

YOUR SUCCESS KIT

This success kit provides you with everything you need to begin a deep, inward journey. You will emerge with skills that will help you combat any obstacles that threaten to deviate you from your healthy lifestyle goals.

An effective program is not just about the food on your plate. The greatest success is achieved when you also focus on evaluating the areas of your life that are not serving you, and bringing in areas that do serve you. Detoxing on an emotional level as well as a physical one will help you begin to truly thrive.

Print out the success kit and put it in a binder. Begin each day by opening your success kit and doing the exercises. You can look at this work of reconditioning your mind like going to the gym to recondition your body. You are building new habits that will sky rocket your life into the direction you want it to go.

Every exercise is an opportunity to go deeper. I offer a great deal of resources and ideas- stick with what feels good and works for you. I can't wait to hear about which exercise supports you the most during and long after the program!

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POWER QUESTIONS

Eat to Nourish Clean Eating Program is not only about removing toxicity from your body, but also shifting the way you see yourself. When you make this shift in perception, your life can begin to change in ways you had not even dreamed possible.

Taking the time to answer these questions thoughtfully will allow you to get clear about your motivations, which will help you immensely in achieving your goals. Each day upon rising, before you start your busy day, I want you to read through your answers to these three questions. Putting something in writing is a commitment in itself, and reviewing what you've written reinforces your determination. If you find it helpful to rewrite them every day or say them aloud, by all means do so.

We are about to access the what, the why, and the how of change, which is fundamental when you want to transform your life from the inside out.

First, what changes you would like to make to your body or your health (e.g. weight loss, having more energy, clearer skin)?

1.

2.

3.

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What are your motivations behind making this commitment to yourself (health, self-esteem, family)?

1.

2.

3.

What obstacles, internal or external, do you need to let go of in order to achieve success, not just during the program, but also for a lifetime? Take a moment to dig deep for the negative messages you repeat to yourself that bring you down.

1.

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3.

Now you can summarize your answers in positive power statements.

I am embarking on this program because: (if you need support with this grab a partner or hop over to the Facebook group)

1.

2.

3.

4.

5.

When we tap into our core beliefs and the reasons we want to achieve our goals, we harness our personal power.

Now that we've gotten clear on the "what" and the "why," let's talk about the how.

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PUT YOUR GOALS INTO ACTION WITH VISUALIZATION

I am a big advocate of the tool of visualization. It does not take a lot of time and yet it is very effective. It has been a great help to me personally in achieving my own dreams. I suggest taking 2-3 minutes upon waking and/or before you go to sleep and visualize your goals.

1. Close your eyes and see your goals in front of you – the health goals you wrote down in your first power question and any others that you wish.
2. Visualize and see yourself achieving these goals.
3. Imagine yourself already at this place of success.
Feel into it as if you're already experiencing success, and can taste and touch it. The more detailed and realistic you can make these images and, most importantly, the feelings, the more powerful this exercise is.

The last step of this visualization process is to document your success here. Try to do this process everyday - again we are shifting not only your physical body but also your cellular make-up and how your mind thinks. This is where massive change happens and it's in your hands. You can document this process in your own journal and use this success kit as a guide.

Write down 5 action steps you can take each day to get closer to your goals and align them with your Power Questions.

1.

2.

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TAPPING INTO THE POWER OF VISION MAPPING

WHAT YOU WILL NEED:

- Large poster board, corkboard, or foam board, or a bit of wall space. Some people like to have a “moving” map with pushpins; others find the gluing of images symbolically “commits” them to achieving their goals. Do whichever feels better to you.
- A pair of scissors.
- Glue and/or tape or push pins.
- A stack of magazines and/or printed images from the Internet and photographs from your own life that inspire you to be the best version of yourself. Rich sources of images include magazines focused on health, yoga or travel, but you can find inspiring visuals anywhere.

A vision board is a collection of images that resonate with you and embody the essence of how you'd like to feel. Putting one together is a fun and simple way for you to represent the dreams you have for yourself visually and allow your subconscious to work towards turning them into a reality. By gathering and displaying these images together, you create a personal reminder that YOU create the blueprint for your life, and you do so on a daily basis.

To prepare:

1. Gather your materials (board, scissors, glue, magazines and/or images).
2. Set aside ample time for the selection, cutting down and gluing of the images.
3. Take a few breaths to settle into a space of intuitive awareness. This will allow you to be clearer on your desires and what truly inspires you.

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TO CREATE YOUR VISION BOARD:

Prepare your working area (floor, desk, kitchen table, etc.) with your materials. Flip through your stack of magazines and rip out images that stir you. Don't think too hard about this and try not to get caught up in the shopping list aspect of what it is you want to bring into your life (like searching for a picture of a specific car for example). Rather, focus on how the images make you feel. You won't have to use all the images you rip out, so just take what you're drawn to instinctively. You'll be surprised with what your subconscious comes up with!

Include a photograph of yourself, as you'd like to feel and/or your name somewhere on the map to "own" it.

Once you have a pile of potential images you're happy with, go through and cut them down to size. Arrange them in a way that you like on your board. Before gluing them down, step back and make sure the board makes your heart leap saying, "Yes!" Avoid using any images that make you feel bad about yourself (like a photo of a waif-like model if it makes you feel unattractive). Rearrange the images until the board feels right.

Once you're satisfied with the layout, glue, tape or pin your images to the board. Put it somewhere you can see it often and spend a little time each day looking at it to connect with the feeling of what it's like to live your dream life!

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THE YOU PLAN

Stress is the biggest toxin that we battle. Stress finds its way into our daily life far too easily and far too often. My hope is that the success kit exercises will help you defeat stress and stay on track.

The last part of your ultimate success plan is to find time for you.

Over the course of the program, it is important that you are journaling, writing down your goals, visualizing your life and creating a vision board to make sure you stay in tune with your personal picture of success.

By the end of the program, chances are you feel more in tune to your body than you ever have, as well as happier, lighter and more balanced, so let's talk about simple daily steps you can take to keep it up.

Step #1: Continue to journal. Journaling is an amazing way to release unwanted toxicity that makes its way into our body and creates inflammation in the body. Many of us have stressors in our life that are emotionally based. Often it may be hard to express our emotions. If this has been difficult for you in the past, the exercises in the success kit will help change that. You are taking huge steps to go inwards and release what does not serve you.

Step #2: Continue to look at your power questions and always remember the why and the how when you are feeling stuck. It is essential to success in life to get clear about the actions we desire to take – it is in that moment of awareness that you have absolute power.

Step #3: Continue to be aware of your body and any stressors. Stressors can come from the exterior world or from your mind. Make sure you are honoring you time, and this means finding ways to feed the soul.

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SOME SUGGESTIONS FOR FEEDING THE SOUL INCLUDE:

1. Setting your phone to give you loving reminders that are you complete, full and empowered.
2. Creating time in your day – ideally five minutes in the morning and five minutes at night -- to visualize your day and your goals.
3. Making sure you are surrounding yourself with healthy, fun, loving and enjoyable people who energize you.
4. Eating foods that nourish your body, lighten your mind and give you everlasting energy.
5. Drinking a nice cup of tea while reading your favorite book.
6. Sitting and doing absolutely nothing.
7. Finding quiet time for just you – this can even be done at work by excusing yourself and taking a quick walk outside.
8. If you have children, grandchildren or you are a caretaker, write yourself a little love letter every morning, even just two sentences saying, “I am doing a great job.”
9. Be proud of yourself every day and bring people who can be proud of you into your life as well.
10. Do what you love in life, even if it's only a hobby. It's amazing how nourishing doing something gratifying for even a small amount of time can be.

[LET'S KEEP THE POSITIVE ENERGY FLOWING!]

NOURISHING YOURSELF = SUCCESS

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