**
- o Completed 'Let's Get to Know You' Form**
- o Completed first 1-hour Best Life-ing Clarity Call**
- o Downloaded Resources to Get You Started**
- o Completed all Chapter One modules**
- o Completed the first Learning Check quiz**
- o Completed Weekly Coaching Call (VIP only)**





CONTRACT WITH MYSELF

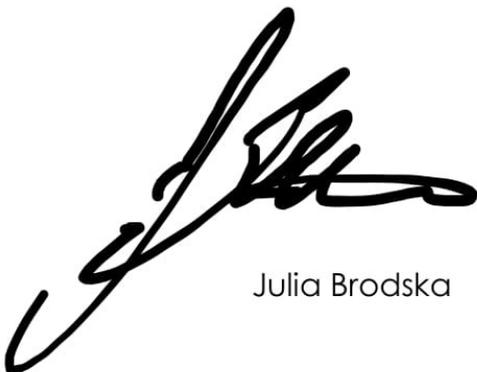
I hereby commit to my health goal of achieving _____ and in doing so, will put forth my best effort in the 'Gourmet Guide to Best Life-ing' Program. I understand that achieving this goal will require me to:

- Take massive action towards my success
- Work hard consistently and with great momentum
- Be accountable to myself and my fellow members inside the community
- Follow the proven JK framework to reach my health goal

By signing below, I'm committing myself to at least one hour per day of focused work for the next 3 months, so that I can complete the program, and implement the things I have learnt.

With Julia's signature below, I know that the JK team will provide the support and guidance needed for my success – and if I ever run into any problems, all I have to do is ask for help by emailing contact@brosellsolutions.com

Here's to the start of my best life-ing journey!



Julia Brodska

Name & Signature

"THE GAME HAS ITS UPS AND DOWNS, BUT YOU CAN NEVER LOSE FOCUS OF YOUR INDIVIDUAL GOALS AND YOU CAN'T LET YOURSELF BE BEAT BECAUSE OF LACK OF EFFORT."
MICHAEL JORDAN

Chapter One

First Best Life-ing Clarity Call!

When is your Clarity Call taking place?

Think

What do you want to get out of this call?

Positivity

What positive outcomes did you experience from this call?

To Work On

After this call, what you think you need to work on?

Chapter One

How the Course Works

Chapters and Modules:

- Each of the six chapters contains several modules: these may include videos, written format, PDFs, screenshots, images and other attachments. Please be sure to go through and complete all chapters within the module before moving on.
- At the end of each module, there will be a call to action and/or quiz to test your understanding

How to Download and Use Zoom (for VIP members)



- To prepare for your Welcome Call and Coaching Calls, you'll want to download an app called Zoom.
- Zoom is an app (similar to Skype) that allows us to connect with you online for free! You can download Zoom onto your computer, phone, or iPad
- To prepare for your Zoom calls, please do the following: Sign up for zoom here: <https://zoom.us/signup>
- You will receive a confirmation email every time you book a Welcome Call or a Coaching Call. Inside of that confirmation email will be a Zoom meeting link. Click on the Zoom link a minute or two before your scheduled call, and we will add you into the Zoom meeting at the scheduled meeting time.
- Join a test meeting on Zoom by going to this link: <https://zoom.us/test>



Chapter One



Are You Ready to Continue?

Put a tick or a cross by each answer and evaluate your response. Go back to the course if you need to!

- Have you completed all of the sections and watched all of the videos in this chapter?
- Is your contract with yourself signed and stuck up somewhere you will see it every day?
- Is Zoom set up? And your welcome call completed?
- Have you written down your 100 reasons for a big enough why?

Chapter One

VIP Best Life-ing Coaching call



Think

What do you want to get out of this call?

Positivity

What positive outcomes did you experience from this call?

To Work On

After this call, what you think you need to work on?

Chapter Two

Developing Meal-Prep Foundations



"Cook once, eat all week."

- Cassy Joy Garcia

Weekly Review

Look back on last week and think about how you would respond to the following questions. Feel free to discuss your answers in more depth during your coaching call!

What did you do well last week?

What could you have done better?

Week 2 Checklist

Use this checklist alongside the course to make sure that you've made the most of the information and activities that we have provided for you!

- o Reviewed Chapter Overview & Learning Outcomes
- o Completed all Chapter Two modules
- o Completed the Learning Check quiz
- o Completed the Self Assessment
- o Celebrated with something from your celebration list!
- o Completed Weekly Coaching Call (VIP only)



Chapter Two

Common Obstacles in Meal-Prep

In Julia's video you will have heard six common obstacles that prevent people from getting into meal-prep. On this page you can put a big cross through each of these excuses and then continue with the course! The first has been done for you.

~~It's all too hard~~

Meal-prep is boring grilled chicken with mushy vegetables, I want more flavor in my food

I don't have time

I hate eating old food

I hate eating the same boring batch of food all week

I don't know how to cook

Chapter Two

The Three F's in Physical

Feelings account for a massive 50% of the physical area of life, 40% is food, and 10% is fitness. Using the example below, fill in your own Three F's in Physical table to help guide yourself.

Component	Nourish	Exercise
Feelings	Speak kindly to and about yourself	Meditation or silence
Food	Eating more fresh produce	Cooking your own meals
Fitness	Staying consistent in your training	Resistance training in the gym

Component	Nourish	Exercise
Feelings		
Food		
Fitness		

Chapter Two

Task Area 2: Purchase

Use these tips next time you plan your shopping and tick them off this page as you do!



Bring your list and highlighter.
Highlight each item off your
list as you pick it up.



Watch out for the up-sells.
Sometimes they do not actually
work out cheaper and you may
not use the product before their
shelf life ends.

Buy in bulk, but only if it
makes sense.

Avoid shopping during
peaks

Meal-prep day does not have to be
Sunday. Use the tips in the video if
you'd like to prep on a different day

Do additional mini-shops throughout
the week for faster grocery shops and
fresher ingredients

Chapter Two

Task Area 4: Polish

Try using each of these methods whilst meal-prepping this week and tick them off as you go along!



Buy disposable trays, plates etc. for cooking and roasting.

Store cooked foods in the containers that you will use for meal prep, then reuse the same containers when assembling the final product.

Reuse the same pots and pans. Soak them in hot soapy water between uses.

Boil a cup of water with lemon juice in a microwave safe bowl for five mins, then allow to sit inside for an extra two minutes. This will help make it easier to wipe the food scraps stuck on the inside

Use baking paper for roasting – Line your trays first and they will be much easier to clean.

Work with a clean cloth and towel nearby to assist with the clean as you go

Put ingredients away as soon as you use them

Start with a clean kitchen

Start from the top – no matter what you are cleaning always work your way down from top to bottom

Chapter Two

Reading a Nutritional Label

Try your hand at identifying each part of the label below! Learning how to interpret these will save you hours of time at the supermarket in the long run. If you're struggling, refer back to the module on this in the course.



1 **2** **3** **4** **5** **6**

INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, MODIFIED CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, CALCIUM CARBONATE, TRIPOTASSIUM PHOSPHATE, CANOLA AND/OR RICE BRAN OIL, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D, NATURAL ALMOND FLAVOR, WHEAT FLOUR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. CONTAINS ALMOND AND WHEAT INGREDIENTS.

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Exchange: 1½ Starch
 Exchange calculations based on the Exchange Lists for Meal Planning. ©2003 The American Dietetic Association, the American Diabetes Association.

Nutrition Facts
 Serving Size ¼ cup (28g)
 Servings Per Container about 17

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	2%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 3g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	20%
Magnesium	8%	10%
Zinc	25%	30%

*Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 250mg sodium, 320mg potassium, 28g total carbohydrate (15g sugars) and 7g protein.
 **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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 CLIFTON, NJ, 07011
 www.sunbestnatural.com

STORAGE TIPS:
 *For longer lasting product, refrigerate for up to 16 months.
 *Product must be stored in an airtight sealed bag to maintain freshness and avoid humidity, moisture and external flavors.

1.

2.

3.

4.

5.

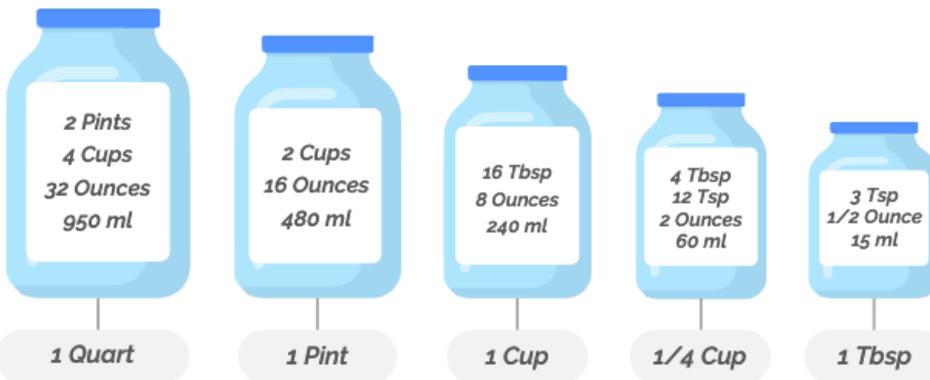
6.

Chapter Two

Kitchen Conversion Chart

KITCHEN CONVERSION CHART

How to Easily Convert Units of Measurement



Cups and Quarts



VOLUMES

A Pinch	-	1/16 Tsp
A Dash	-	1/8 Tsp
1 Tsp	-	5 ml
1 Tbsp	-	15 ml
1 Cup	-	240 ml

Volumes by Weight

1 Pound

454 Grams
3 1/2 Cups Flour
2 1/2 Cups Sugar



TEMPERATURE

212°F	-	100°C
225°F	-	110°C
250°F	-	130°C
275°F	-	140°C
300°F	-	150°C
325°F	-	170°C
350°F	-	180°C
375°F	-	190°C
400°F	-	200°C
425°F	-	220°C
450°F	-	230°C
475°F	-	240°C

Volumes and Temperature



Cup

1/4

1/3

1/2

2/3

3/4

1



Tablespoon

4

5

8

11

12

16



Teaspoon

12

16

24

32

36

48

Cups, Tbsp and Tsp



Chapter Two



Are You Ready to Continue? Put a tick or a cross by each answer and evaluate your response. Go back to the course if you need to!

- Do you understand the 6 common obstacles and how to overcome them?
- Do you understand the roles that food, fitness & feelings play in your health goals, outcomes and strategies?
- Can you manage your food, fitness & feelings routines in a positive and sustainable way?
- Do you recognize the meal-prep elements?
- Can you plan meal-prep?
- Can you purchase meal-prep effectively?
- Can you meal-prep using simplified methods?
- Do you enjoy the process of all areas of meal-prepping?

MOST IMPORTANTLY:

- Do you feel ready and excited to implement the things you have learnt in Module 2?

Please make sure you are 100% confident and ready before moving on. If there is something that you feel like you are unsure of, please review the modules and videos or reach out for help.

Chapter Two

VIP Best Life-ing Coaching call



Think

What do you want to get out of this call?

Positivity

What positive outcomes did you experience from this call?

To Work On

After this call, what you think you need to work on?

Chapter Three

Time, Energy, Health and You



**"It's not selfish to love yourself,
take care of yourself and make
happiness a priority. It's necessary."**

- Mandy Hale

Weekly Review

Look back on last week and think about how you would respond to the following questions. Feel free to discuss your answers in more depth during your coaching call!

What did you do well last week?

What could you have done better?

Week 3 Checklist

Use this checklist alongside the course to make sure that you've made the most of the information and activities that we have provided for you!

- o Reviewed Chapter Overview & Learning Outcomes
- o Completed your Time Analysis activity
- o Completed your Time and Energy Wasters activity
- o Downloaded Bonus Resources and Learning
- o Completed all Chapter Three modules
- o Completed the Learning Check quiz
- o Completed the Self Assessment
- o Celebrated with something from your celebration list!
- o Completed Weekly Coaching Call (VIP only)



Chapter Three

Time Analysis Activity

After completing the time analysis activity, fill in your results below!

Spare Time

How many hours of spare time did you find?

Spare Time

Did this number surprise you?

Think

If you have hours spare, write down how you intend to use them. If, surprisingly, you don't then write down ways in which you can free some more time if you need it!

Chapter Three

Energy Management Activity

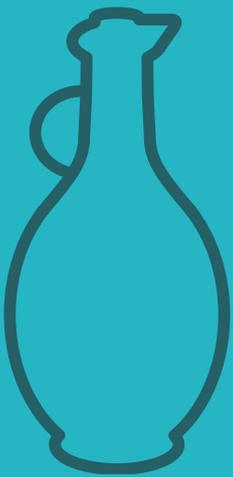
Try to identify seven of your 'energy wasters' in the column on the left and then offer yourself an alternative on the right

Time Waster	Alternative

Chapter Three

Taste the Difference Activity

Try varying or adding a new food from our Taste the Difference module and put a line through each new one you try! Refer back to the course for the best pairings



Oils:

- Olive oil
- Sesame oil
- Walnut oil
- Avocado oil



Hot Peppers:

- Habanero
- Jalapeno
- Bird's Eye
- Serrano



Vinegars:

- Apple Cider Vinegar
- Malt Vinegar
- Balsamic Vinegar
- Herb-infused Vinegar



Herbs and Spices:

- Turmeric
- Saffron
- Chives
- Tarragon
- Star Anise

Chapter Three

Alcohol Calorie Infographic

Wines, Beer and Cider

WHITE WINE 5 oz. 120 kcals	RED WINE 5 oz. 125 kcals	CHAMPAGNE 5 oz. 106 kcals	BEER 16 oz. 215 kcals	CIDER 16 oz. 210 kcals
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Shots

VODKA 1.5 oz. 96 kcals	RUM 1.5 oz. 96 kcals	TEQUILA 1.5 oz. 104 kcals	JÄGERMEISTER 1.5 oz. 155 kcals
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Common Cocktails

MIMOSA 2.5 oz orange juice = 35 kcals 2.5 oz. champagne = 53 kcals Total = 88 kcals	OLD FASHIONED 1.5 oz whiskey = 105 kcals Dash bitters = 4 kcals Cube sugar = 9 kcals Total = 88 kcals	VODKA TONIC 1.5 oz vodka = 96 kcals 4 oz tonic = 40 kcals Total = 136 kcals	
RUM & COKE 1.5 oz rum = 69 kclas 4 oz. coke = 46 kclas Total = 142	GIN & TONIC 1.5 oz tonic = 110 kclas 4 oz tonic = 40 kclas Total = 150	GIN MARTINI 2 oz gin = 146 kclas 5 oz. Vermouth = 15 kclas Total = 161	DARK & STORMY 2 oz rum = 128 kclas 3.5 oz ginger beer = 44 kclas Total = 172

Chapter Three

Are You Ready to Continue? Put a tick or a cross by each answer and evaluate your response. Go back to the course if you need to!

- **Understand the difference between time & energy management?**
- **Have successfully analyzed your time and identified opportunities and/or wasted hours?**
- **Have an awareness of your personal time & energy wasters, and have the plan & ability to shift your focus to something else?**
- **Understand the 'Time Quadrant Matrix' and how to prioritize by urgency and importance?**
- **Understand where in Time Matrix Quadrants your tasks are positioned?**
- **Recognize the meaning and significance of 'perfection'.**
- **Learned to strive for progress instead of perfection to maximize productivity?**
- **Understand how to better manage your energy?**
- **Understand how to create a strategy to achieve your goals that is sustainable, enjoyable and challenging (in a good way of course!), using planning, energy management, and staying in Quadrant 1 as often as possible?**

MOST IMPORTANTLY:

- **Do you feel ready and excited to implement the things you have learnt in Chapter 3?**

Please make sure you are 100% confident and ready before moving on. If there is something that you feel like you are unsure of, please review the modules and videos or reach out for help.

Chapter Three

VIP Best Life-ing Coaching call



Think

What do you want to get out of this call?

Positivity

What positive outcomes did you experience from this call?

To Work On

After this call, what you think you need to work on?

Chapter Four

Goals, Challenges and Good Food



**"Your goal should scare you a little
and excite you a lot."**

- Joe Vitale

Weekly Review

Look back on last week and think about how you would respond to the following questions. Feel free to discuss your answers in more depth during your coaching call!

What did you do well last week?

What could you have done better?

Week 4 Checklist

Use this checklist alongside the course to make sure that you've made the most of the information and activities that we have provided for you!

- o Reviewed Chapter Overview & Learning Outcomes
- o Planned your No Meat Day/Meal
- o Completed your Goal Setting Worksheet
- o Completed all Chapter Four modules
- o Completed the Self Assessment
- o Celebrated with something from your celebration list!
- o Completed Weekly Coaching Call (VIP only)



Chapter Four

Significant Saviours

Take a look at the Significant Saviours module and think about what your go-to meals, must-have foods and must-have equipment are. Use the writing blocks below to help with this exercise!

Go-to Meals

E.g. Five-spice curry



Must-have Foods

E.g. Avocados



Must-have Equipment

E.g. Food mixer



Chapter Four

Overcoming your Exercise Obstacles

Take a look at the Overcoming Obstacles module, and then take some time to craft your own response to these ten common exercise obstacles! Refer back to this page to keep yourself on track whenever you feel yourself making an excuse.

1. I don't have enough time to exercise...

6. I'm not athletic...

2. I think exercise is boring...

7. I've tried to exercise and failed...

3. I'm self-conscious about how I look...

8. I can't afford health club fees...

4. I'm too tired to exercise after work...

9. I'm afraid I'll hurt myself if I exercise...

5. I'm too lazy to exercise...

10. My family doesn't support my efforts...

Chapter Four

SMART Goals

SMART goals are focused, specific goals which are easy to achieve once you've decided on them and visualised them! Think of one of your top goals and fill in this page to set your first one.

S Specific – be clear about what the goal is

M Measurable – how will you measure this goal?

A Attainable - make sure your goal is realistic and healthy

R Relevant – is your goal worthy of your life?

T Time-bound – when will you achieve this goal?

Chapter Four

Goal Competition Exercise

In this section we are going to put your goals through a competition: start off by writing down 25 goals below.



Once you've written your 25 goals down, circle your TOP 5 and then proceed to the next page.

Chapter Four

Goal Competition Exercise Part 2

Write down your five top goals that you circled on the previous page.

1.

2.

3.

4.

5.

Take a look at the 'Goal Competition' module - these are the only five goals you should be focusing on! Once these are achieved, you can repeat the exercise with your next five.

Chapter Four

Good Food Guide



Try using these healthy substitutions as you cook and cross them off as you go - refer back to the course for more tips!

1. Egg White / Whole Egg

2. Wild Rice / White Rice

3. Applesauce / Oil

4. Plain Yoghurt / Sour Cream

5. Almond Milk / Milk

6. Zoodles / Noodles

7. Water / Soft Drinks

8. Cauliflower Mash / Potato

9. Popcorn / Chips

10. Sorbet / Ice Cream

Chapter Four

Plan Your Non-Meat Meals!



Try using these five ingredients instead of meat. Tick them off as you prepare for your non-meat meal (or day!)

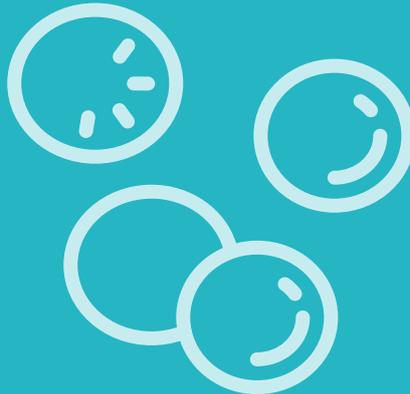
Falafels



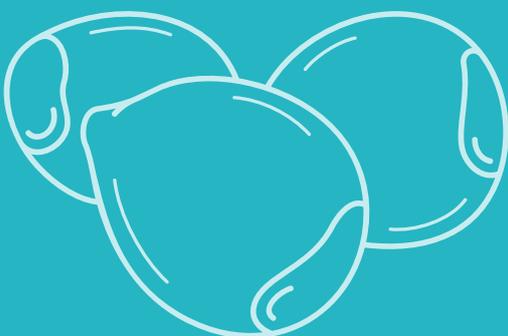
Legumes



Lentils



Nuts



Eggs



Chapter Four

Are You Ready to Continue? Put a tick or a cross by each answer and evaluate your response. Go back to the course if you need to!

Understand the common obstacles and how to overcome them
Understand and have the resources available for healthy gourmet meal prepping

Have a plan for overcoming the roadblocks and obstacles ahead
Understand FAST & SMART Goals

Have the ability to set goals, and have goals set of your own
Be well prepared for upcoming holiday seasons

Understand and have a plan on how you will stay consistent
The ability to substitute foods for healthier versions/ options

MOST IMPORTANTLY:

- Do you feel ready and excited to implement the things you have learnt in Chapter 4?**

Please make sure you are 100% confident and ready before moving on. If there is something that you feel like you are unsure of, please review the modules and videos or reach out for help.

Chapter Four

VIP Best Life-ing Coaching call



Think

What do you want to get out of this call?

Positivity

What positive outcomes did you experience from this call?

To Work On

After this call, what you think you need to work on?

Chapter Five

A Divine Side of Meal-Prep



**"The body achieves what the mind
believes."**

- Napoleon Hill

Weekly Review

Look back on last week and think about how you would respond to the following questions. Feel free to discuss your answers in more depth during your coaching call!

What did you do well last week?

What could you have done better?

Week 5 Checklist

Use this checklist alongside the course to make sure that you've made the most of the information and activities that we have provided for you!

- o Reviewed Chapter Overview & Learning Outcomes
- o Started a simple meditation practice
- o Completed Emily's Mini Yoga Routine
- o Completed all Chapter Five modules
- o Completed the Self Assessment
- o Celebrated with something from your celebration list!
- o Completed Weekly Coaching Call (VIP only)





Chapter Five



Intuitive Eating

Add the missing words at the bottom into each of these sentences – refer back to Cydni's video on this topic if you're stuck!

Reject the _____ mentality! _____ your hunger!

Make _____ with food! _____ the food police!

_____ your fullness! Discover the _____ factor!

Respect your _____ _____ – feel the difference!

Honor your _____ without using food!



SATISFACTION

CHALLENGE

HONOR

FEELINGS

PEACE

BODY

DIET

RESPECT

EXERCISE

Chapter Five

Build Your Appreciation Empire

Here are four simple things that you can do to help you build your own 'appreciation empire'. Come back every day for a week and tick these off as you go!

Journal for 10-20 minutes



Carry a 'gratitude rock' in your purse/bag



Tell at least one person that you're grateful for something



Stick up gratitude post-its



Chapter Five

Start Your Own Meditation Practice

Here are some steps to starting your simple meditation practice. Make sure that you understand them before undertaking your next meditation session.

1. Find a quiet and comfortable place, close your eyes and count your breath.
2. There's no such thing as getting it wrong, The whole point is to see the thought, and then get rid of it by going back to your breathing.
3. Be patient with yourself. It takes time. Meditation is a skill that needs to be learned and practiced like any other!
4. Give your mind a break often, at least once a day. Take at least ten minutes per day for the next 30 days and notice the difference in how you feel.
5. Time is an illusion. Nothing can ever happen in the "past" or the "future."
Life always happens in the 'now'.
6. The best way to measure your success is by the level of peace you feel within. Ask yourself, "Do I feel good, calm and happy at this very moment?"

Chapter Five

10 Minute Yoga Routine

Perform Emily's 10 minute yoga routine every day this week and then on a scale of 1-10 in the boxes rate how much you agree with the following statements:

- I can focus better on the present through postures and balance
- My mind feels calmer
- My joints and muscles feel stronger and more flexible
- I feel like I am becoming part of a positive and encouraging community
- It isn't too strenuous and I feel that I can go at my own pace
- I don't feel like I am competing with anybody
- The more I practice the better I feel
- I feel like I have better circulation & blood flow, cardiovascular and circulatory health.
- I am sleeping better and feel more rested, energized and focussed.
- I have increased body awareness, and the ability to recognize how I'm feeling mentally and physically.

Chapter Five

Presence and Multitasking Activity Part 1 of 2

First think of a 2 sentence paragraph. It can be anything (or you can use my example). I'm going to write: 'Hello, my name is Cydni and I am really looking forward to achieving all my goals and dreams in life. I know that by being present and grateful, I will get closer to this goal every day.'

NOW SET A 60 SECOND TIMER.

What you will do is split your page in half, and on the top half, write your paragraph, while on the bottom half write the alphabet. But, in this activity you are going to only write one letter from each section at a time. For example, first I'll write 'H' for 'hello' on the top half, then 'A' for the first letter of the alphabet like this. When you're ready, set your timer and begin!

H...

A...

Chapter Five

Presence and Multitasking Activity Part 2 of 2

We're going to do the same activity but this time, you will write the whole paragraph on the top box and then the alphabet in the bottom box, just one at a time.

AND GO!

I bet you were able to achieve alot more this time, am I right?

Almost every time we do this exercise people realize that there is no such thing as multitasking - you're always better off focusing wholly on one thing at a time.

Chapter Five

VIP Best Life-ing Coaching call



Think

What do you want to get out of this call?

Positivity

What positive outcomes did you experience from this call?

To Work On

After this call, what you think you need to work on?

Chapter Six

**Taking the Steps to Best Life-ing in the
Physical Area of Life**



**"Don't just talk about it, be about
it."**

- Even T. Cook

Weekly Review

Look back on last week and think about how you would respond to the following questions. Feel free to discuss your answers in more depth during your coaching call!

What did you do well last week?

What could you have done better?

Week 6 Checklist

Use this checklist alongside the course to make sure that you've made the most of the information and activities that we have provided for you!

- o Reviewed Chapter Overview & Learning Outcomes
 - o Implemented what you've learnt
- o Completed the Take Aways & Call to Action/Farewell module
 - o Time to Celebrate! Congratulations



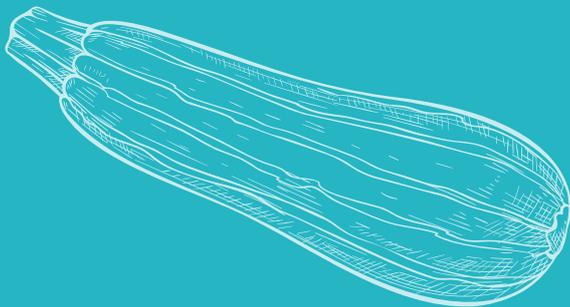
Chapter Six ✓

Incorporating Immunity Boosting Foods Into Your Diet

Take a look at the immunity boosting recipes in the recipe pack provided on the course – tick some of these selections as you try them, and get into a routine of naturally boosting your immunity!

Egg, Broccoli + Ham Muffins

- Selenium, Vit. D, Vit B + Zinc!



Sweet Potato and Zucchini Hash

- High in Beta Carotene



Protein Orange + Yoghurt Pancakes

- Vitamin C Loaded!



Detox Salad

- Vit. E, Beta-Carotene and Zinc!



Vegan Spinach Stew

- Super High in Vitamin E!

Chapter Six

Five Key Immunity Boosting Supplement Benefits

Match these vitamins and supplements with their benefits! If you're stuck, take another look at the Immunity Support Info Pack in Chapter 6.

Vitamin D

Vitamins C + E

Beta-Carotene

Zinc

Antioxidant that helps eliminate free radicals + support the natural immune response

Reduces the production of inflammatory compounds

Helps to boost white blood cells which defend against invaders

Powerful antioxidant that can reduce inflammation and increase disease fighting cells in the body

Chapter Six



Implementing What You've Learned

Marilyn has given you six practical tips on how to implement what you've learned - watch her video and write them down for yourself below! The first few words are done for you. Come back to these if you're struggling or schedule a clarity call.

No. 1: Debrief and...

No. 2: Turn that into a list of...

No. 3: Focus on small actions to ...

No. 4: Be patient with...

No. 5: Take the time to reflect and...

No. 6: Get out there and...

Chapter Six



Which Stage of Change Are You At?

Identifying where you are now will help you to better help yourself - circle the box which is most relevant to you and make a note to yourself to either review the course or schedule a clarity call with Julia! There will be the chance for you to give feedback in the concluding section.

Stage 1 - CONTEMPLATION

You might be in this stage if: You are considering change but not yet ready to start. You believe that your health and well-being will improve with new, healthy habits. You are not sure how you will deal with roadblocks

Stage 2 – PREPARATION

You might be at this stage if: You have decided about the change you want to make, and you are ready to take action. You have set specific goals. You are preparing yourself to take action

Stage 3 – ACTION

You might be at this stage if: You have been making changes to your eating and activity habits in the past 6 months or so. You are adjusting to how it feels to eat healthier and move more. You have been working towards overcoming the things that hold you back

Stage 4 – MAINTENANCE

You might be at this stage if: The change has become a habit. You have discovered different ways to stick with your new routine. You have had setbacks, but you have been able to get past them

Chapter Six

The 7 Areas of Life



Write down what each of the 7 Areas of Life mean to you within the stickers below.

Physical

Relational

Spiritual

Vocational

Financial

Social

Intellectual

Chapter Six

VIP Best Life-ing Coaching call



Think

What do you want to get out of this call?

Positivity

What positive outcomes did you experience from this call?

To Work On

After this call, what you think you need to work on?

Final Section



**"Believe in yourself and you can do
unbelievable things."**

- Unknown

Final Weekly Review

Look back on your last week and think about how you would respond to the following questions. Feel free to discuss your answers in more depth with the team - information about feedback is coming up shortly!

What did you do well last week?

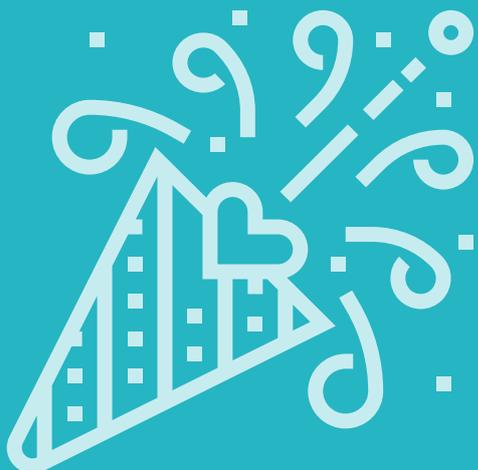
What could you have done better?

Congratulations!

You have completed the GGTBL online course! Not everyone makes it all the in many things they set out to do, so this is a huge accomplishment and we are super proud of you!

Sadly this is the end! But don't worry you are not alone! There are many people facing your same challenges and we are always here to help.

I'm so excited for you Best Lifer! And I truly hope to hear about the amazing results you achieve, so hit us up!



- Julia

Review Us!

Thank you so much for letting us join you on your journey to Best Life-ing! We hope that you enjoyed the course and feel freshly motivated to continue with all the progress that you've made.

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**TWITTER:
@BESTLIFEING**



hello@bestlifeing.com

Please take a moment to send us an email with your thoughts, recommend us on social media and spread the word to your friends! To show our appreciation, all referrals to the course will be rewarded with a discount voucher to put towards any Best Life-ing product.