

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 15 – From Surviving To *Thriving*

You have made it to day 15 of Glow15! How do you feel? Do you look different? Have you got more energy? Are you sleeping better? Did you enjoy the exercises? Are you able to intermittent fast? Are you drinking your Autophatea?

All of these things are helping each and every tiny little cell in your body to not just survive, but to thrive. And, that is the goal of Glow 15. I want you, as a busy woman with all we have on our plates, and how much we're trying to do, to really take a moment and take a deep breath, and recognize what you have just accomplished.

You have given yourself an incredible gift that already exists within your body. And, you did it quickly, and easily. My goal for you, now, is to really, truly, enjoy some of the benefits of the work that you've done. But, first and foremost, I want you to do a little exercise with me. And, that is, all around, putting yourself first.

How does that make you feel when I say that? How does it make you feel when I say, "Put your oxygen mask on first?"

How does it make you feel when you hear that on the airplane? Do you agree? Who do you think about, first, when you wake up in the morning?

Who are you thinking about at the end of the day? I want you to take time, and take care of yourself. So, while you may think I'm asking you to be selfish, I'm really not. I want you to reframe this idea of being self-centered or selfish, and look at it as self-care.

If you don't, and we don't, take the few minutes in each and every day to give ourselves the self-care, what happens is ... It's not a matter of if we are going to crash; it's more a matter of when.

So, my goal, and my job, with Glow15 is to teach you the quick switches, the easy ways, to provide yourself self-care so that you don't just survive; but so you truly thrive.

They can be as simple as knowing how to time when you do things. It can be as simple as, instead of cooking with canola oil, using tea seed oil to cook, so that you've got a high smoke point, and you've got lots of polyphenols. These are small, little quick switches that make all the difference. It could be as simple as recognizing that, instead of sleeping for eight hours, you're going to get into your circadian rhythm to help you sleep for seven and a half and you're going to get much more out of that seven and a half.

It could be as simple as incorporating some Powerphenols into your life, that give you that extra burst of energy that you've been looking for. Or, knowing what type of Earl Gray tea to drink, where you get the whole citrus bergamot. These are the quick switches that I want to provide to you in every way, every day, so that your life is so much easier, and you don't just survive, but you truly get to thrive.

In addition, if you have not yet joined the WE Tribe, the Wellness Explorer Tribe for us, then feel free to come right onto Facebook, or on Instagram. You can sign up for my newsletter, and you'll get daily tips, and different recipes all around activating your youth, helping you so that you don't just survive,

but truly, truly thrive.

And, these tips, and these recipes are from all over the world, because I am constantly exploring ways to improve our wellness. To your health.