

Empowered Living Program

Program Outline



Week #1: Empowered Living

- a) Rescue, repair and rejuvenate your life. Avoid adrenal burnout
- b) What does being empowered mean?
- c) Are you thriving or just surviving?
- d) How might your lifestyle habits be affecting your mind and body?

Tasks: Find out what stage of burn out you are in. Complete the adrenal reserve test. Keep the test for future reference in week #5 of this program. Choose a couple of the lifestyle habits you checked off in column B on your “Thriving vs Surviving” handout and practice incorporating the corresponding solutions in column A into your life over the next week.

Week #2: Spiritual Empowerment

- a) Happiness is a choice – Your choice!
- b) Living in the present moment
- c) Awareness

Tasks: Practice becoming aware of when your egoic mind is rearing its ugly head over the next week. Each time you are not living in the “present moment”, thinking about a past one in which you immediately feel a need to react with unhappiness, impatience, anger, frustration, pain, hate, fear, blame or any other non-loving response – “STOP” - and simply become aware of what you are doing and feeling. This brings you back into the present moment and/or will allow the negative response/feeling to dissolve.

Week #3: Emotional Empowerment

- a) The power of positive thinking (PNI), self-talk and words of affirmation
- b) Changing our neurotransmitters (re-programming)
- c) Vision boards/success

Tasks: Choose some of the negative self-talk statements you checked off in column B of your handout and practice saying the corresponding positive words of affirmation in column A instead. Design a personal vision board.

Week #4: Personal Empowerment

- a) Fears and Beliefs
- b) An Attitude of Gratitude
- c) Personal Authenticity - Being true to yourself and others

Task: Write 3 things you are grateful for in your empowerment journal every night this week. Practice being authentic in your words and actions.

Week #5: Physical Empowerment

- a) Balancing your body’s pH levels (alkaline/parasympathetic vs acidic/sympathetic)
- b) Eating whole foods and avoiding unhealthy stimulants
- c) Engaging in regular moderate exercise vs under or over exercising

Tasks: Try incorporating deep breathing and a few of the dietary and physical activity habits listed in your handouts into your life this week. Re-visit the adrenal reserve test again and compare your results to the time you did the test in week #1 of this program. In your empowerment journal write one or two paragraphs about how your score has changed and how that makes you feel.

Week #6: Relationship Empowerment (spouse, children, family, friends and co-workers)

- a. The Five Languages of Love
- b. Letting go of judgments and the past
- c. Altering our dialect to improve communication skills

Tasks: Fill out the love language questionnaire and ask your significant other to do the same. Practice catching people doing things right and start voicing your approval and appreciation of others more often.



Which column describes your lifestyle?

Are you thriving or just surviving?

A) Empowered/Happy/Thriving	B) Burnt Out/Unhappy/Surviving
<input type="checkbox"/> I exercise approx. 30-60 minutes most days of the week.	<input type="checkbox"/> I rarely/never or excessively exercise.
<input type="checkbox"/> I eat small portions of whole food, from a variety of food groups spaced out evenly throughout the day.	<input type="checkbox"/> I skip meals and snacks or eats large portions of processed, refined and unhealthy foods more than I should.
<input type="checkbox"/> I take the time to plan, prepare and pack healthy meals and snacks most day of the week.	<input type="checkbox"/> I rarely or never make the time to plan, prepare or pack healthy meals and snacks. I eat lunch at my desk or on the run in my car.
<input type="checkbox"/> I take time for lunch/snack breaks. I include some exercise and/or relaxing time during these breaks.	<input type="checkbox"/> I work through lunch and rarely take breaks to refuel and rejuvenate my body and mind.
<input type="checkbox"/> I get between 7 and 9 hours of uninterrupted sleep most nights.	<input type="checkbox"/> I rarely get 7-9 hours of uninterrupted sleep.
<input type="checkbox"/> I usually feel happy, loving, grateful, energetic, and positive.	<input type="checkbox"/> I often feel sad, resentful, tired, and negative.
<input type="checkbox"/> I accept myself and others for who they are and do not try to control, change, blame or judge.	<input type="checkbox"/> I often try to change and control others. I express disapproval and judge myself and others.
<input type="checkbox"/> I take responsibility for my actions and feelings instead of making excuses and/or blaming others.	<input type="checkbox"/> I blame others for my behavior and feelings. I often say things like; "he/she makes me so angry" and it's all his/her fault this happened"
<input type="checkbox"/> I am able to pick myself up and pull myself out of a bad experience and see the positive learning opportunity being provided.	<input type="checkbox"/> I find it extremely difficult to pick myself up after a negative experience. I continue to dwell on it and head into a downward spiral from there.
<input type="checkbox"/> I let go of the past, live in the present moment and think positively about the future.	<input type="checkbox"/> I hold onto the past, worry constantly about the future and rarely live in the present moment.
<input type="checkbox"/> I respect and take care of my body.	<input type="checkbox"/> I often abuse and neglect my body.
<input type="checkbox"/> I believe in a higher power that gives me strength and comfort.	<input type="checkbox"/> I do not believe that a higher power exists and find no comfort and strength from faith.
<input type="checkbox"/> I rely on healthy food, moderate exercise and relaxation to get me through the day.	<input type="checkbox"/> I often rely on medications and stimulants such as aspirin, alcohol, drugs, nicotine, caffeine and sugar to get me through the day.
<input type="checkbox"/> I seek out holistic sources of healing such as; massage therapy, reflexology, chiropractic, natural herbal remedies, etc. when feeling run down.	<input type="checkbox"/> I either ignore my body or seek out medical solutions in the form of prescription drugs when feeling run down.
<input type="checkbox"/> I believe that I am lucky, smart, fit, lovable, ambitious, creative and hopeful.	<input type="checkbox"/> I often catch myself saying things like; "I never win anything, I'm fat, I can't do that, or I'm so stupid".
<input type="checkbox"/> I enjoy my job and usually find it a positive, rewarding experience.	<input type="checkbox"/> I often complain about and dislike my job.
<input type="checkbox"/> I choose to spend time associating with optimistic people and share positive gossip/stories which inspire me and others to be their best.	<input checked="" type="checkbox"/> I find myself engaging in negative gossip and stories of gloom and doom on a regular basis.
<input type="checkbox"/> I take the time needed to foster close, trusting relationships with family and friends.	<input type="checkbox"/> I rarely take the time required to foster close, trusting relationships with family and friends.
<input type="checkbox"/> I set goals and prioritize so that I do not get overwhelmed.	<input type="checkbox"/> I take on too many tasks and often feel overwhelmed.

Unhealthy Lifestyle = Toxic Body = Health Concerns

Circle the areas of your body that may be a result of unhealthy habits and stress.

