

WEEK 1



**RADIANT
RESET**

30 Days of Opening to Vibrant Health
In Body, Mind, & Spirit

THE SCHOOL OF TRANSFORMATION

Program Overview

“Health means aliveness, which is an expression of an energy field”

-Dr. David Hawkins

This program is designed to assist you in attaining a high level of health and vibrancy. Health and vibrancy is your birthright, and over the course of this program, you will learn how to claim this gift that belongs to you.

This is not a diet program. Nor is this an exercise program. **This is a program of body, mind, & spirit harmonization** that will serve your unique needs.

A common misperception about health is that poor habits lead to poor health. In truth, *there is a critical element that precedes all unhealthy habits*. That element is an imbalanced energetic system. Unhealthy habits cannot exist in a healthy energetic environment. It is for this reason that Radiant Reset does not solely focus on “eating better and exercising more”. When we align our energetic system, we naturally adopt healthier ways of living.

Another misperception is that we must use brute force and willpower to attain health. We assume that if we want to change our bodies, we must punish ourselves. We must work hard, and feel unhappy with our bodies until we get to the promised land of health. You can let go of that perspective.

Health is a natural byproduct of ease, flow, and presence. We can let go of struggling with diets, struggling with exercise regimens, and struggling in general.

The most overlooked aspect of health and radiance is connecting with the body. As with all relationships, when we nurture our relationship with Self and Body, the inevitable byproduct is radiance. **The foundation of any good relationship is presence.** *When you are listening, being with, and honoring the needs of your body, you unlock a high level of vibrancy.*

Your current health imbalances are beautiful opportunities to reset and recalibrate your body, mind, & spirit. We begin the sacred journey of honoring our being with a loving acceptance of all current conditions of the body, all unhealthy habits, and the entirety of ourselves as we are in this moment. *It is from this moment, and only from this moment, that we receive Health & Radiance.*

Program Benefits

- Increased levels of energy
- Dissolve health blocks
- Learn what foods work best for you
- Build healthy relationship with the body-mind
- Get clarity on your energetic imbalances
- Build new energetic patterns within the body
- Attain optimal state of overall health & wellbeing

Best Practices

As with all programs offered at The School of Transformation, The Radiant Reset is both an individual course and a group experience. To receive the full benefits this program, tap into the positive energy of our community by connecting with the group, and checking in on a regular basis.

- Attend sessions if able
- Watch the replays
- Let go of guilt
- Go with the flow
- Post in the community on a regular basis
- Attend group sessions when able
- Do the writing exercises

High Participation Brings Incredible Results

Starting Points

Because this is a YOU centered program, it's important to gauge where you are currently to get clear on the desired outcome for the program.

Connect with your own definition of "Health", and what that will look like for you. In addition, connect with where you might be lacking in health by considering the following...

What is my definition of health?

What does radiant health look and feel like for me?

***What are the metrics that matter most to me?
(Energy, mood, mental clarity, weight, joint health etc)***

Assessing My Meaningful Health Metrics

Using the metrics listed on the previous page, how am I feeling about each one?
How is my level of radiance and health manifesting in each metric?

What's working, what could be better? Write down any thoughts that come to mind

Metric 1 -

Metric 2 -

Metric 3 -

Metric 4 -

Deep Inquiry

The light of awareness is the first step to radiant health. It is through the light of awareness we begin to understand what blocks our health, and what is called for to bring ourselves into balance.

Without guilt or judgment explore the following prompts...

What is my attitude and general feeling towards my body?

What is the emotional feeling and state I tend to be in most of the time?

What, if any, are recurring criticisms I have about my body or myself in general?

What things do I do that detract from my health & balance?

When given space and gentle awareness, why do I do the above thing/s?

What foods do I tend to thrive on?

What foods tend to make me feel less vibrant? Also, what foods act as trigger foods for me (if any)?

What forms of movement make me feel good?

If my body were a friend, how would I describe the relationship with that friend?

Do I believe that vibrant health is possible for me? Why or why not?

***What areas of my body-mind are healthiest?
(Energy, flexibility, mood, etc)***

What body-mind imbalances am I most ready to heal?

What is most out of balance in my body-mind and/or life-style?

What is one imbalanced pattern that blocks my health the most? (Poor sleep, too much sugar, sedentary etc)

What is something I'd be excited to experience with my body?

Chill Invitations Checklist

This program is NOT about stressing a long list of things to do. It's about learning what your body needs based on your connection to your soul. In that spirit of ease & flow, consider **this checklist more a list of INVITATIONS.**

Only accept the invitations that truly harmonize with you and your soul. **I've also included some blank spaces for you, in case you'd like to add items** that align more closely with your soul this month.

- SHARE YOUR INTENTIONS IN THE COMMUNITY, UNDER THE GOALS & DECLARATIONS SPACE*
- CLEAR CABINETS OF TRIGGER FOODS*
- CHOOSE A PHYSICAL ACTIVITY THAT YOU WILL ENJOY THIS MONTH*
- GET A NOTEBOOK FOR INQUIRY WORK, INSIGHTS, AND CONNECTION WITH THE SELF*
- BUY YOURSELF EPSOM SALTS, CANDLES, LAVENDER OIL, OR ANY OTHER RELAXATION TOOLS*
- SCHEDULE TIME/S EACH WEEK FOR DEEP REST TO USE ABOVE TOOLS*
- GET AN ACCOUNTABILITY PARTNER IN THE COMMUNITY.*
-
-
-

Experience a Radiant Reset

Join The School of Transformation



You are worthy of RADIANT health. If you feel like you'd enjoy having more energy, vitality, and harmony in your body-mind, I'm here to let you know something...

You CAN be radiant, from the inside out. You CAN feel like a superhero in body-mind-spirit. *And it's easier than you could ever imagine...*

Join me for a 3 Week Radiant Reset

If you enjoyed this workbook, you are going to love the live, interactive program happening in the community. Starting Sunday July 7th, we will be guiding you through the Radiant Reset process. During these three weeks you will...

Eliminate your health blocks

Learn what foods work for YOUR system

Deepen your connection with your body & yourself

Learn how to communicate with your cells

Connect with beautiful souls in a tranquil community

Eliminate imbalanced habits with ease and flow

Open your body to heal & recalibrate on every level

[*Join The Community*](#)