



**addictivehealth**

28 Days to a Vibrant New You

## **WORKBOOK**

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# The Master Ritual

This simple daily ritual will transform the quality of your life.

When will you do it? \_\_\_\_\_

Where will you do it? \_\_\_\_\_

What will you wear? \_\_\_\_\_

Describe your master ritual routine...

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What are the challenges of getting yourself to do it?

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What are the solutions to those challenges?

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How would you feel if you did the master ritual for the next 28 days?

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# Habit #1: Drinking Water

In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day. For example, if you weigh 150 pounds, that would be 75 ounces of water a day.

How much water do you want to drink each day \_\_\_\_\_

How are you going to measure it? (ex: 3 50 ounce bottles/day)

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Break your water intake into 2-3 phases. When do you plan to drink the water specifically?

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Do you need to do anything to prepare for it? For example, buy a water bottle or get filter?

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Describe your water routine...

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Are there any challenges?

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What are the solutions to those challenges?

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How would a water routine help you physically, mentally and emotionally?

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## Habit #2: Relaxation

The body scan and tense and release techniques are perfect for releasing any tension in your body, so you can feel better.

The Master Ritual is a great time to relax, but why not add other times as well.

For example, if you relaxed as you drove to work or while you were sitting at your desk or before dinner.

List some other times you can relax for a few minutes?

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How would relaxing every day help you physically, mentally and emotionally?

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# Habit #3: Breathing

You need more oxygen in your body. To accomplish this, you can use The Deep Breath and Rhythmic Breathing Technique to breathe properly..

The Master Ritual is the perfect time to do your breathing habit, but very quickly you're going to get good at it and then you can start to do it throughout the day.

Think of some times you could benefit from deep breathing?

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How would your breathing routine help you physically, mentally and emotionally?

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# Habit #4: Sleep

Getting plenty or deep, restful sleep makes everything better.

How much sleep would you like to get each night? \_\_\_\_\_

What time do you want to go to sleep and what anchors could you use to trigger the start of your sleep routine? (you can have different routines)

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What are your “sleep stealers”?

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Describe your ideal sleep routine?

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Are there any challenges to following this sleep routine?

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What are the solutions to those challenges?

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How would a sleep routine and better sleep help you physically, mentally and emotionally?

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# Habit #5: Nourishment

5 servings of LIVE, RAW FOODS a day is the foundation of vibrant health.

Describe your “living vitamin” strategy, when you’ll do it and ingredients?

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What do you need to prepare for it? When are you going to get the ingredients?

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Are there any challenges with installing this habit?

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What are the solutions to those challenges?

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How would getting better nourishment help you physically, mentally and emotionally?

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# Habit #6: Movement

The main focus here is on building a long term routine, resist the urge to jump into an extreme program. Start with where you are and slowly build up, consistency is the most important factor here because it is ultimately what's going to give you the best results.

The master ritual is a GREAT time to do your flexibility exercises.

Describe your ideal movement rituals....

Flexibility...

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Strength...

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Walking...

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How would a regular movement routine help you physically, mentally and emotionally?

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# Habit #7: Meditation

Meditating is one of the most addictive habits. To quiet your mind for a few moments feels so good and has incredible health benefits for you.

I like meditating at the end of my master ritual.

When will it serve you best to meditate each day?

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What do you think the benefits of meditating regularly would be?

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# Habit #8: Gratitude

When can you practice gratitude each day?

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What do you think the benefits of feeling more grateful would be?

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## Daily Checklist

*Cross off each completed item daily.*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Water	Water	Water	Water	Water	Water	Water
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
Breathing	Breathing	Breathing	Breathing	Breathing	Breathing	Breathing
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Nourishment	Nourishment	Nourishment	Nourishment	Nourishment	Nourishment	Nourishment
Movement	Movement	Movement	Movement	Movement	Movement	Movement
Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Water	Water	Water	Water	Water	Water	Water
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
Breathing	Breathing	Breathing	Breathing	Breathing	Breathing	Breathing
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Nourishment	Nourishment	Nourishment	Nourishment	Nourishment	Nourishment	Nourishment
Movement	Movement	Movement	Movement	Movement	Movement	Movement
Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude



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## Daily Checklist

*Cross off each completed item daily.*

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Water	Water	Water	Water	Water	Water	Water
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
Breathing	Breathing	Breathing	Breathing	Breathing	Breathing	Breathing
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Nourishment	Nourishment	Nourishment	Nourishment	Nourishment	Nourishment	Nourishment
Movement	Movement	Movement	Movement	Movement	Movement	Movement
Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Water	Water	Water	Water	Water	Water	Water
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
Breathing	Breathing	Breathing	Breathing	Breathing	Breathing	Breathing
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Nourishment	Nourishment	Nourishment	Nourishment	Nourishment	Nourishment	Nourishment
Movement	Movement	Movement	Movement	Movement	Movement	Movement
Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude	Gratitude