

ACTIVATE YOUR *Glow!* workbook

A simple guide with worksheets and tools to help you bring more JOY into your life and activate your GLOW from within.

BY JESSICA SWEET, NTP, CYT



Introduction

WHAT IS YOUR *glow* ?



Every single one of us is born with a **glow** within us. It shines brightly when we are children and even though it lives within, when our **glow** burns bright, it can be seen and felt outwardly. Think about the way a child's eyes can sparkle, and their laughter and smiles can fill a space with so much life. Our **glow** is our super power and it burns brightly in us as children because of our ability to see magic in everything, to believe that anything is possible, to live fearlessly, and to unapologetically dream big.

As children, we have not yet been jaded by our eventual life experiences that dim our **glow** and make us forget our super power within. As we grow up, heartbreak, loneliness, betrayal, fear, insecurities, and more, diminish our **glow**, allowing illness, depression, pain, and unhappiness to fill its place instead.

Your
glow
is your
super
power.

THE STORY OF MY *Glow*

During my junior year of college, I started to experience random bouts of intense swelling in my hands and feet. It was excruciatingly painful and semi-debilitating at times, especially when the swelling affected my fingers, making it hard to write, type, or grab anything. It was a burning, hot, intense pain that seemingly would just "happen" for no reason. I went to every type of doctor you could imagine- some thought I had gout, others thought a form of rheumatoid arthritis. I was even tested for MS; but when the test results came back, I was negative in all of those areas, leaving all of them scratching their heads for answers.

Needless to say, I was stressed, miserable, and in a lot of pain. I finally saw a Naturopathic doctor who decided to test my cortisol levels (cortisol is a stress hormone). Now that I reflect back, its not surprising at all, but my cortisol levels were off the charts! I was a college student with a type-A personality, getting ready to graduate in a year into a recession-type environment and totally uncertain if the "career" that I was choosing to go into was even the right one!

But once it had been brought to light by this Naturopathic doctor that the root of all of my problems was stress & anxiety, I knew that I had to make some changes. Up until a few years ago, I still struggled off and on with the pain, and I realized that when the pain came back, I was living in a state of excessive stress and anxiety. My pain and inflammation became sort of like a beacon or alarm bell going off, telling me that I needed to make changes in my mindset and my choices. For me, eating healthier and exercising was a great start, but what I found out was that I felt best and pain-free when I was doing things that brought me profound **JOY**. These did include things like loving myself enough to be mindful of what I was eating and how much physical movement I was getting, but also taking long hikes with my dog and children, meditating, reading a good book, gardening, and sunbathing. I gave myself permission to do more of what I loved and that which brought me **JOY** and less of the things that didn't. By making this simple shift into living more **JOYfully**, I also noticed that my acne breakouts stopped, my periods were easier, I slept better, I naturally lost weight, and found that the little things my kids did before that annoyed me, no longer did. I would have random people stop me in the grocery store or the parking lot and tell me how wonderful I looked that day. And then I had an epiphany- because I was living in a state of **JOY**, I had re-activated my **GLOW!**

I realized that after more than one random person went out of their way to comment on how I was looking, and trust me, I was make-up free in sweatpants at the grocery store, I knew that it was my inner **glow** shining outward that they were seeing! Upon having this revelation, I knew that I needed to share this with other women who have been stressed out, burnt out, and feeling like they are not living the life they deserve. So my overall message is to find ways to bring more **JOY** into your life, whatever that looks like for you, and once you do, you will begin to see and feel your **GLOW** re-ignite! This workbook is meant to serve as a guide to help you find ways to bring more **JOY** into your life and begin to activate that **glow** within!

Activating Your Glow

101

How many of us have tried to diet and lose weight or exercise to loss weight, only to encounter “setback” after setback and ultimately not achieve our desired results? I have talked with countless women who have all shared in this struggle , including myself, and what I have learned that when we start with diet and exercise, we are actually starting in the reverse order of where we should be starting. We shouldn't be saying, once I lose 10 pounds, I will love how I look. Or, once I can complete a half marathon I will feel strong. We may be able to achieve these things with diet and exercise alone, but oftentimes, once we reach that desire goal, we feel unsatisfied and still not truly happy with who we are. If you read *The Story of My Glow*, then you know that I had to start first and foremost with focusing on JOY. Only then did I start to see positive shifts in my life that were relatively effortless. I wasn't spending hours at the gym, or doing insane diet after insane diet. I wasn't spending 100s of dollars every month Ulta Beauty supply or getting expensive dermatological treatments. I just started focusing on bringing more JOY into my life, every day. I know, it sounds too simple and too good to be true, but in all honesty, with that step alone, I noticed my GLOW activating, but there were other steps that I took to fully activate my GLOW and start giving off some serious Glowing Vibes! So, I have outlined here my steps for activating your glow and finally achieving the outcomes in your life that you have always dreamed of!

Steps for Activating

Your *Glow!*

- Focus on Joy
- Shift Your Mindset
- Re-write Your Old Narratives
 - Stop with Comparison
 - Comparison is the thief of Joy. Stop comparing yourself to others and stop comparing your self to previous previous of you.
- Go Within
 - Heal Your Gut
 - Hydrate
 - Eat more nutrient dense foods
 - Establish a “no-shame, no-guilt” mindset about food & exercise
 - Eat from a place of LOVE, JOY, & PLEASURE
 - Exercise from a place of LOVE, with an emphasis on HEALTH & STRENGTH
 - Tune in regularly with how your body is feeling, physically, emotionally, & spiritually
 - Establish a mindfulness practice

Section 1

PRE-ASSESSMENT

Take a moment to check in with yourself and honestly answer the following questions. This will help establish a baseline for how your mood, mindset, and perspective on your physical and emotional bodies are affected by bringing more JOY into your life.

How do you rate the following					
PHYSICAL		Never	Rarely	Sometimes	Always
	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
EMOTIONAL		Never	Rarely	Sometimes	Always
	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I can easily manage stress & anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 2

WHAT BRINGS YOU JOY

Given that we all have different backgrounds and experiences, what brings me joy may not be something that brings you joy. Use this page to free write, without judgement, all the things, experiences, activities, people, hobbies, music, etc., that bring you JOY. Remember, there is no right or wrong here. Have fun with it and let your imagination run wild!



A large, light gray rectangular area intended for free writing. On the left side of this area, there is a vertical column of 20 small, empty circles, each serving as a bullet point for a line of text.

Section 3

SETTING YOUR JOY GOALS

Some of the things that bring us joy may be able to be incorporated into our daily lives, whereas some may be more of a weekly or monthly type of activity or experience. Use this planner to help map out how you will bring your JOYs that you listed above into your life on a daily, weekly, and monthly basis. Plan for them the same way you plan and make time for other important things in your life.

DAILY

ACTION PLAN

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WEEKLY

ACTION PLAN

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MONTHLY

ACTION PLAN

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Joyful Things

Tracker

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Joy-full Things

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Joy-full Things Tracker

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Section 4

POST-ASSESSMENT

Now that you have focused on bringing more JOY into your days, weeks, and month, how has your mood, mindset, and perspective on your physical and emotional bodies been affected by bringing more JOY into your life. Reflect on the areas that have improved and send love to the areas that are still not where you want them to be.

How do you rate the following					
PHYSICAL		Never	Rarely	Sometimes	Always
	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
EMOTIONAL		Never	Rarely	Sometimes	Always
	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I can easily manage stress & anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 5

REFLECTIONS

Think back on the past 30 days and write down any observations, thoughts, or feelings you may have had surrounding the practice of bringing more JOY into your daily life. Did you notice any positive shifts, changes, or inspirations?

Dotted lines for writing reflections.

Supporting Your Joy

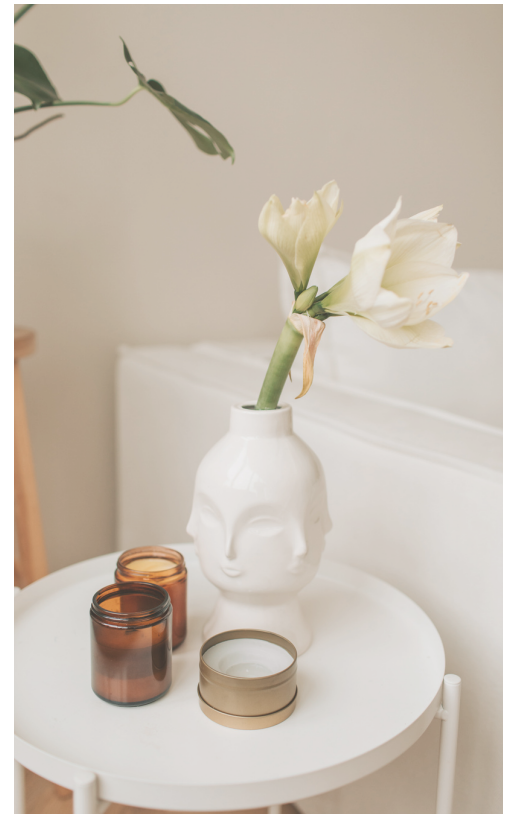
CHECKLIST

Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



Choosing to focus on JOY is the first step in activating your glow, but supporting this step with other healthy lifestyle activities and choices is a great way to get more out of the whole process. There is no one size fits all when it comes to this, so feel free to customize as you see fit.

Hi, I'm Jessica

A little about me



After struggling with stress & anxiety related systemic inflammation and hormonal issues for years, I became a Nutritional Therapy Practitioner in 2014 as a way of pursuing my passion for healthy food, simple, traditional cooking and to take my health into my own hands. I love sharing my passion and knowledge for holistic nutrition and wellness with other women who have struggled with burnout, stress and anxiety, inflammation, chronic pain, hormonal issues, and the pursuit of perfection.

By making simple lifestyle changes, I was able to rid my body of inflammation and chronic pain, and start living a life of freedom and joy.

I am also a Certified Yoga Instructor, Certified Prenatal Yoga Instructor and Reiki Level II practitioner, and incorporate meditation, yoga, and nutrition into my comprehensive teachings and services, for a truly holistic wellness experience.

TO LEARN MORE
OR TO WORK WITH
ME

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