



## Module 2 - Session 1

# Worksheet

### Strategy To Build Your Action Plan

Please answer the questions in this worksheet. There are no right or wrong answers – just be honest, be your authentic self when answering them. It will help you create your ideal plan for your lifestyle.

This following exercise will help you dive deep into who you are – what you like and love about your life. What you want to change or let go of in your life. What makes you tick and what support and actions will be right for you to start your healing process?

I've chosen these questions to challenge you and help you discover that wise wisdom within so you can get to the truth about your illness - be specific on how to live a better quality of life.

Let's find a quiet place where you will not be disturbed and breathe in breathe out. Sit quietly and reflect on your life.

Take your time answering the following questions. Remember you are designing your new path to healing – a path that you look forward to doing daily – one that you are passionate about. You are always free to



delete something in your Action Plan if you are not passionate about it.  
This is your time to love yourself and heal your life– save your life.

What is my philosophy on life?

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How do I want to live my life?

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Draw a picture of your ideal life?



What time do I usually wake up in the morning?

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What time do I start work if you are working?

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What time do you eat breakfast?

What do you normally eat for breakfast? Do you skip breakfast?

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What snacks do you pack for your day?

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What foods do you find yourself craving when you are hungry? Sweet, salty – crunchy?

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What vegetables make you happy?

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What greens make you feel nourished? Make a list of all the green veggies you love.

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What drugs, vitamins, minerals and herbs are you taking and why?

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What will you do after your Daily Walk & Talk?

Meditate? Listen to Question & Affirm again from your Daily Walk & Talk in your car while you are driving or commuting to work. You can yell them out in the car and no one will hear you!



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Ask positive questions during your day. Add these questions to your Action Plan and ask them every day. Questions that make you think and make you take action.

How do I want to feel today?

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Am I demonstrating love for myself today?  
What do I want to accomplish today?

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Have you interviewed your dream healing team?  
Do you have a care team put together?

Who are they?

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Why did you pick these people to be on your team?

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Do they cover all aspects of your whole health and healing?

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Do you look forward to meeting with them?

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What are you going to do during your daily breaks?

Perhaps go on another Walk & Talk or just walk and be in gratitude for all the loving people, places and things in your life right now. Remember when you are in the high vibration of gratitude you can't be fearful at the same time.

Morning break?

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Lunchtime?

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After dinner?

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What's for lunch? Will you make your own lunch?

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What snacks do you like?

Write down all the foods you love that you think are healthy?

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What herbal teas do you like? List them and buy them on your way home tonight.

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**Exercise:**

When is the best time to fit exercise into your Action Plan?

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What exercise do you do on a regular basis? What exercise do you love?  
Write a list of all forms of exercise you like to do.

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Exercise is important but doesn't need to be your front and center focus right now. We are concentrating on setting up your Action Plan first and getting you up and joining me on our Daily Walk & Talk. If you already have a gym or exercise schedule then stick with it.

Walking, stretching, dancing, Yoga and Pilates are all great. Runners keep running if it suits you. Exercise will not cure your illness alone.

You can become stressed out trying to make it to the gym every day. Perhaps take a break and Walk and Talk with me for a few weeks. You will have more clarity about what exercise is right for you once you get into our Walk & Talk ritual.

### **Your Mind – meditation - relaxation:**

When is the best time to fit meditation or relaxation into your Action Plan – prayer– spiritual enlightenment – losing time and space (Refer to your bonus gift “4 things that can save your life” video.)

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Visualization – guided imagery

What mp3's from your gifts would you like to add to your Action Plan?

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When is the best time to fit education, inspirational reading (books) into my Action Plan?

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When is the best time to write in your journal? Right before you go to sleep or when you wake up?

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Dinner time:

Make dinner special with a loved one or make a date with yourself. Light a candle and sit quietly before each meal and be conscious of the magnificent living food you are about to nourish your body. If you previously said a prayer or grace before your meal keep it up. If, you'd like to bring this ritual back or start a new one, great. Be grateful and thankful for the magnificent nourishing food on your plate. Sit quietly and contemplate before each meal and be conscious and grateful for what you are about to feed your beautiful body. This helps tremendously with your digestion.



What are you going to do after dinner?

Spend time with your family?

Watch a funny movie – make a list of all the funny movies you have wanted to watch write them in your Action Plan.

Perhaps meditate — go to one of your bonuses and slot it into your Action Plan. A new bonus practice for each night after dinner, perhaps?

Read a good book that will enhance your healing and your new way of life. Education is key right now to your over-all healing.

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Make a list of the things you love to do:

Here are some examples:

Spend quality time with your family. Believe it or not this needs to be planned with everyone's busy schedule. Make at least one night a week family night so you can spend quality-loving time with your family.

Music – do you play an instrument? Is that lovely instrument in a cupboard somewhere collecting dust?

Have you ever wanted to learn to play an instrument?

Have you ever wanted to learn to sing or join a choir?



Why not start now? What do you love to do?

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Movies – make a list of movies you have wanted to watch and put them in your Action Plan.

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Want to learn to swim? Ride a bike? Take up Yoga? Learn to paint? Belly dance? Take a trip?

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You know what it is you have been putting off doing all these years. Go and do it. It will make you feel amazing.

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Bedtime: 11:00pm (only a suggestion)

You need a bedtime ritual, so you sleep well and feel well the next day.  
Some of the things I choose to do before I go to bed:

1. Sip on a relaxing herbal tea of my choice. It is not good to have caffeine or stimulates late at night these will disturb your sleep or prevent you from getting to sleep.



2. Congratulate yourself for achieving your goals today and give yourself a big hug. If you didn't achieve what you wanted to achieve, please be gentle with yourself, forgive yourself and let it go. No blame, no guilt, please. Tomorrow is another day.
3. Soak in a nice bath with candles and essential oils or a herbal bath bag of your choice.
4. Think of something positive in your life, a wonderful person or place and ask for healing as you drift off to sleep. It is important to drift off to sleep thinking good thoughts and being grateful for your day.
5. Listen to a guided meditation or the Sleep Technique from your bonus pack.

Congratulations. You now have the beginning and outline of your new unique Action Plan. Make this an interactive plan that moves and flows with your lifestyle. Change it whenever you want. There are no rules.

Welcome to the beginning of your new magnificent life.