

REVOLUTIONIZE YOUR HEALTH

30-Day Challenge

DAY 1 – Setting the Intention



Revolutionize Your Health

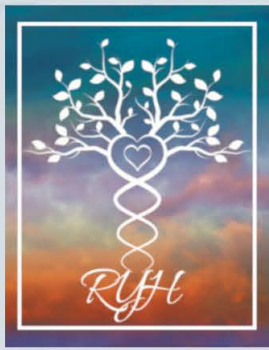
A clear intention is
like a guiding light
in your life.

Cornelia Merk

Hello and Welcome to the RYH 30-Day Challenge!

We are so happy to have you participate with us. We know that you will find surprising benefits as you move through the month. Me time, even if it is only a few minutes a day, brings a sense of continuity to your days, a sense of positivity, and a sense of accomplishment as your self-care improves. And all of us can do a little bit more for ourselves, even if we have a regular self-care routine that we enjoy.

As the days go by and you try different strategies you will find a few that really speak to you and meet a need you might not even know you had. When you find these activities that are special to you, make a note of them and begin to create your own daily routine – the one that you designed for yourself.



REVOLUTIONIZE YOUR HEALTH

30-Day Challenge

Directions for the 30-Day Challenge:

Watch the daily video first so you get an overview of what this day is all about. You can save the daily PDF to your computer so you can make a little booklet, which you can use after the challenge and you don't have to come back to the Teachable website.

To do the challenge/exercise, pick a time when you know you'll have a few moments of quiet time. You'll find that quiet time will enhance the benefits of the activities we share with you. You'll have time to really experience them and time to write a few notes or insights. Keep a journal if you feel inspired to do so.

We invite you to join our Facebook group at <https://www.facebook.com/groups/RevolutionizeYourHealthGroup/>

Most of the people in this group have already gone through the 30-Day Challenge, so you can ask questions or share your insight. We, Cornelia and Janet, will be there as well to answer questions and to interact with you.

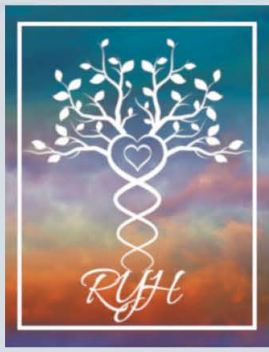
Exercise for the Day - Setting Your Intention

We invite you to set your intention for this new adventure on the sheet provided below. Setting and living your intentions allows you to focus on who you are in the moment, to recognize and live your values, and to raise your emotional energy, which in turn raises your physical energy.

Intentions provide a roadmap and reminder for how to live out each day.

Intentions give you purpose, as well as the inspiration and motivation to achieve your purpose.

An intention is not a goal – a goal can actually create more stress if it is not reality based. An intention comes from deep within yourself. It comes from your authentic self, your heart. What do you want for yourself?



REVOLUTIONIZE YOUR HEALTH

30-Day Challenge

What does your intuition suggest that you need to feel better, do better, and be your best self? Who do you want to be?

Clearly stating how you intend to feel today/at the end of the challenge instead of wishing that you feel better puts the power to change things in your life in your own hands.

Write out your Intentions for the 30-Day Challenge:

What do you want to achieve by going through the 30-Day Challenge?

What do you want to feel?

What changes do you want to make?

Once you are clear about what you want to achieve during the 30-day challenge and for the day, write out your intention in one clear statement that you can keep with you during the day or post it in strategic places in your home so you can read it several times during the day.

Example: "I intend to live in gratitude for all that I have and all that I am, allowing joy and love to fill my heart and positive energy to fill my body. I am going to take care of my body the way it deserves."