

Your 21-Day Mind-Body-Soul Shake-Up

Your Not-So-Typical Cleanse for Ultimate
Health, Happiness & Freedom



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Hi there,

thank you for participating in Your 21-Day Mind-Body-Soul Shake Up!

This is a not-so-typical cleanse taking the entire (w)holistic YOU into account.

Health is not only about eating healthy. Happiness is not only about smiling. You are a (w)holistic being: your mind, body and soul works together. Yet, often we forget about this.

There are so many cleanse programs out there that only focus on nutrition. There are also millions of exercise programs that are focusing on toning your abs. There are only a few programs out there focusing on the mind and soul. Of course there are many professionals working with the soul and mind, but they often ignore the body.

I wanted to create something special here: a not-so-typical cleanse that takes care of all area, your mind, body and soul.

Follow this 21-day Day Mind-Body-Soul Shake Up! Guide and continue using the exercises and tools that worked for you after. Follow the basic principles in the Easy to Be Healthy Guide. Use the daily challenges and affirmations to help you keep motivated and to become happier each day. The Daily Practices Tracker and the Happiness Log will help you to keep track of your progress and days. For recipes, please refer to the Real Food ebook.

For further tips you can visit my website, www.happyhealthy365.com.

To set up a coaching session or to ask me any specific questions, please, email me at happyhealthy365@gmail.com. It is my pleasure to be your guide!

Thank you!

With health, happiness, love and freedom,

Kat

Holistic Health & Happiness Coach at HappyHealthy365.com

Week 1: Acceptance & Gratitude



Day 1: Evaluate Where You Are At

Hi there, Friend! Thank you for joining me on this beautiful journey of life, healing and transformation!

Today is Day 1, so let's begin.

But where should we start? Right at the beginning.

Often we want to rush things. We are standing at the start line, yet we already want to be at the finish line of a marathon. However, it is just not possible, and you know it. There are 26.2 miles in between the start and the finish. Starting at mile 10 or mile 25 is just not possible. How fast we go during the race also depends on many factors: our personal abilities, our experience, our fitness, our health, our training level, our nutrition, our mindset, the course, the weather, unexpected things along the way and so much more.

Healing, life transformation, life, our road to happiness and health is very similar. We can only start where we are at. If this is your first time doing such program you may go at a slower pace than someone with many years of experience in self-development and holistic health. If you are generally healthy you will have a different experience than someone with multiple illnesses or years of trauma behind them.

We all walk our own journeys and not here to compare ourselves to each other. We are here to support each other but not compare.

But we all start where we are at. By honoring and acknowledging where we are at we create a true beginning and open many doors in front of us. Your journey starts at the beginning with a single step with many steps after.

So on the first day we begin with something that may be uncomfortable for you. You are going to evaluate where you are at. You are also going to look at your reasons behind wanting to change and your goals. Please, do this in writing. Written words are powerful and you will always have this as a reference and as a comparison in the end.

TODAY'S ASSIGNMENT:

Evaluate your current reality.

Please rate the following areas of your life on a scale from 1 – 10 (1 being the lowest/worst, 10 being the highest/best).

Physical health:

Emotional health:

Healthy eating:

Exercise:

Love & Intimacy:

Family:

Friendships:

Relationships in general:

Self-love:

Self-esteem:

Education:

Career:

Your current job:

Free time:

Sleep and relaxation:

Hobbies and activities:

Social life:

Creativity:

Spirituality:

Finances:

Connectedness to yourself & intuition:

Connectedness to your body:

Connectedness to your mind and soul:

Connectedness to your community:

Connectedness to nature:

Connectedness to your significant other:

Connectedness to your family:

Connectedness to your friends:

Your dreams and goals:

Now look at the ratings and tell me how you feel about them. Are you surprised? How do you want it to be different?

Now answer the following questions exploring your present reality, as well as your dreams and goals.

When do you feel the most connected to yourself? When do you feel the least connected to yourself? How about to others? How about nature and the universe?

Think about the last time when you felt full of energy, happy and healthy? When was that? Describe that time? What happened since?

What are your personal reasons for wanting to change your life?

What do you want to accomplish during the next 21 days?

What expectations do you have for yourself?

What kind of support do you need? Whom and how could you ask for this support?

ateful. I am proud of you and I love you!

Week 2: Forgiveness & Letting Go



Week 3: Gratitude, Future, Goals & Manifestation

