



Keto reset 101 class #1 notes

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We reviewed our goals and beliefs handouts; Recommended book “Where Will You Be 5 Years Today” Dan Zadra

Vibrational energy chart which will come in handy as we work in the next few classes

We talked about how thoughts are powerful and words are spells

Don't feed the BEAST

When we speak words we are broadcasting it to the radio station that shares it to the universe (I don't have time, I can't do this, I always screw things up etc.....) so speak out what you would like to have- God and the universe will support you

We talked about being mindful of our words choosing positive phrases

We talked about comfort zone and doing something that moves us out of our comfort zone

If you want to learn about my weekend experience here is a link <https://okakaya.com/kambo/>

Please remember what we share in class is for us only, as we want to this place to be a safe space to honor one another's challenges/journey and support each other

Before we meet again on Monday:

- 70 X 7 affirmations – use a coin purse to track
- Be mindful of language – remove common phrase that are low vibrational (never, always, can't, I don't have time, I am too busy, I don't have money for that, it's too hard)
 - Swap word choices for something more positive:
 - Never and always use **at times**
 - Can't use **choose not to**
 - I don't have time use **I am in the process of making time for**
 - I am too busy use **I am making time for things that are important to me**
 - I don't have money for that use **I am being resourceful to fund that**
 - It's too hard use **that will challenge me to find a creative solution or it's become easier, I am open to finding an easier way**
- View vibrational handout daily and be aware of daily habits, actions and words
- If you are in a situation that may derail your progress ask: **Will this help me accomplish my goal and where I would like to see myself or will it pull me further away from my goal**

- Healthy Thanksgiving ideas: turkey, ham with lots of gluten free gravy, butter (yes BUTTER), cauliflower mash, sweet potato casserole, colorful green salad with lots of oils and healthy fats (seeds, coconut flakes, chia seeds) & remember to go for an after meal walk & ENJOY the day with gratitude and Thanksgiving