

12

WEEKS 2 BOSS

**LIVE LIKE A BOSS
RECLAIM YOUR POWER
THIS IS WHERE YOUR DIET ENDS
AND YOUR WELLTHY LIFE BEGINS**

FAITH|FOOD|FITNESS

CHANGE AGENT WORKBOOK



CHRISTINE DE SOUZA

12 WEEKS TO BOSS

*BECOME THE BOSS OF YOUR HEALTH THROUGH
FAITH, FOOD AND FITNESS.*

CHRISTINE DE SOUZA

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*Always consult your doctor before beginning any weight loss or fitness program. The execution of this program is 100% at the risk of the participant.

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INTRODUCTION

This workbook has been a long time coming. It is the follow up to the essential and pre-requisite workbook “THE YOU_MODULE”. It is just one of many impactful interactive messages I have on my heart to share with you. I put together this program out of a growing need that I have seen over and over with myself, my friends, family and clients. There is so much conflicting information in the health and beauty industry on how to lose weight, how to be healthy and ultimately how to be happy that it makes it overwhelming to take action.. What I have found is that the information isn’t really the problem even though it might be tough to sift through. The problem is us. It is our ability to say yes, say no, prioritize and get results. Most programs don’t take into account the whole person even though Mind Body Approach is often in the tag line. The goal of 12 Weeks to Boss is to learn how to confidently own your choices in a way that puts you first while taking into heartfelt consideration the important people and areas of your life. We become the Boss of our destiny, we take back our power and live our prowess. We turn the self discipline into celebration instead of punishment. When we are no longer controlled by food, work, toxic relationships, circumstance and junk we begin to make choices that support a shift in our mind, heart and nervous system that allows us to honor a sort of freedom that brightens our being and is well with our soul. In the end the cherry on top is a sexy lean body and an inner prowess that transcends whatever life throws your way. Thank you for joining me on this journey toward attaining the “Wellthy Life”.

FOUNDATION

Before we get into the weekly FAITH, FOOD & FITNESS portion of this workbook we need to lay a foundation. This part may seem tedious at first, but it is necessary before we move forward. Stick with me through this first portion before jumping ahead. Your results depend on it.

Following the foundational text, each chapter represents a one week progression. Each week you start a new chapter that will entail entries on Faith & Focus, Food and Fitness. Each chapter also includes your weekly reflection and assignments as well as inspirational Soulcial Wisdom to read, re-read and share within your social communities to express, inspire and reaffirm the principles you are working to instill. Please, please, please, do not skip any of this! It's the tough stuff, I know, but that is where the progress happens. Don't make this just about diet and exercise, because we all know it's much more. If you are going to do it, do it all the way. Proceed with 100% of what you've got in you. You will surprise yourself as you hold yourself to an admirable expectation.

FAITH FOUNDATION

faith: \ ' fāth\

: strong belief or trust in someone or something

: belief in the existence of God : strong religious feelings or beliefs.

FAITH. You might have some, one or none. We are all at different places and we might make different faces when the topic comes up. The only requirements I have for this program when it comes to faith is that you commit to have faith that you can make it through this program and come out stronger and more full of life than when you started. Our faith mentions may give you some butterflies, motivate your mind or change your life. We pull our sources from the wisest of kinds. Faith and wisdom will feed your mind, your soul, your body, your wild creative alter ego and even organizational sides. You will be stretched, cleaned and filled as you climb the clouds into your new atmosphere.

FOOD FOUNDATION

Food. If you are like me, food is kind of a big deal in your life. You love it, you need it and you eat it. It's there in your happy times, your sad times and every time in between. It can heal you or it can make you sick. It can propel you toward your goals or it can hold you back. For this program we are going to take the simplest approach to clean eating. We will be educating ourselves on how we should be fueling ourselves. Discipline is of our highest priority in this program as well as making it enjoyable. This program is designed for the one who is looking to enter the final countdown and once and for all be in love with and in control of who they are. Be sure to complete the Food Foundation section prior to the start of the program.

When it comes to eating on this program you might be wondering, **WHAT SHOULD I EAT?** In this program you should be sticking to a simple clean diet of whole, lean, low glycemic nutrient dense foods without added sugars, sweeteners, colors, chemicals or artificial anything. If you are wondering how much you should be eating you need to find out how much you eat now. You can do that by tracking your average daily caloric intake through MyFitnessPal. Once you know how much you eat in a day you can decide how many calories are appropriate for you to eat in order to hit your goal. The best way to calculate a healthy weight goal is through deciding what your desired healthy body fat target is for your age and gender. All of the equations you need to calculate this can be found in the "Numbers & Goals" section. When you are calculating your caloric intake remember you will also be creating a deficit through exercise so don't cut too many calories or your energy level and systems of the body will suffer. Stay fueled. During this process you will calculate the amount of calories you would

burn if you slept all day here which is called your Basal Metabolic Rate . Take notice and be sure to never ever get below that number because let's face the truth. As much as you would like to sleep all day, that won't be happening.

Visit our Pinterest board for recipes and creative cooking ideas to get you started. Use our grocery list to keep your cart clean while you are shopping and please do share your new favorites with our social community.

CLEAN IT UP TURBO CHARGE YOURSELF!

FOOD IS FUEL...NEVER FORGET IT.

Today I am going to give you, bare bones, easy to understand, basics to cleaning up your fuel intake. This all may be a little foreign to some of you at first, but when put into practice it does wonders for your overall health. There is so much misinformation out there that it confuses us to the point of grocery store paralysis. In life, it is usually much more practical to keep things simple and basic. You don't need to be a nutritionist to understand what should and should not be going into your body. Let's lay down the law on ourselves. The bottom line is this. If you want to see change you have to make change. Below are the raw basics to get you started. It is up to you to decide with what you choose to fuel yourself. It is all blah blah blah until you take action and to your surprise actually see results.

Consistency is key!

PURE & SIMPLE GUIDELINES FOR CLEAN EATING

SHORT VERSION

*HYDRATE - NO ADDED SUGARS - NOTHING
ARTIFICIAL - COLORFUL MEALS - GOOD FATS -
WHOLE GRAINS - LEAN PROTEIN*

I know your mad at me for saying that, but it is the truth, there is nothing left to say in my opinion. I can't make you do this, you have to want it for yourself. In all my years of training, that has always been true. I can't do it for you or any of my other clients. I believe in you! I am here to help you make sense of things and cheer you on, so here we go.



Below are some of the most effective ways to accomplish this.

1. Use the 5 ingredient rule when grocery shopping.

When you go to the grocery store commit to not purchasing anything with more than 5 ingredients on the label. There may be a slight fluctuation here in number of ingredients, but absolutely do not buy anything that has an ingredient that is not natural. In restaurant lingo we say 86 whenever we get a customized order. For example, if you didn't want any mayo on your sandwich we would say 86 mayo. Here are a few things I would like you to 86 from your life. 86 the most harmful like GMO, MSG, artificial sweeteners, bulking agents, gums, polymer, artificial colors or flavors & added sugars. This is a start, not at all a comprehensive list. In order not to overwhelm you just stick to foods with real food ingredients.

2. Cook More at Home

Better than pre prepared is the DIY project that gives back! It's funny, you never hear a restaurant or a food product bragging about how what you get will taste just like it is from a restaurant do you? No we hear "home-style cooking" "Just like Grandmas". In fact, they are not selling you home cooking or restaurant cooking at all. They are selling you convenience. Think about this now, what is the most addictive channel on television? In my opinion it is the cooking channel. Though we may sit there all day and watch it, each dish generally only takes about 30 minutes to an hour to prepare. Cooking at home is realistic if you take the time to plan ahead.

3. Allow Yourself to Indulge...Once in a While.

Decide ahead of time what and when you will allow yourself to eat dirty. If you are doing this right, you will be enjoying everything you eat thoroughly, however there may be times where you might want to indulge in something a little naughty. I personally try to keep it to 1 meal per week. When you do indulge still try to keep it natural. For example, if you would like to have some ice cream, compare the ingredient line. Hagendas has real ingredients and no chemicals vs. even other well known companies that claim to be creameries. psssst. You read for yourself, it's nonsense.

4. Be Present & Mindful When You Eat.

This is a little something that first came to my awareness via an audio cd by(). By eating and multitasking you may as well have not eaten. Your body does not quite acknowledge the intake in the same way as if you are fully present. Ask yourself a few questions. Am I full? Am I eating just because it tastes good? Am I feeling unnecessarily guilty for eating this? Some great questions.

5. Keep a Food Diary.

Be a fly on my wall for a moment.

Some of my personal training clients: "I'm working out so hard and I can't seem to lose weight" Me: Can I look at your food diary?

Client: My dog ate it.

I can not stress enough how big of an impact your food consumption has on your health. You owe it to yourself. Keep track, don't slack until you start seeing progress then you can take a break with the diary once you get a handle on your habits. Here is a link to my favorite online food diary if paper isn't your thing. Myfitnesspal.com

6. Be Prepared for a Snack Attack

The struggle is real, there is temptation all around it seems when starting off on this journey. I want to encourage you to stay prepared. The more you are prepared, the higher success rate you will have I promise. Make sure you bring your lunch or know where to order healthy alternatives. Always bring emergency snacks....Always.

WHY FAST?

When it comes to eating on this program you might be wondering, “Why Should I fast and do I have to fast? “ You have seen and heard so many different fad diets and crazy antics surrounding how to eat well for life. Here is my answer. You can have great success with this 12 weeks to Boss program by simply sticking to your “Clean” eating guidelines. Fasting is not for everyone nor is it required, however early research done by University of Southern California funded by National Institute on Aging suggests that periodic cycles of modest sensible fasting of up to 5 days per month improved blood glucose levels, and decreased body weight among other noted reductions for diabetes, cancer and heart disease. . Whichever route you decide to take it will be an exercise in self control. As mentioned, fasting for a purpose rather than simply metabolic purposes can often lead to deep personal breakthroughs. We recommend journaling on your fasting days for that reason. Fasting can take many forms. For the purposes of this program we recommend sticking to nutrient dense smooth, easily digested foods with high bio-availability for your day of fasting as well as water with a variable calorie content.

For more information on fasting research referenced see below.

<https://news.usc.edu/82959/diet-that-mimics-fasting-appears-to-slow-aging/>

SAMPLE FASTING DAY

- 7:00am – Prayer & Meditation Sipping Hot Water & Lemon
- 8:30am – Banana Cream Pie Spinach Protein Smoothie
- 10:00am – Your favorite Decaf Tea
- 12:00pm – Fresh Pressed Green Juice
- 2:00pm - Cold herb Gaspacho
- 4:00pm - Protein Shake
- 6:00pm – Black Bean Soup & Garlic Guacamole
- 8:00pm – Prayer & Meditation sipping Hot Spiced Chai

SAMPLE NON - FASTING DAY

- 7:00am – Prayer & Meditation Sipping Hot Water & Lemon
- 8:30am – Protein Shake
- 10:00am – Scrambled Eggs & Bell Peppers | Sweet Potato |
- 12:00pm – Fresh Fruit & Nut Mix
- 2:00pm - Collard Wrapped Turkey Burger | Quinoa | Greens
- 4:00pm - Carrot, Mango & Ginger Smoothie
- 6:00pm – Grilled Salmon | Spinach Salad | Broccoli
- 8:00pm – Prayer & Meditation | Protein Ice Cream

NUMBERS & GOALS

There are plenty of calculators out there that can help you find these answers without all the math, but I provided this information for those of you who want to thoroughly understand how all those magical app numbers appear. I believe when you understand something more it means more and carries a greater impact. These numbers are variable and will change as your body does.

WHAT IS YOUR % BODY FAT GOAL ?

If you are not sure what a healthy target is click [here](#) to see a chart.

Calculate your lean mass in lbs.

$100\% - \text{Body fat \%} = \text{\% lean mass}$

$\text{Current weight} \times \text{current lean mass \%} = \text{Lean mass in lbs.}$

To find your healthy weight estimate based on your goal $\text{Current lean mass lbs.} \div \text{desired lean BF \%} = \text{Weight goal}$

HOW MANY POUNDS DO I NEED TO LOSE TO REACH MY DESIRED BF%?

$\text{Current weight} - \text{Weight goal} = \text{Estimated recommended lb. loss}$

How many calories am I eating now?

How long will it take me to get there?

3500 calories = 1 lb. Fat

Calorie Deficit 1750kcal = .5lb/week

Calorie Deficit 3500kcal = 1lb/week

Calorie Deficit 5250kcal = 1.5lb/week

Calorie Deficit 7000kcal = 2lb/week

*Deficit is achieved through adjusting your diet and burning calories through physical activity.

WHAT IS YOUR BASAL METABOLIC RATE IN OTHER WORDS THE RATE AT WHICH YOU BURN CALORIES AT REST?

Women:

$$\text{BMR} = 655 + (4.35 \times \text{weight}) + (4.7 \times \text{Height inches}) - (4.7 - \text{age})$$

Men:

$$\text{BMR} = 66 + (6.23 \times \text{weight}) + (12.7 \times \text{Height inches}) - (6.8 - \text{age})$$

Or find online calculator via my free resources page over at Christinedesouza.com.

Calculate Your Activity Level Using one of the following formulas.

- A. Not very active = $\text{BMR} \times 1.3$
- B. Moderately Active = $\text{BMR} \times 1.5$
- C. Very Active = $\text{BMR} \times 1.7$

Based on the amount of calories you have decided to consume in order to hit your goal, calculate your Macro Nutrient quantity suggestion of 40/40/20.

$$\text{Carbs} = 4 \text{ cal/gr} \quad \text{Protein} = 4 \text{ cal/gr} \quad \text{Fat} = 7 \text{ cal/gr}$$

$$\text{Decided Calories} \times .40 = \underline{\hspace{2cm}} \text{ calories worth of Protein}$$

$$\text{Decided Calories} \times .40 = \underline{\hspace{2cm}} \text{ calories worth of Carbs}$$

$$\text{Decided Calories} \times .20 = \underline{\hspace{2cm}} \text{ calories worth of Fat}$$

FITNESS FOUNDATION

Do you want to be skinny or do you want to be strong and healthy? Before you embark upon this 12 week journey I want you to decide. If the answer is not to be strong and healthy, you likely won't make it past day one of the fitness portion of this program. It will be intense, but I know you can do it with the right driving motivation! It will change and sculpt your body, but what it is really designed to do is to turn you into the high efficiency human you were created to be.

You can find your workouts in the Fitness Prescription portion of this workbook. You can also download a PDF version for your convenience [here](#).

By the way, Did I mention that you get free bonus access to Cyber Cycle on Demand Library? You might not be an enthusiastic cyclist yet, but this is a great opportunity to try it out for free. You will find directions in your Fitness Prescription as an option for your cardio workouts. If you can access a spin bike, I highly recommend the burn.

CHAPTER 1. CLEANSE SENSE

FAITH & FOCUS

This week as we cleanse and nourish our bodies, we also cleanse and prepare our mind and hearts. This week I would like you to simply write down the things that you need to get rid of in your life and why. Do you need to forgive someone or get rid of negative self talk? As you cleanse your body and your heart this week you will start to feel lighter. Historically speaking, fasting and cleansing is not only for your body and your mind, but in many spiritual practices a way to spiritually break habitual bondage, seek direction and clarity or even cultivate stronger connection to their God. Personally speaking there has not been a major shift in my life without it. God still speaks & God still moves beyond comprehension. Set your focus and spend this week enthralled in seeking and listening. Strategize and ask for the breakthrough you need. Petition your faith believing that through hard work and a few miracles, in time, you will receive a return on your requests. This is going to be something that we will do weekly in conjunction with other assignments. This week be still and sit with it and establish your peace. Get deep into your bible or favorite motivational messages and let your heart and mind pour out and soak in just what you need. Establish your unstoppable passion and commitment to being the BOSS of your life. Start to believe that you deserve this change and that you are fully capable even more.

“Focusing is about saying No.”

— Steve Jobs

“Now faith is the substance of things hoped for, the evidence of things not seen.”

—Hebrews 11:1 King James Version (KJV)

FOOD

Your first week will be the most challenging, but it will be much much less so in the weeks following if you begin like this. This first 7 days can be done in the order it is shown if you are not new to managing your food intake. If you are more of a beginner you can begin from day 7 moving toward day 1. We will be going through this first week as a cleanse of the pallet, blood and digestive system. This will help cleanse your body from harmful toxins and start to prepare your body for the healthy transition. This is a gentle cleanse. Don't expect to be stuck on the toilet. The body is much wiser than we know and can naturally cleanse itself as we stop polluting it. Join us on Pinterest for meal ideas and in our Facebook group to get and share your ideas

Day 1 - Liquid Fast & Spiritual Fast

Natural Whey Protein Isolate or Hemp Protein

Natural fresh pressed Juice

Blended Fruit/Veggie Smoothie & smooth Soups

Water/Dandy Greens/Tea

Day 2 – 4 Fruit & Vegetables

Fresh Raw Fruit Vegetables

Cooked Fruit & Vegetables

Natural Whey Protein Isolate or Hemp Protein (Optional)

Natural fresh pressed Juice

Blended Fruit/Veggie Smoothie & Soups

Juice, Water, Tea

Day 5- 7 Add Clean Lean Protein

Fresh Raw Fruit Vegetables - Some Cooked Fruit & Vegetables

Beans & Legumes

Chicken Breast, Turkey, Breast, Fish

Nuts/Seeds, Nut Butters

Juice, Water, Tea, Soups

FITNESS

Push out those toxins!!! This week is all about pushing out what needs to go from your body! In this case it is all of those toxins that have been storing up in your body! This week will be a very light week in terms of working out, however it will be very effective for this weeks goal. There will be lots of sweating, but even more stretching and foam rolling. If you can, I highly suggest you get yourself a full body massage! Make sure to drink plenty of water to flush all of that nasty out, otherwise it will all just redeposit right back into your body. Don't waste your time by not drinking up! 8 - 10 glasses / day. Are you ready? Find your weekly workouts in the included Fitness Prescription file with demonstrations available at christinedesouza.com where you will find the 12 Weeks 2 Boss Exercise Library.

WEEK ONE ASSIGNMENTS

List the things that you feel deep in your knowing heart need to be removed from your life. (Food, Possessions, People etc.)

Use the grocery template to prepare your shopping list in accordance with the food portion of your cleanse.

Schedule your massage, sauna visit or extended stretch ritual.

SETTING YOUR CORE VALUES

This week is a good time to reflect on what your true points of contingency are for your life. Who are you? What do you stand for. What values do you want your life to align with? What are your core values that support the lifestyle that you want to maintain? Draft them, Type them and hang them where you can see them. These might change, but for now use them to hold you accountable to the person you want to become. Keep your integrity to what you committed to writing on paper by making it true in your actions.

Sample:

**MY VALUED BODY. I SEEK TO NOURISH IT NATURALLY
AND SERVE IT THE BEST WAY I KNOW HOW.*

**DECISIVE DECISIONS. I AM ABLE TO MAKE GOOD
DECISIONS BY STAYING TRUE TO THE PRIORITIZED PLACE
OF GOD ,PEOPLE AND PRACTICES IN MY LIFE. GOD - MY
HEALTH - MY FAMILY - FRIENDS AND BEYOND - CAREER*

**GIVING WITH GRATITUDE. THE REASON FOR WHAT I DO
IS TO HELP AND EMPOWER OTHERS. I CHOOSE TO GIVE
WITH GRATITUDE AND WITH A CHEERFUL HEART.*

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of?

Which choices did you make that were and were not optimal?
What did it cost you calorically, emotionally and energetically?
What are some ways I can prevent this in the future?

What was your best moment during this weeks workout? How did you get stronger, faster or increase in endurance?

What will you pray or meditate on during this weeks fasting day? Why? What outcome do you hope for?

SOULCIAL WISDOM

#SOULCIALWISDOM

“Cleansed and Pure My Body Endures”

#Cleansense

“Focusing is about saying No.”

— Steve Jobs

“Now faith is the substance of things hoped for, the evidence of things not seen.”

--Hebrews 11:1 King James Version (KJV)

#BelieveItToSeeIt

#GodSpeaksIfYouListen

CHAPTER 2. ASSURANCE SCHEDULE

FAITH & FOCUS

Last week we focused on cleansing, and we will do more of that next week. This week is going to be a week of adjustment and endurance. You are about to add a much heavier physical fitness component to the program. In order to set you up for success, this week we need to focus on endurance. This is the time if you want to kick and scream on the floor you can...of course just as long as it is after your workout for the day is complete ;). That was a joke. What is true, is that you might actually feel like that a bit as you begin to sort out when you can fit in your workout. Know that you might have an adjustment period. You might not leave enough time for your full workout unknowingly, or not account for the time it really takes to prep your food, but don't worry this is a learning process. The best way to keep up your consistency is to get accountability through a friend, trainer or God. Really focus on your driving purpose for getting healthy. Revisit your writings from the "YOU MODULE" regularly. With that in mind continue in your prowess because you will not be surrendering anytime ever. This week I would like you to grab your calendar and create a schedule for yourself. Schedule your trip to the grocery store, schedule when you will cook your meals and schedule what days and times you will be doing your workouts. Even think ahead to schedule your "keep it real meals" along with your fasting days paying special attention to what your fasting prayer will be for the week. You will do this for each week, for now let's start with only week 2.

Those who hope on the lord will renew their strength, they will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint.”

--Isaiah 40:31 (NIV)

En-dur-ance

One definition - The power to withstand pain or hardship; the ability to continue despite fatigue, stress or other adverse conditions.

FOOD

Your first week is complete, Congratulations! By now you must be feeling some differences in your energy and how you are feeling. Clean just feels so good. Now that you have done the initial cleanse the following weeks will be a breeze. The key to the next 10 weeks will be to stay consistent. It will set in that now this is your new way of eating for life . You will start to encounter different challenges like how to still eat the foods you enjoy without over indulging or how to be the boss of you when you are at parties and work events. It will get easier and easier the more creative you get. You will start to develop signature meals and snacks you love and that everyone else will want to try. Trust me on this one. If you are doing this right , everyone is going to want what you have! Here is the food breakdown for the following weeks.

ONE DAY / WEEK - LIQUID FAST & SPIRITUAL FAST

Natural Whey Protein Isolate, Egg Protein or Vegan Hemp/
Brown Rice/Pea option

Natural fresh pressed Juice

Blended Fruit/Veggie Smoothie & Soups

Water/Tea

*Note: This will be one day per week moving forward. The day can change. Choose wisely and preferably on one of your rest days. Be sure to get your journal out and start reading, praying & writing especially on these days for something specific. Click [here](#) for a list of my favorite go to resources

6 DAYS/WEEK CLEAN EATING

Fresh Raw Fruit Vegetables

Some Cooked Fruit & Vegetables

Beans & Legumes

Chicken Breast, Turkey, Breast & Fish

Plain Greek Yogurt

Nuts/Seeds, Nut Butters

Juice, Water, Tea, Soups

Brown Rice, Quinoa, Sweet Potato, Gluten Free Oats & Buckwheat.

Barly, Rye & Bulgar for those not sensitive to Gluten

KEEP IT REAL

Let's keep this real. I know you are not going to abstain from your favorite foods for the rest of your life. If you are going to indulge a little, do it wisely. What this means is you eat primarily clean, but if you want to have something that is not on your regular list of clean eating foods do so in moderation. In your indulgence, still try to keep it natural if at all possible. If you want Ice Cream for your treat, get a brand with pure ingredients rather than the chemicals. What this "Keep it Real" concept doesn't mean is that you gorge yourself with every single food you are missing. Soon you won't miss it all so this won't be an issue. In the beginning it still might be, while you are retraining your pallet and mind. Try to limit your indulgences to one Beverage, one Meal and or one Dessert per week, whether it is spread through the week or at just one meal. 1 lb of fat = 3500 Calories so keep that in mind when you are tempted to be excessive rather than realistic about your indulgent meals. Try to plan these meals around your social activities. If you don't feel like indulging, don't feel guilty, you might be a little more in tune with what your body really needs, so by all means if you

don't want to indulge, don't. It will only get you to your goals that much faster and keep your cells uber happy. If you are finding it too difficult to just have a taste skip it all together. No trainer will ever promote bingeing and most don't believe in cheat days either, however since we are intending on a whole life strategy the goal is to learn how to eat clean the majority of the time and sensibly the remainder...like 90/10.

FITNESS

Last week you really pushed out those toxins, this week you will be sweating out even more!!! As mentioned, you are now adding a much heavier physical component to the program. You will have 3 additional days of High Intensity Interval Training which will be a bit of a shock to the system, but not as much of a shock of the results you are going to gain. You are about to begin the shedding process and it is going to feel AMAZING. It is like nothing I can describe. You will be salty, tired and sore, yet you will quickly become addicted to that euphoric post workout, naturally occurring Wonder Woman/Superman feeling. I am so excited for you to conquer week two of your 12 Weeks to Boss Workouts! Modify as needed. Drink water and break as needed. Only you know if deep down in your heart you are working to your full capacity. Always work to your threshold. Your threshold is that place where your mind might try to talk you into resting, but your body can actually handle a little bit more than your senses are telling you. Workout with integrity even though I am not in the room with you.

WEEK TWO ASSIGNMENTS

Get your planner out and schedule the following, right now.
Don't skip this step.

Grocery Shopping

Meal prep time block

Gym travel and workout time block

Prepare your grocery list in accordance with your food prep for this week

Do you plan to have an indulgent meal or snack this week?

If so, before you do so, this one time, plug what you think your indulgence meal will look like into MyfitnessPal.

Do you still want it? Will it be worth it?

If not how can you modify it to be healthier? Has this changed your perspective?

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of?

Which choices did you make that were and were not optimal?
What did it cost you calorically, emotionally and energetically?
What are some ways I can prevent this in the future?

What was your best moment during this weeks workout? How did you get stronger, faster or increase in endurance?

What will you pray or meditate on during this weeks sting day?
Why? What outcome do you hope for?

SOULCIAL WISDOM

#SOULCIALWISDOM

*“Either Make Room in Your Schedule or
Make Room in Your Closet”*

-CDS

#PurposefulPlanning

#FailToPlanPlanToFail

-Thought to be said by Benjamin Franklin

*“Those who hope on the lord will renew
their strength, they will soar on wings like
eagles, they will run and not grow weary,
they will walk and not be faint.”*

--Isaiah 40:31 (NIV)

En-dur-ance

*One definition - The power to withstand pain
or hardship; the ability to continue despite
fatigue, stress or other adverse conditions.*

CHAPTER 3. PREPARATION & EXECUTION

FAITH & FOCUS

When life moves fast, with more responsibilities than we think can handle, time management and planning become crucial pieces to our success. Without this focus things just become too hard and not sustainable. We need to pay attention to what we are doing with every minute. Sound exhausting? It can be, but what's more exhausting is not being efficient with our time and rushing around like a crazy person. It is just one sign we are not controlling our own life, but letting it control us. We are learning to become better bosses, of ourselves, our time and our treasures. Sometimes all it takes are a few tweaks. This week make any changes you think will be necessary in order to fit it in all that is most important to you with ease. That might mean giving up a thing or two in order to hold strong to your priorities. Take note of things that were time suckers last week. What wasted your time? What brought you anxiety? What activities made you think to yourself, why am I even doing this? This will be good practice for next weeks assignment. Keep going. When you press on and walk the walk, do the work, during the process you will remove the blocks. There is no other way than through.

Proverbs 14:23 In all hard work there is profit, but merely talking about it only brings poverty.

Bill George in True North says, "the hardest person you will ever have to lead is yourself."

FOOD

You are probably realizing by now that half the battle of successfully keeping your diet on track is preparation. The challenge can be in making the right food choices at the grocery store, preparing the meals for the week or even just making sure that you have alternatives to what might be trending in your families diets, office and at social events. In any case the key here is planning and preparation. Choose the meals you will prepare, make your grocery list and decide whether you will be making your meals in large batches and packing them for the week or doubling your recipes to freeze for down the road. There is no harm in cooking fresh every day if you have plenty of time for it.

If you ain't got time for all that you can consider working with a service such as

- E-meals
- Hello Fresh
- Blue Apron

Another option is doing a Meal Prep Party Swap or food co-op with your friends. You decide if you want it to be fresh or freezer meals. It can be as elaborate or simple as your group decides. You can prep all recipes all together at one house and make a night of it or prep individually and simply swap. There are many formats and creating one that works well for your group is the key!

FITNESS

Now that you know what is expected of you in your workouts for weeks 2 – 4 it's time to make the most of them. You are likely more comfortable with the format and exercises. This week I'd like you to focus on managing your intensity. I'm a firm believer that you can take the hardest exercise there is and make it easy by lacking intensity, form and range of motion. I challenge you this week to do the opposite. Power out your workouts with just a little more intensity than you think you can handle. Use your full range of motion at all times and be attentive to form. If you have a heart rate monitor use it. If not, included in the assignment section of this chapter is a simple formula you can use to calculate what your target heart rate should be and how to tell what your actual working heart rate is during your workout the old school way. During your workout you may need to remind yourself who the boss is and that's ok. If you are unable to push through just a little further, ask yourself why and journal your thoughts on the matter. Learning to be the Boss of yourself or anyone for that matter takes a lot of learning about your student, in this case you are your own student. Assess is, how long your workouts are taking? Are you taking too long in-between exercises? Are you checking your phone for no reason? Are you getting distracted? If you catch yourself, slap yourself. These small distractions seem harmless, but they will slow you down, interfere with the intensity of your workouts and ultimately your results. For some, your motivation is directly tied to your results.. Don't believe me? Try a set taking a gym rat break between your exercises and then do a set non stop and see the difference. Get in, work hard and get out. Time and energy drains are sneaky . Be efficient, be prepared and be energized.

WEEK THREE ASSIGNMENTS

What time tweaks do you need to implement this week? What time suckers did you notice in and out of the gym?

Tighten up your preparation and execution plan this week. Do you really just not have the time for it all? Circle the solutions you will commit to in order to make food prep and planning more realistic for your lifestyle.

Online grocery shopping & delivery

*Weekly meal plan prior to shopping

Meal services like Blue Apron

*Emails

Meal Prep Party

*Healthy Take Out Options

Plan your meal prep party or food co-op. When will it be and who will you invite?

What is your target heart rate?

$$\text{Target Heart Rate} = (\text{Max HR} - \text{Resting HR}) \times \% \text{ Intensity} + \text{Resting HR}$$

To calculate your resting Heart Rate find your pulse on wrist or carotid artery using your fore finger. Count your heart beat for 10 seconds timed. Multiply your answer by 6 and that will give you're your resting heart rate. (consider moving to know your numbers section.

Were you able to push through this week? If not what was it that stopped you?

Were you able to shave some time off of your workout this week by being more efficient? Yes/No

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of

Which choices did you make that were and were not optimal?
What did it cost you calorically, emotionally and energetically?
What are some ways I can prevent this in the future?

What was your best moment during this weeks workout? How did you get stronger, faster or increase in endurance?

What will you pray or meditate on during this weeks sting day? Why? What outcome do you hope for?

SOULCIAL WISDOM

#SOULCIALWISDOM

#TweakWeek

“Turn Heads with your workout not your wardrobe. “

-CDS

In all hard work there is profit, but merely talking about it only brings poverty

Proverbs 14:23

#NoOtherWayThanThrough

“The hardest person you will ever have to lead is yourself.”

Bill George|True North

CHAPTER 4. SACRED SURROUNDINGS

FAITH & FOCUS

It's time to focus on your space. Part of thinking clearer and feeling lighter is actually partly due to your environment. The more cluttered your space, the more difficult it is to think clearly and stay stress free. Did you know that objects carry a transferrable electricity/energy just like people and food do? Prove it. Think about it. How do you feel when you have a pile of mail on the counter or an overflowing inbox. How about when your clothes are piled at the end of your bed vs. hanging nice and neatly? I'm not suggesting you're an unorganized hoarder. You could be a completely neat minimalist for all I know, but even so you probably do have an area or two in your home or office that you have been dying to clean out. Now I challenge you not only to clean and organize, but actually to break relationships with certain items that you are keeping around with no real purpose or a someday use that hasn't come around for years. You are the boss, you can decide what to keep and what to pass on, what serves you and what doesn't? There are so many people in need in the world,

SHARE MORE, KEEP LESS AND BREATHE DEEP.

Suggested Inspiration: It's all too much by Peter Walsh Letting go of physical and mental clutter & of course Pinterest. Share your favorite organizational hacks with the community!

FOOD

Pantry Purge! So it is week four and you are still hanging on to a few temptations in your pantry. I know they are for company, I know they are for your kids. If you can honestly say that you haven't and won't be tempted by what lingers in the dark, by all means keep them. Before you make your final decision also consider if other people in the house should be eating whatever that food is. Do not misunderstand the consideration. The consideration is not....Is there someone else in the house that can afford to eat this junk food?. The consideration is Should your loved ones in the house be putting that food into their body? If there is any question, it is a good idea to find an alternative or live without it all together. While you are at it do the same with your food pantry. Ditch the foods that you know won't serve you, your body or your families health. Get rid of that jar of Fluff before it's too late and you do the unthinkable like eating it with a spoon. Don't forget to schedule your pantry purge so that it actually gets done. Make it a family affair

FITNESS

This is the last week of your 2nd phase of workouts. You should be feeling like you are in a good groove by now. Take time this week to create or at least plan your Home Haven. Your Home Haven is going to be that untouchable space that you can go to and shut out the world. You can do your workouts here. Be creative, if you love the space you create you will want to spend more time here be-it that you dream up a nook for reading or include a sound system to play your favorite beats or podcast. Have fun with it and make it your own. Go as crazy as adding a juice bar to as simple as a clear clean corner that you can roll out your mat. Hang your favorite motivational quotes, your dream board or anything else that inspires you. Indoor or outdoor, anywhere you want it to be. Maybe even create more than one Haven. This will be a great space for you to go and refresh, whether sweating, resting or leaning into your purpose, make a personal Sacred Surrounding

WEEK FOUR ASSIGNMENTS

What items felt the best to remove from your space? Why?

What pantry items did you throw out? Write them down so you remember not to buy them again ;) Share with us...What was the nastiest thing you threw out?

When you are finished with your sacred space your Home Haven post a picture of it here.

What will you pray or meditate on during this weeks fasting day? Why? What outcome do you hope for?

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of

Which choices did you make that were and were not optimal?
What did it cost you calorically, emotionally and energetically?
What are some ways I can prevent this in the future?

What was your best moment during this weeks workout? How did you get stronger, faster or increase in endurance?

What will you pray or meditate on during this weeks sting day?
Why? What outcome do you hope for?

SOULCIAL WISDOM

#SOULCIALWISDOM

*“Share more, keep less and breathe deep”
-CDS*

#MinimalistMillenium

#HomeHaven

CHAPTER 5. FIGHTING STRONGHOLDS

FAITH & FOCUS

Self Control & Strong Holds

Maintaining self-control and breaking strongholds is one of the most challenging yet important principles you can put into action when becoming the Boss of yourself. No one can break these for you. Often times these strongholds come from a hurt or a joy that is extremely deep rooted occupying some false sense of reality. Detaching from your feelings is not the same as healing, but neither is sitting in the experience of your pain point. You only heal when you relinquish to the fact that you are not the boss of every unjust circumstance, loss or joyful memory. You must own your role as the Boss of your life and take responsibility for your forward momentum. Exercise your power of choice. Some things can't be done for you. This is the beauty of free will. You can temporarily be motivated by extrinsic factors, but ultimately the responsibility is up to you and usually it will take some deep GOD work to really get to the root of these strong holds. It's time to begin by scratching the surface. Here are a few more questions to help guide you through this prompting. Many times we will develop a limiting belief that is not true, but it poisons our subconscious mind into believing it and suggesting that it is true, when in-fact it is a lie.

What are the biggest boulders, strongest strongholds and limitations to self control and sabotage that you have seen repeatedly in your life?

Can you remember the first time you were blocked by this? Did someone say something to you? Was it an experience?

Did you develop limiting beliefs around this situation?

Are you truly limited and if not, what can you do to overcome this? How can you be liberated?

* If there is something beyond the scope of this program that you need help with do not hesitate to seek out the help that you need. You will overcome it!

2 Timothy 1:7

“For God has not given us a spirit of timidity, but of power and love and discipline.

1 Corinthians 10:13 ESV

No temptation has overtaken you that are not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

FOOD

What is it about food that holds you hostage? When you make the choice to indulge modestly with a food you truly enjoy it's one thing. You are still the Boss. You are not out of control or blacked out. What I want you to think about this week are the situations that happen when we lose control and gorge on food that is non nutritional and that we at times don't even have pleasure in eating.

Answer the following questions to discover just what might be part of the reactive triggers.

- 1.What is it about food that holds you hostage?
- 2.When you find yourself out of control with your eating choices, what are the typical scenarios? Write down 3 in order of most common.
- 3.When you finally regain control, how do you do it?
- 4.How do you feel after?
- 5.Does it make you give up moving forward? Are you able to get back on the wagon and how long does it take to do so?
- 6.What are some ways you can combat this from happening to begin with? Write 3 experimental solutions you will put into action this week.

Here is a concept to ponder regarding anything and everything that you can not say no to, can not stop, can not put down with out a fight or that controls you. Whatever that THING is..... Consider it an Idol. What do you worship? Is it in line with your core values? If you are a bible reader or a church goer you might resonate with this, if not sit in this alternate perspective for

a moment. So often when people think of SIN they think of a bunch of rules created by a big bad god that wants to spoil all their fun for no good reason.

Sin by Merriam-Websters Definition is the following.

SIN: a. An offense against religious or moral law.

b. An act that is felt to be highly reprehensible.

The truth is that biblically speaking SIN is warned against for our own good and the good of those around us. It is warned against for our protection. Idolatry is one of those SINS warned against to save us from losing ourselves. Alcohol can be an idol, chocolate cake can be an idol. Even a lover or child can be an idol. Anything that you worship is made an idol. I don't know what faith you are in or if you worship a GOD, but now is a good time to sort out what it is that you do worship and if that thing controls you, you are hostage. The point of this concept is not to point a finger and scream SINNER, because not one of us is perfect. We all sin whether it is according to Gods law or Social Moral Law. The point is that If you can't exercise your own free will, you are not the Boss. In this circumstance we are focusing on food, but don't let it stop there. List your Idols. It may be obvious by now what some of them might be as they flash through your mind or you might consider devoting your cleanse day for seeking more clarity on this. Sometimes our strongholds are hidden from our own eyes and other times we make excuses for them. Whatever your case, let's seek to remove them. You be the boss of you. Whether it's that broccoli, cake or coffee that won't let you go, you can make it easier by letting go of it.

So how is your clean eating going? Perfect I'm sure, or is it? I'm sure for some of you cold turkey works for you like magic, however there are those that usually take a bit of trial and error with most new things. Some might need a bit more accountability than others as well. Well you are free to find an accountability partner, maybe even within the community or here

is another few ideas that could help keep yourself accountable for your food choices.

Continue counting your calories on My Fitness Pal. At the end of each week go through your log and decide what choices you made that were not optimal and that you wouldn't make again if you were able to do the week over. Add those items up and see how much they calorically cost you. Once you have gone through that process try brainstorming a more optimal alternative.

If you are a more visual person. Keep a journal. Use two pages per day going forward. On page one write down the things you ate and how they made you feel. When you come across something that was not a great choice draw a plate and then draw on the plate the things you ate that you would not choose again. Answer the question for each incident. What were the circumstances that made me choose to eat this?

Today starts a fresh new workout routine. First time around might be a little on the slow side so leave your self a little extra time to get through each workout in it's entirety. Next time you do it , it will be quicker and you will be able get serious about your efficiency.

WEEK FIVE ASSIGNMENTS

Dig a little Deeper

What are the biggest boulders, strongest strongholds and limitations to self control and sabotage that you have seen repeatedly in your life?

Can you remember the first time you were blocked by this? Did someone say something to you? Was it an experience?

Did you develop limiting beliefs around this situation?

Are you truly limited and if not, what can you do to overcome this?

Do you let food hold you hostage?

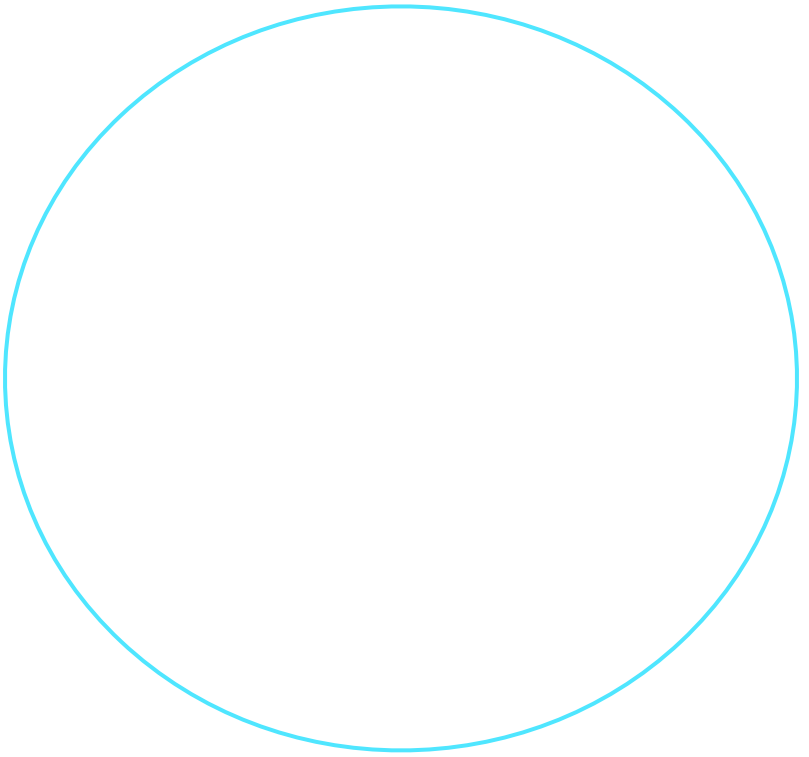
When you find yourself out of control with your eating choices, what are the typical scenarios? Write down 3 in order of most common. What feelings arise during these times.?

Do these moments cause you to give up moving forward? Are you able to get back on the wagon? If so, how long does it take to do so?

When you finally regain control, how do you do it?

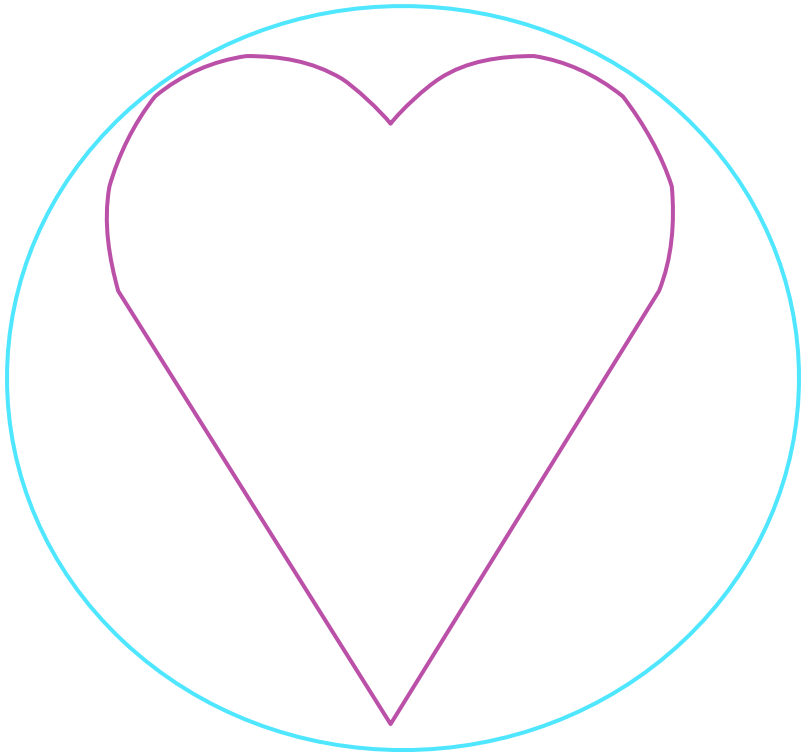
What are some ways you can combat this from happening to begin with? Write 3 experimental solutions you will put into action this week.

6. If accountability would help you, is there someone in your life that you could trust to hold you accountable?



THIS IS YOUR PLATE.

USE THIS TEMPLATE TO DRAW
YOUR NON-OPTIMAL FOOD
CHOICES.



THIS IS YOUR PLATE.

USE THIS TEMPLATE TO DRAW
YOUR BEST FOOD CHOICES.

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of?

Which choices did you make that were and were not optimal?
What did it cost you calorically, emotionally and energetically?
What are some ways I can prevent this in the future?

What was your best moment during this weeks workout? How did you get stronger, faster or increase in endurance?

What will you pray or meditate on during this weeks sting day?
Why? What outcome do you hope for?

SOULCIAL WISDOM

#SOULCIALWISDOM

#WalkTheWalkRemoveTheBlocks

#NoNonsenseZone

“If you can’t exercise your own free will, you are not the Boss of you.”

-CDS

CHAPTER 6. AUDIBLE AWESOMENESS

FAITH

Do you believe that the words we speak have power and intention? Perhaps you have heard about the book “The Secret or Dr. Wayne Dyers book The Power of Intention.” This is old news repackaged for the new soul. The Hypnosis phenomenon is centered around positive life change through the power of suggestion to the subconscious mind. Though now I disagree with the hypnosis practice there is something to this, however it doesn’t need to be something that is sold to you during an altered state of consciousness. This goes way back over 2000 years. These words say it all.

Proverbs 18:21

Life and death is in the power of the tongue and those who love it will eat it’s fruits.

Mark 11:23 “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them.

I believe the key to this is confessing affirmations with your mouth AND believing it to be true in your heart. No one can

dupe you into this. If you are having trouble believing for the things you are hoping for, in addition to confessing your affirmations do this next assignment.

This week you have been assigned three affirmations to recite. Take a few minutes and formulate 3 more of your own, reflecting your own personal needs and wants. Push your own power buttons. Repeat these affirmations once in the morning and once in the evening audibly. You might feel silly at first, but soon you will feel more like a warrior.

Faith comes through hearing. Check your self banter. You can hear that even though no one else can. Sometimes it is difficult to have your inner monologue playing without attaching a picture or belief to that statement. This week I want you to engage your faith mechanism consciously, not unconsciously. Be the boss of the meditation of the mind. This means you are contemplating or fixing your thoughts on something specific rather than the modern day distortion of meditation which is called to do the complete opposite, emptying your mind. Engaging your faith mechanism is simply coming to terms and deciding for yourself that you still believe something, in case faith in yourself. You believe you are worth the work you are putting in and you believe you are capable of what you have set your mind to through your continuous efforts despite the bumps in the road.

Audible Affirmation 1

I Believe in Me. I have faith the best is still yet to come. I believe I deserve the best life has to offer me. I believe I have what it takes to accomplish the things I was meant to in this lifetime. I accept love, I give Love, I accept honor and I give honor. I give blessings and I receive blessings. Peace and fill my life and I choose to sit in the riches of these words as truths.

FOOD

Audible Affirmation 2

Food is perfect nourishment for my body. It fuels the processes of my body efficiently and cleanly. I can feel a difference in the way my body performs when I fuel it with the highest grade food choices. Best of all my mind is clear and my heart is free as my body becomes more and more in perfect balance, the way it was intelligently designed, to run with optimum function. My body is keeping and utilizing exactly what it needs and discarding what it does not. Life is beautiful and so is my incredible body.

FITNESS

Audible Affirmation 3

I love working out. I crave the energy I feel once it is over. I am able to conquer my day with light and clarity. I can feel my heart increasing its capacity for pumping oxygen to the rest of my body and my muscles and bones becoming stronger with each repetition. I can feel my body transforming toward the best it can be. I commit to honoring my body through all the years of my life. It is my commitment to me and those that I love.

Create your feel good soundtrack this week. Get a double dose of those endorphins!

WEEK SIX ASSIGNMENTS

This week you have been assigned three affirmations to recite. Take a few minutes and formulate three more of your own, reflecting your personal needs and wants.

Personal Affirmation 1

Personal Affirmation 2

Personal Affirmation 3

Use the circles below to track your affirmations for the week by filling in your circle upon completion of your morning and evening affirmations.. Make them a priority.

AM O AM O AM O AM O AM O AM O AM O

PM O PM O PM O PM O PM O PM O PM O

Use this space to jot down any feelings that arise as you audibly speak your affirmations.

Write down 3 reasons why you know that your goals can come true.

- 1.
- 2.
- 3.

Start brainstorming here for your feel good soundtrack. When you are done share it with us. Add it to our community and perhaps even add to Spotify. Find our feel good collection by searching (ABC!@#)

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of

Which choices did you make that were and were not optimal?
What did it cost you calorically, emotionally and energetically?
What are some ways I can prevent this in the future?

What was your best moment during this weeks workout? How did you get stronger, faster or increase in endurance?

What will you pray or meditate on during this weeks sting day? Why? What outcome do you hope for?

SOULCIAL WISDOM

#SOULCIALWISDOM

*“Faith Comes Through Hearing and
Deciding, Not Through Brain Washing”
-CDS*

#BlockSubconsciousBlocks

#BelieveTheUnbelievable

*“Invest in faith funds”
CDS*

#FaithFuelsFavor

CHAPTER 7. PERFECT IMPERFECTIONS

FAITH

I have one question. Who has defined your understanding of perfection or the threshold of what is good enough? Don't keep reading. Answer the question. This may vary in different areas in your life, and if it does answer the question for each area.

Great news. If it was you who defined it, you can change your definition, of course once you explore your reasons why you defined perfection that way in the first place. If it was not you, well then you can disregard it completely...in most cases. I'm not saying that you should blindly disregard wisdom and expertise in any way. What I am saying is that you should understand that perfection is a myth. Even the person who sets the standards is never perfect at maintaining them...your mom, your boss and even your trainer ;) Focus instead on forward momentum, even during the times you may stumble back a tiny bit or a whole lot. Keep your focus forward no matter what. Small wins that seem insignificant make all the difference in that big picture. It's the fine details that make the painting so unique and valuable. Each one of us is the same and worth so much. Though we may not be perfect according to the masses or the peanut gallery, there is no other way than beautiful imperfection to grow us into the people we are meant to be. You are probably encouraging more people than you know leading with your example. Be contagious in a way that builds up your inner banter as well as those around you. You are infectious, make what you got worth catching!

Find 3 people today that you can ask. What is it that you love about me, including my imperfections? I think the answers will surprise you. Don't forget to journal their responses as well as your feelings toward them.

FOOD

So you go to the gym and you work your tail off and you are not seeing results. Chances are you might not be as dedicated in the kitchen as you have been in the calorie burning department. Why? Could be a million reasons, I have heard them all. The most likely reasons for falling off the wagon in the kitchen and actually losing progress are 1. You made one or two bad food choices and gave up because you are not “perfect” 2. You are working so hard that you are entitled to your eat cheats... whenever you want. 3. You have stopped tracking and portions are pushing the boundaries for what should get you to your goals. I won't go as far as to say you are what you EAT, but I will say your forward momentum does depend on maintaining a healthy relationship with food. If you fit in to one of these three categories, step back, review and track your every bite. You will see where you might have overdone it or made a choice that did not work in your favor. This whole process will take time. You don't have to be perfect, however you do have to understand what choices will yield what results. Take responsibility and become the boss of your diet. Don't be jerked around by a piece of cake or worse yet pushed over.

Have confidence in yourself and have confidence in the process. If at anytime you feel your mind slipping into uncontrolled disordered thinking and eating seek help immediately.

Draw picture of you in your superhero self defeating that cake.

FITNESS

It's really great to have high expectations of yourself. I believe you can do anything you want to do and you should as long as it is good for you and harms no other. What if you can't though? Then what happens in your heart and your mind? Do you beat yourself up? Give up? Do more than your body is prepared to do physically out of pride? Becoming the boss of you means making practical decisions for yourself, that are well thought out and reasonably attainable. Maybe there is something in the program that your body is not ready for yet. Don't skip it. Don't push through it with poor form. Simply modify or substitute the movement for something that you can feel good about. This doesn't mean take the easy road. What I want for you is to make decisions for yourself based on your current level of capacity. Most of you will be doing this program solo and will need to exercise your inner boss. Remove yourself from the situation so to speak. If you were going to lead another person through this circumstance, what would you recommend to that person to do in order to solve the issue? If someone else was depending on you, you would give the best most effective solution wouldn't you? Don't cut yourself short by being too easy or too hard on yourself. Set yourself up for success and keep pressing on .

WEEK SEVEN ASSIGNMENTS

1. Who has defined your understanding of perfection or the threshold of what is good enough?

2. Find 3 people today that you can ask The following question. What is it that you love about me, including my imperfections?

They said:

Person 1:

Person 2:

Person 3:

If you were going to lead another person through a challenging time in this program, what would you recommend that the person do in order to solve the issue and continue to move forward? Would you let them give up? Who can you encourage today?

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of?

Which choices did you make that were and were not optimal?
What did it cost you calorically, emotionally and energetically?
What are some ways I can prevent this in the future?

What was your best moment during this weeks workout? How did you get stronger, faster or increase in endurance?

What will you pray or meditate on during this weeks sting day?
Why? What outcome do you hope for?

SOULCIAL WISDOM

#SOULCIALWISDOM

#IAmPerfectlyImperfect

“When you let someone else define your perception of yourself, you give the person unspoken, unwritten permission to limit and assign your value and your future.”
-CDS

#ChanceOrChoice

CHAPTER 8. RELATIONSHIP RICHES

FAITH

When you think about relationships, do you normally think about people? That is the first thing that comes to most peoples minds. This week we are talking about some variable relationships as well. Relationships with self, family and wellness all need to be healthy. Some seasons might feel effortless, while some seasons are layered with growing pains that seem never ending. Nevertheless less if you don't give up these relationships will grow and flourish if they are healthy and nurtured. If they are not they won't survive. As with any relationship we want to focus on the positive attributes of the relationship, however the negative ones can not be ignored. They need to be healed or cut off. The first choice is to heal through forgiveness. Healing relationships might even take significant work like, prayer, counseling and time. In some cases there might be new relationships you would like to build that don't already exist. Healthy Relationships are one of the most important factors in happiness. While you are spending so much time on your relationships with yourself and food we want to be sure that we are cultivating a spirit of love and joy with our friends and family. Simultaneously, we need to sew into those relationships for them to grow. Find a little more room in your schedule for a dates with your loved ones! You can schedule it once a week or once per month and rotate who you see, but be sure that you make those top relationships a priority.

Give some special attention to the ones you love. Maybe it's a spouse, a parent, a child or friend you want to invest in. Make the time. You can do it all and if you can't knock something off the list that is not as important. There have been a ton of

changes happening in your life from the way you feel, what you eat, to how you spend your time. Do not grow weary, keep going and growing in your meaningful, fulfilling & happy adventure you call YOUR LIFE.

“Don’t let fear of the amount of time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; We might just as well put that time to it’s best possible use.” - Earl Nightingale

Do not grow weary in doing good for at the proper time we will reap the harvest if we do not give up.

Galatians 6:9

FOOD

Have you ever considered that you have an actual relationship with food? It might not be your traditional relationship, but we most definitely do have a close relationship. So much about this relationship affects our every day life. Our food intake literally can have the ability to dictate our body composition, our energy level, our state of health or disease, our feelings and much more if we let it. Some of these relationships are amazing. Fruit for most people is an incredible relationship. It is cool, fresh, tart & sweet. It is full of antioxidants and is literally nature's candy. There are no strings attached. It makes us feel incredible. Then there are other food relationships that are a bit more manipulative, don't make us feel as good and are actually controlling. Understanding your relationship with certain foods needs to be understood more deeply.

We eat for many reasons. Here are some reasons.

- Nutritional eating
- Emotional eating
- Nostalgic eating
- Wounded eating
- Celebratory eating
- Social eating
- Guilt eating
- Habitual eating
- Oral fixations

Which reasons can you relate to?

FITNESS

Before you start your workout, I want to share a little experiment that my high school English teacher impacted me with. Here is what I want you to do. Before you begin your workout, take a piece of paper and write down the last 10 thoughts that had gone through your mind.

Do your workout, focus on your workout.

Before you leave the gym take a piece of paper and write down the last 10 thoughts that had gone through your mind.

Now or before you go to bed journal your observations and feelings regarding what you found to be running through your mind.

What has been illuminated to you during this exercise? Did it reveal something about your relationship with your body, your diet, your loved ones or yourself? Write your notes in the assignment section.

WEEK EIGHT ASSIGNMENTS

Are there relationships in your life that have been suffering neglect?

If so it is time to nurture them. Set up a schedule of recurring dates. Whether they be phone dates across the globe or in person adventures get them on the calendar now.

What are your top 3 dysfunctional food relationships?

Is it a superficial relationship that you can just simply do without?

What healthy alternatives can you eat in place of them?

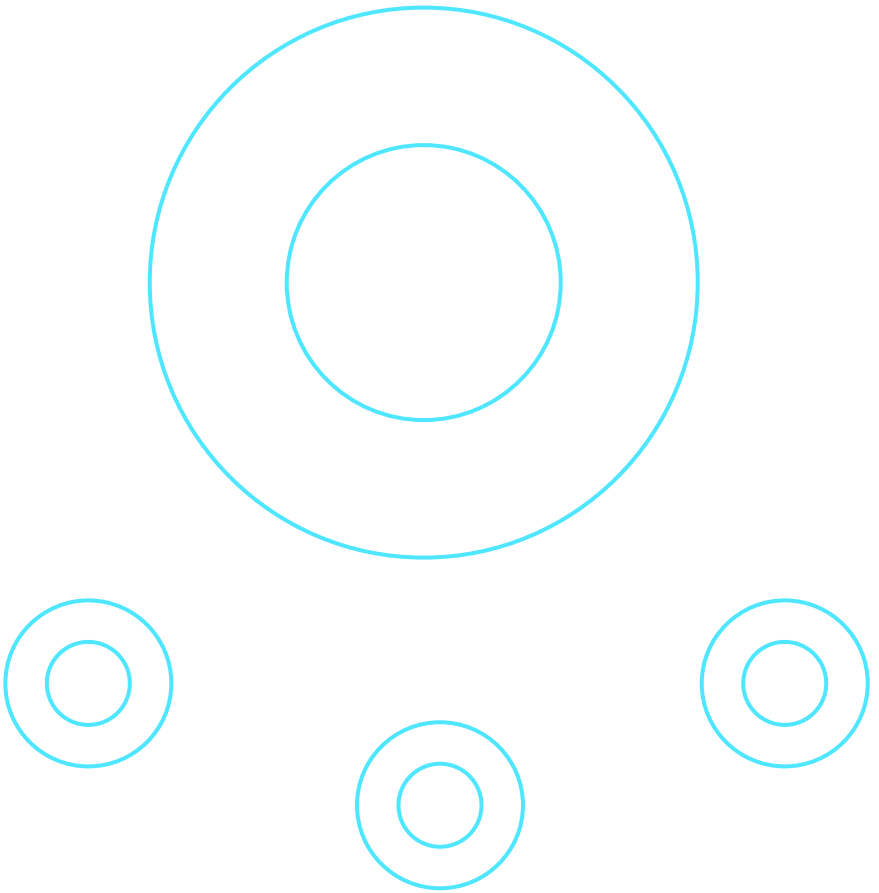
List 3 for each

Perhaps it goes a bit deeper. For each one identify what about it makes you want it so bad. Is it the smell, taste, texture, physical sensation, emotion? What is the root of the dysfunction?

To discover this you will do a simple download session where you center your focus on 1 food. Next write down in a quick fashion what words and feelings come to mind. If it comes to mind twice write it twice. With the word that is making the strongest impression, do the same.

What did the exercise reveal? Is there a deeper issue that needs to be addressed?

If so what is it? Name it and then tackle it.



IN A RAPID FASHION JOT DOWN ALL THE WORDS THAT COME TO MIND WHEN YOU THINK OF FOOD IN GENERAL. DO THIS IN THE LARGE CIRCLE. EXPOUND UPON THAT DOING THE SAME FOR THE WORD THAT MAKES THE STRONGEST IMPRESSION USING THE SMALLER CIRCLES.. DO IT UNTIL YOU GET TO THE CORE OF HOW YOU FEEL ABOUT FOOD. REPEAT THIS EXERCISE WITH THE THREE FOODS/ DRINK THAT YOU FEEL YOU ARE IN A DYSFUNCTIONAL RELATIONSHIP

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of?

Which choices did you make that were and were not optimal?
What did it cost you calorically, emotionally and energetically?
What are some ways I can prevent this in the future?

What was your best moment during this weeks workout? How did you get stronger, faster or increase in endurance?

What will you pray or meditate on during this weeks sting day?
Why? What outcome do you hope for?

SOULCIAL WISDOM

#SOULCIALWISDOM

“A Relationship will never be worth less than you jointly value it, conversely it will also never be more.”

-CDS

Where your treasure is, there your heart will be also Matthew 6:21NIV

“Don’t let fear of the amount of time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; We might just as well put that time to it’s best possible use.”

- Earl Nightingal

Do not grow weary in doing good for at the proper time we will reap the harvest if we do not give up.

Galatians 6:9

CHAPTER 9. EXPAND & BLOOM

FAITH

There comes a time in most everyone's journey where you feel as though this is too difficult and you just rather give up than go through the tough stuff. Your fight or flight response kicks in even though this is not a life or death situation, or is it? For some of you this quite literally will be a case of longer life or sooner death, but our mind doesn't always let us go acknowledge this sheer reality that we have only one life and one body that we better take care of.. Sounds harsh doesn't it? Instead we make a case for why we shouldn't bother. We forget this is a chance to follow through on your new breath of life. This is around the time where some of those negative thoughts might be trying to creep in to justify any temptations you might have to abandon your plan for some pizza. Keep pressing on and you will gradually forget that the things you are conquering right now were ever hard. It will be so normal and easily assimilated into your lifestyle that you will start to forget the struggle. It is time for you to go to the next level. Trust yourself and trust the process. You are about to bust through the limitations you have set on yourself. You are about to bloom. Remember while you bloom and grow, you are inspiring those around you. Keep moving forward. Your capacity is ever increasing, why not consider helping someone else do the same?

Run with perseverance the race marked out for you

Galatians 6:9 ESV

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

FOOD

Expand your palette. Try something new. Have another party or make it a night out to that fancy Tapas place you have been eyeing! Try different flavors and textures. Remember your palette has changed. Get crazy! Even if you didn't like a particular food as a child you might like it now. When we are children our taste buds are have heightened ability to taste. By now your buds have toned down and become more sophisticated. Since changing your eating habits you might find foods you used to like don't appeal to you anymore. It might seem like your taste buds are adapting to your new lifestyle. According to Bon Appetite Magazine our taste becomes more a matter of psychology and smell rather than actual taste as we grow older.

Some suggestions

Artichokes

Goat Cheese

Chia or Flax seeds

Mung Bean noodles

Broccoli Rabbi

Arugula greens

FITNESS

Not only are you going to increase your capacity in your workout, but this week you are going to open up the door to another dimension of expanding your capacity. Your Brain!!! If you haven't heard of Neurobics you don't know what you are missing. Neurobics is the science of brain exercise. Not only is it fun, but Neurobics is one of the major steps in preventing Alzheimers according to Vincent Fortanascre M.D author of The Anti-Alzheimer's Prescription. How do you do this? Live on the edge, surprise your senses, challenge yourself and keep blooming. Try some of the fun challenges from their book noted in this weeks Assignments. Have Fun.

WEEK NINE ASSIGNMENTS

Now that you have made some progress changing your world, who in your life do you know that has wanted to make the same change that perhaps you could encourage? Consider reaching out, just to encourage them.

Plan your tasting date. What new foods did you try? Write down everything your senses tell you to. Describe your experience.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

3. Try some of these Neurobics exercises for the next 7 days and perhaps for life!

A. Pg. 46 Keep your Brain Alive by Lawrence C. Katz, Ph. D. & Manning Rubin

Choose your days wardrobe by textures...without looking. Take a picture and share it with us!

b. Pg. 104 Keep your Brain Alive by Lawrence C. Katz, Ph. D. & Manning Rubin

Hold your nose as you taste different foods or beverages. Wine? Waters?

c. Pg. 136 Keep your Brain Alive by Lawrence C. Katz, Ph. D. & Manning Rubin

Grow a garden.

d. Pg. 44 Keep your Brain Alive by Lawrence C. Katz, Ph. D. & Manning Rubin

Brush your teeth using the opposite hand than you usually do.

What will you pray or meditate on during this weeks fasting day? Why? What outcome do you hope for?

WEEKLY REFLECTION

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SOULCIAL WISDOM

#SOULCIALWISDOM

“Be Patient as you bloom. It’s a process”

#Seed.Plant.Water.Grow.Bloom

#Iamplanted

#Iamnourished

#Iamgrowing

#Iamblooming

“To experience physical, mental or emotional hypertrophy you must challenge your current state. Say I dare you to yourself.”

-CDS

#DareYourself

#SophisticatedTastings

CHAPTER 10. PASSION & PLAY

FAITH

Passion. Sometimes when we get into our temporary ruts that sometimes feel like an eternity we may lose our luster for life. We might even lose our purpose. Are you living on purpose right now? If you got lost while you were on your way to your purpose don't let any more time pass before you get back on track toward it. It might be one big hairy goal, or it might be as simple as living every day vibrantly present in a way that brings joy to the people in your life. Your purpose doesn't have to be big, but it does have to drive you with passion. You are not here by mistake. You are not an accident. That means there is something specific you were created for. What is it? Are you doing it? Sometimes when we lose our passion and purpose we need to go back to the things that make us feel alive. Most times when we are in that place where we are most energized play or creative expression is often among what engrosses us completely. Everyone needs to play and to create and find themselves in that place where time stands still and joy abounds. Where is that for you? You May just rediscover your purpose there.

If you are unsure of your purpose or just need a little confirmation, consider a session with Stephanie Slawek.

FOOD

Creative expression (Add Statistic) is one of the most therapeutic engagements. When you are in the midst of creative expression or simply your individual expression of any sort time stands still, your mind is fully occupied and you feel your insides start to unwind. Not only is this therapeutic, but if you are not sure what your purpose or passion in life is notice your enjoyable expressions. They might tip you off.

Cooking might not be your passion, but I challenge you this week to express yourself creatively through your meals. Be one of those people who photograph their edible art or beautiful place setting. Think about the food and decor you love to enjoy and create your signature dish. I promise it will add joy to your menu this week. Once it passes your lips, savor it and then invite someone to enjoy it with you next week. Treat someone to your signature dish with confidence. You don't have to live in an isolation bubble to enjoy a healthy lifestyle. Go ahead and start a movement. Have a weekly or monthly party with some friends. You can call it the healthy holler!

How it works:

1. Everyone brings a new healthy dish to try.
2. Assign each person to bring either an appetizer, main meal, dessert or drink. Remember to control portion sizes.
3. Have fun and be creative. Don't forget to take pictures and bring a copy of your recipes to share.

FITNESS

Do you sometimes loathe your upcoming workout? Here is an idea. Use this time to nourish your mind and imagination at the same time as your physical body. We don't always have to focus on the pain or difficulty of a challenging workout. Try this.

Going for a walk or a run? Keep your workout challenging yet simple on days like this. Use your workout as a time to listen to some motivational speaking or listen to music with inspiring messages. Dream up your next big career challenge or family event. Connect supernaturally to your dreams and calling as you enter the stage of your workout where those feel good chemicals are released. There is no better natural stimulant than excitement about the future. Hope & faith are roots of finding the will to take yourself to the next level. Dream a little and what starts as a mundane workout can turn into a life changing adventure.

Today you have permission to pause your workout to take notes in your notebook or phone. Gold will be coming out your ears and you will want to catch it. You never know what will come from these moments! Could be life changing for all of us.

WEEK TEN ASSIGNMENTS

What is your purpose in life.

What are your passions in life? If you are not sure try creating a list of things that you would like to try or things you enjoy doing? That is a start. As you continue to write, the answer may just flow right out and pop off the paper.

Are you pursuing them regularly? Yes/No

Create your healthy signature dish and share it with the community.

Set a date. Invite someone over to enjoy your dish or plan your “HEALTHY HOLLAR PARTY”

Grab your soundtrack from Audible Awareness Week or Prepare a new workout soundtrack to get pumped.

7. What gold fell out of your ears during your daydreaming workout? Write it here!

8. Do you keep a list of things you have always wanted to do? Why not consider making one? I am a list lover and use the *teuxdeux* app. for all my lists.

WEEKLY REFLECTION

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SOULCIAL WISDOM

#SOULCIALWISDOM

#Passion&PlayEveryday

#WorkLessPlayMore

#PrayMorePlayMore

“The best way to work less is to love what you do.”

-CDS

“A dose of play a day keeps the doctor away. If you play like a child , you will never stop learning, growing, expressing or exploring.”

-CDS

“We don’t find Joy, we have the power to create it”

-CDS

#HealthyHoller

CHAPTER 11. FERVOR OVER FEAR

FAITH & FOCUS

FEAR. What's worse, being in line for that big roller coaster or being on it? Being backstage ready to take the stage or being on it? Thinking about failure or actually failing? Thinking about your workout or doing your workout? So often we are afraid of trying something new or pushing ourselves past our limits for one reason...FEAR OF FAILURE. Don't let limited thinking or fear stop you from being the best version of you! Fear is always illusive, success however is tangible. FEAR is your enemy, not failure. Failure will always give you the gift of growth, fear only brings on paralysis. Fear is a thief, don't let it rob you. Run that marathon, go for the big deal, get on stage....whatever it is, go for it. The time is now! You are called to more, I know you hear it.

What is that thing that you have always wanted to do?

Be bold and go for it. You are the boss of you and your life.

FOOD

Keeping on the topic of fear. The more you know about what you eat the better right? Not always, it can scare the living daylight out of you. There is so much information out there and controversy that it can make anyone turn into a deer in headlights trying to find anything to put in their grocery basket. You don't need to become a farmer and never purchase from the supermarket again. Eat as clean as you possibly can as much as you possibly can, but don't make yourself sick over it. Disordered eating has many faces. You want to be intentional about what you eat, but you don't want to be obsessive about it. It will take a lot of your attention at first, but you should be able to keep a stable view of your approach. As you see results you might get tempted to cut more calories or to excessively workout out. You don't have to be afraid of indulging once in a while. You are a real person, with a real life with ebbs and flows. Keep it real – You are the Boss – You make smart choices, you don't need to second guess that. Don't let fear mess with your head, your heart or your diet.

FITNESS

On your journey, I dare you to look at the scale less and look into your heart more. How do you feel? Are you making small progressions? Are you an amazing person no matter what you weigh? Yes I think so. I dare you to start rocking who you are on the inside more than who you think you appear to be on the outside. Because the numbers are just that....a game and sometimes they do lie...they lie about your worth so don't "lie" your worth there. Live life with confidence and own your body at every ever changing stage.

Don't weigh your self this week. I dare you. Beyond that, cover up all of your mirrors from the neck down or even 100%.

You are the Boss!

WEEK ELEVEN

ASSIGNMENTS

What is that thing you have always wanted to do, but won't do because you have been too afraid? What did you leave off of your must do list you created last week?

If you tried that thing and failed, what would be the worst outcome that might happen? Is it worth the fear? Will you regret not doing it?

What is your final decision? Are you going to do it? If so, when and if not why?

Is there any fear associated with the food you eat? Your diet decisions or any other nutrition based scenario?

Cover up those mirrors. Tip: Use plain 16x20 drawing pad paper. As you pass by your mirrors this week, jot down how you feel or anything that is on your heart and mind at the moment.

WEEKLY REFLECTION

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SOULCIAL WISDOM

#SOULCIALWISDOM

#FervorOverFear

“Failure is Fears Empty Promise”

-CDS

*Fear = An Experience Caused By Chemical
Messenger Called Adrenaline*

You = A person with the power of choice.

“Fear can kiss my amygdala”

-CDS

#KissMyAmygdala

CHAPTER 12. REFLECTION & ILLUMINATION

FAITH

This week is about reflection. It is where you gather the gold that you have been panning of this journey and put it all together and add it up. This week in each area get out your pen and journal the most amazing milestones you have made over these past 12 weeks. Look back over your notes. Where did you show up? Where did God speak something healing to you or offer you clear directions? What is next for you? What have been your revelations? What is your purpose? Remember your daydreaming session in week 10.

Now that you have taken the time to reflect on your 12 week journey to becoming the Boss of you, it is time to draft your core values. Define Your own rules...are there any rules at all? Take a minute to think about all that you have experienced in these last 12 weeks. As you have gone along you have grown quite a bit in a short period of time. Moving forward you won't have the structure of a program, but you will have your new found values to help you make clear decisions. Let's make that crystal clear.

FOOD

Have you ever heard the phrase “When someone shows you who they are, believe them the first time” ? The same goes for food. Over the past few months you have probably noticed this about some fraudulent foods. Foods that are not quite natural as they claim or just for some reason don’t agree with your body. Reflect back on your time and make a list of fraudulent foods. When you think you want it...you’ll remember how it made you feel, and why it is a fraud.

FITNESS

REFLECTION – Take the covers off your mirrors and work your reflection in a different way. Do some of your workouts this week looking in the mirror in awe struck appreciation of the incredible naked body you have been given. Pay special attention to the ability it has to complete and adapt to the tasks you ask of it. Be in awe of the ability it has to transform as you have grown stronger. Reflect on your curves, beauty and stretch marks and love them no matter where your body has ended up after these 12 weeks. Love that you are in command of every decision you make for your body, your mind and your heart. Love that you are FIT to be the best Boss of you that you can be. Love that you are beyond sufficient for you, your family and your God. Remember you always have been and always will be.

WEEK TWELVE

ASSIGNMENTS

What will you pray or meditate on during this weeks fasting day? Why? What outcome do you hope for?

Uncover those mirrors, get naked and get working out. See the beauty in your body exactly the way it is right now. Watch in awe of the incredible body you get to house with gratitude.

WEEKLY REFLECTION

What tough choices did you make this week that you are proud of?

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Why? What outcome do you hope for?

ILLUMINATIONS

Fasting Illuminations Week 1

Fasting Illuminations Week 2

Fasting Illuminations Week 3

Fasting Illuminations Week 4

Fasting Illuminations Week 5

Fasting Illuminations Week 6

Fasting Illuminations Week 7

Fasting Illuminations Week 8

Fasting Illuminations Week 9

Fasting Illuminations Week 10

Fasting Illuminations Week 11

Fasting Illuminations Week 12

CORE VALUES

What are your core values that support the lifestyle that you want to maintain ? You have grown and changed over these past 12 weeks. Revise your original core values to fit your future. Use them as a guide as you exit this program into the Boss life you created.

SOULCIAL WISDOM

#SOULCIALWISDOM

#IAmTheBossOfMe

#SayNoToFraudulentFoods

#TheTransfigurationTransformation

“The transfiguration revelation...leaving the old behind”

-CDS

RESOURCES

THANK YOU BOSS

The last twelve weeks you have poured your heart, soul, faith, emotion and every ounce of energy into investing in yourself and for that bold mission of faith. For that I commend you. You have looked yourself in the heart and truly given yourself the full opportunity to begin transforming your life into the life that you want for yourself. A life where you are the boss through challenges, successes and even failures. You are strong. You are confident. You are Beautiful. You are resilient . You are discerning. You have purpose. You are well and you are Wellthy. I'd like to sincerely thank you for letting me be a part of your journey.

With warmest regards,

Christine De Souza

P.S

I want to hear your remarkable story. If you feel moved to share your experience please feel free to email me directly.

thewellthylife@gmail.com

If you feel inspired to help others do the same thing that you have done, we will find a way. Send me a message letting me know you want to go to the next step with a little bit about your why behind your motivation.



ABOUT THE AUTHOR

Christine De Souza is an entrepreneurial business hippie and Boston based personal trainer. She lives in New Hampshire with her family, where her heart is. She is a mother to one amazing daughter and remarkable husband. Christine loves inspiring and teaching people how they can reignite their life through beauty, wellness & creative expression.

Learn more about Christine's programs and workshops

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