

Week 1

Mindful Cleansing





MINDFUL CLEANSING

Before we begin, I want you to know that you are fully able to complete this program. Becoming Unstoppable in 6-weeks may seem like a challenge but if you put your heart and your mind into this program and complete the work over the as I have laid it out and will share with you, then you will achieve incredible results.

You may be here because you have started living a healthier lifestyle but now you're looking for a way to reset your entire life, focusing on good, whole foods while also nourishing your mind and your soul. If you're tired of feeling like life is just moving past you and you're ready to step into a life that you truly want to live, this is the program for you.

I couldn't be more excited that you've chosen the Unstoppable Woman Project because I know that you will achieve amazing results. By the end of this program, you'll understand the negative patterns that have been stopping you from living the life that you truly want and you will also have learned replacement strategies to focus on living a positive, exciting, and joyful life on your terms.

This program concentrates on a complete holistic transformation for your life. What makes this program so different is that we aren't just focusing on one particular struggle that you're facing. We are looking at your entire life and how you handle stress, what foods give you fuel, and what depletes you. We will focus equally on your mind, your soul, and your body so you will develop a healthy relationship with food, yourself, and others in your life.

We all need to feel good about ourselves – to feel good about our life – so that we can live the life that we truly want, one that is aligned with our intuition and our purpose so that we can experience divine living instead of just surviving.



MINDFUL CLEANSING

You deserve more than just surviving. Sometimes life can get really busy. We end up working extra hard, working into the night and working long hours than we ever intended. This can lead to burnout – physically, mentally, and emotionally.

Even when life throws you curve balls, you can still make meaningful changes to your life and, yes, you CAN do it! I will be here to walk you through this entire program and to be your personal cheerleader. Over the next six weeks, we will focus on three topics which will help you to live an Unstoppable life.

In Week One, we will cover the mind. In Week Two, we will cover the body and nutrition. In Week Three, we will cover the Soul Nourishment, in week 4 we will discuss how to have Endless Energy, week 5 is about my favourite topic of Self Care and Self Love, and our final sixth week is about Rituals and Routines that will include tips to help you achieve long-lasting healthy results. You will also receive a calendar that you can refer to as a guide to what we will cover when and to keep you on-track with each week's guiding theme.

I will walk you through the importance of setting your goals, looking at your dreams, ditching the negativity, increasing the positivity, and how to do these step by step. We will also look at the food you are eating to make sure it is fueling and nourishing your body the way it needs to so your body can have the energy to do the things you want to do. If you have a poor, unhealthy relationship with food, then chances are you're not feeling well either. So we will look at all of these aspects throughout the course of the program.

I'd like you to buy a journal and set aside 10-15 minutes a day to write down your goals, desires, and dreams, or just allow this journal to be a place where you express yourself.



LET'S TAKE THIS JOURNEY TOGETHER

Remember, whatever you need throughout this program, please email me at simone@simonesamuels.com

I am very committed to helping you achieve the life you want to live. So, remember, you're not doing this alone.

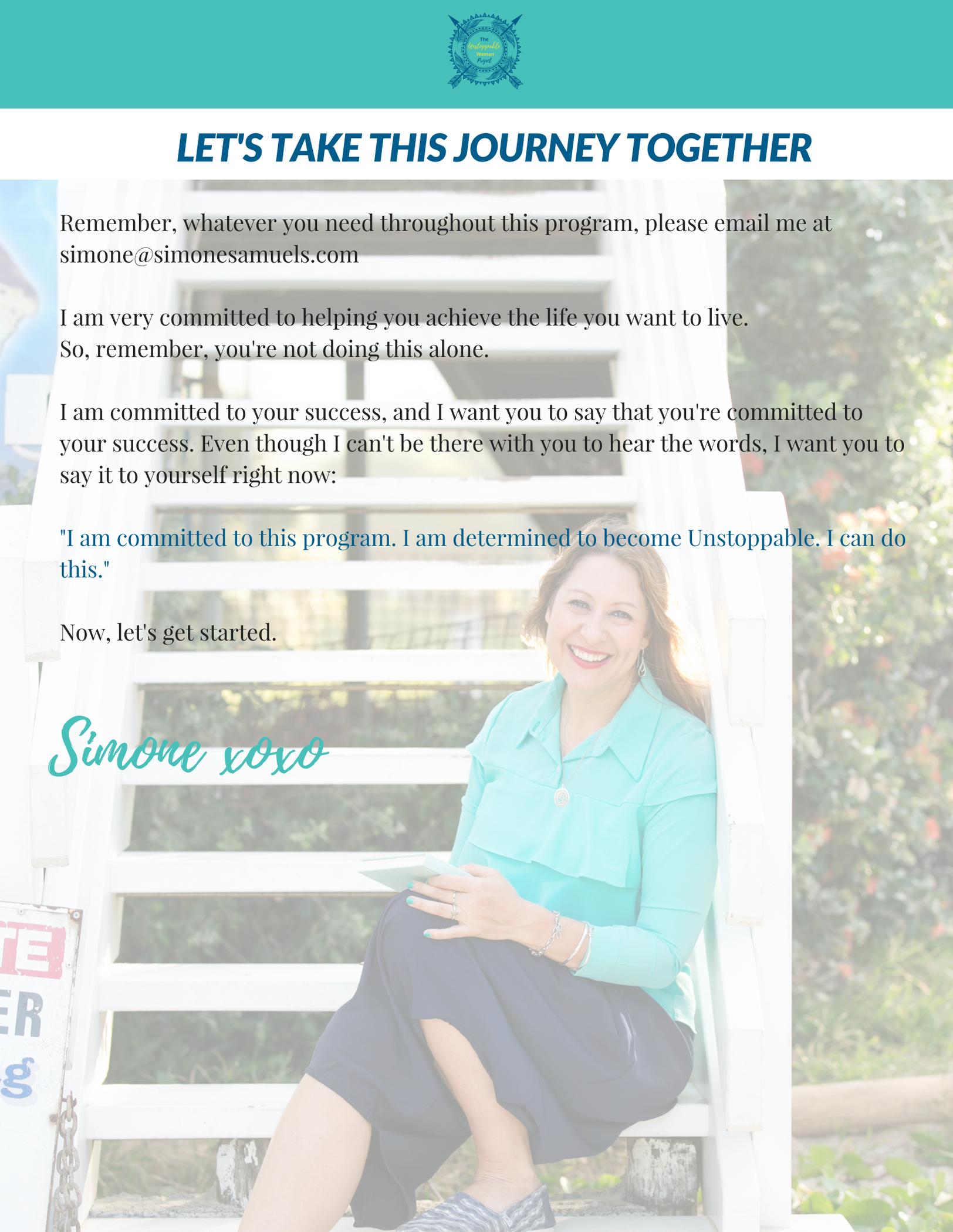
I am committed to your success, and I want you to say that you're committed to your success. Even though I can't be there with you to hear the words, I want you to say it to yourself right now:

"I am committed to this program. I am determined to become Unstoppable. I can do this."

Now, let's get started.

Simone xoxo

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YOUR DAILY SCHEDULE

1. Eating healthy and creating daily habits is vital for success. When I created a schedule for self-care, healthy foods and hydration, I had a huge shift in my life.
2. Drink half of your body's weight in water. Add the juice of a lemon, lime or grapefruit to your water to enhance the taste. You could also try using a few drops of food grade essential oils such as peppermint.
3. Refer to your suggested meals and shopping list to make eating healthy easy. Remember, to have an abundant life, we must eat the healthiest foods.
4. Create space in your day to relax, breathe, and be grateful.
5. Own your journey. There is no right or wrong when it comes to changing your habits.

Suggested routine

UPON RISING: Take a probiotic with lemon water. Say a daily affirmation in the mirror. Read a page from this workbook to focus on for the day. Move your body in a fun way!

BREAKFAST: Drink 1 cup organic coffee, coffee substitute, or a cup of non-caffeinated tea (optional) with coconut milk or unsweetened almond milk.
See suggested Breakfast meals

MID-MORNING: Snack if you are hungry. Go outside for 15 minutes and stand in the sun and/or practice grounding.

LUNCH: See suggested Lunch meals. Move your body in a fun way if you didn't already.

AFTERNOON: Snack if you are hungry and plan for your next day's work.

DINNER: See suggested Dinner meals

BEDTIME: Write in your journal and exercises from this workbook, your Food Diary, and your Journal.

Bonus Self-Care: Practice self-care by treating yourself to an Epsom salt bath with lavender oil, do self-massage, or listen to an inspirational podcast



WELCOME TO WEEK 1

MINDFUL CLEANSING

Throughout this week we will focus on clearing what is not serving you or your purpose for your life – what is holding you back – and instead we will concentrate on renewing your inner self.

We will also focus on healing your mind, reducing negativity, inviting positive light to enter your mind, your world, and your life so that you can become a completely whole person.





TAKING INVENTORY

During this process, I'll ask you all sorts of questions and there are no right or wrong answers. The answer for each question just needs to be the truth, which means that right now it is time to be honest with yourself. When life gets really busy, things get hectic. We tend to just go along with this routine, and we continue this pattern that we've created and allowed into our lives without actually sitting back and looking at our lives from a different exterior perspective.

When you are in the thick of your life, and things are just going, and you're just going with the flow, it's hard to realize and take inventory of how you feel and why you feel that way.

So the first thing that we will focus on throughout this week is taking inventory of your thoughts and your present state of mind. When was the last time that you asked yourself, "Am I happy?" How often do you sit down and look at your life and think, "On a scale of 1 to 10, am I truly happy? What do I need to do to change that? What are the thoughts that enter my mind on a daily basis? Are they positive or are they negative? How can I change this? How can I shift my mindset and my actions to become more positive so I can live a more positive life and embrace all that is good and release all that is not?"

I want you to list your thought patterns. Name five thoughts that you think throughout the day, thoughts that replay in your mind when you are faced with a challenge or a difficult task, or when you're just not feeling very happy in particular moments.

For example, if you work only part-time on your business and you find yourself daydreaming about what you want your life to be like, what are you thinking in that moment? Are you happy with where you are? Would you like to change your career or the way you run your business? What can you do to change it? This situation and example can apply to every aspect of your life, whether it be personal relationships, relationship with food, relationship with yourself, the dreams that you have for your life, or whatever it may be.



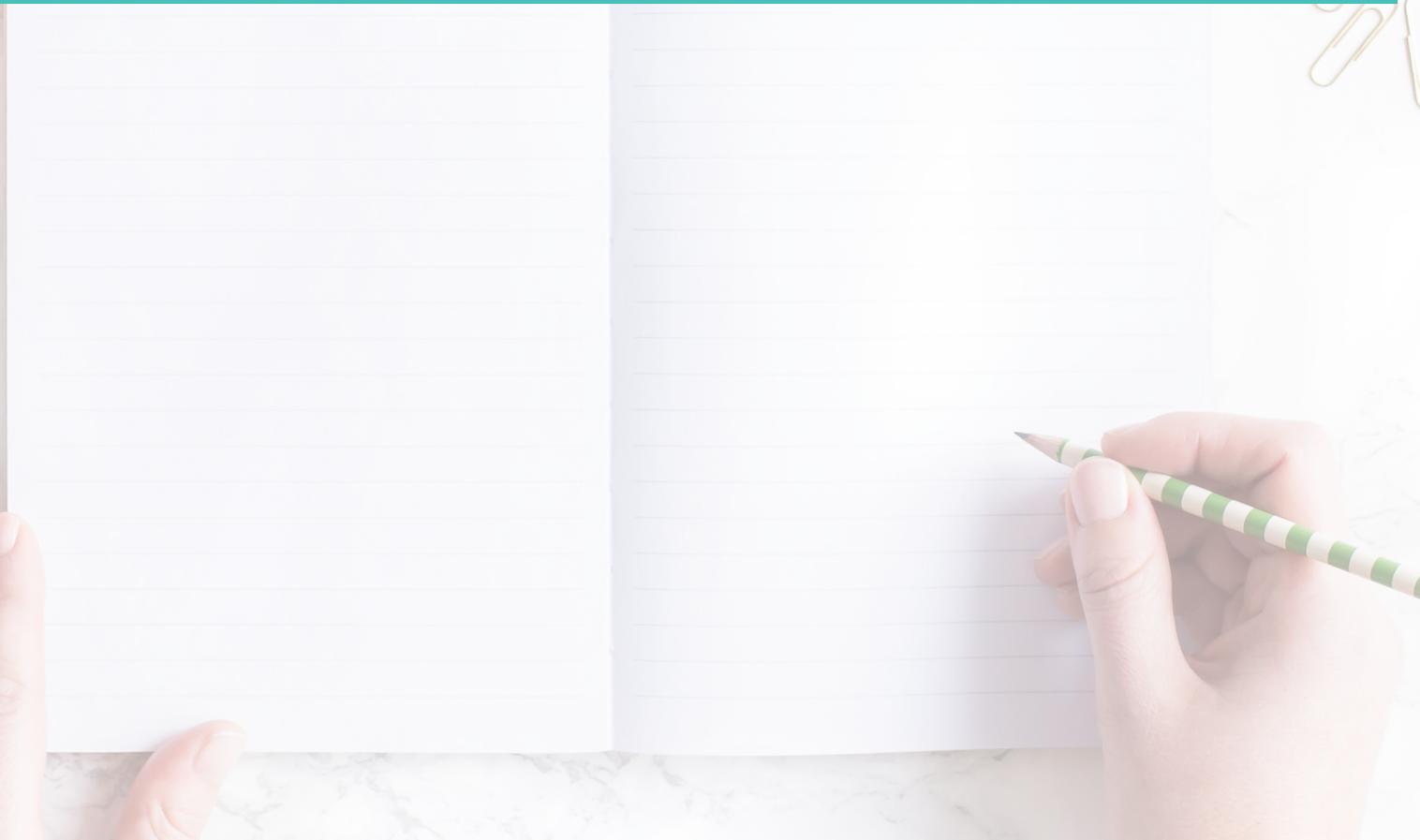
TAKING INVENTORY

I want you to know that the first step to changing anything and resetting your life is to actually take inventory, to look at your life and understand why it is the way it is and then start to set goals for what you really want and achieve them step by step.

Inner work

Focus on taking inventory of your thoughts and your present state of mind. Where are you in your process of reflection throughout the day? Do you notice that you have more negative thoughts than you do positive ones? What can you do today to focus on alleviating the mental mayhem that is going on in your mind?

Pay attention to your negative thought patterns. Name five thoughts that you think throughout the day, be them negative or positive. But, try to identify the negative thoughts.





FOCUS ON YOUR HABITUAL THOUGHTS

Now that we've identified the repetitive thoughts that play in your mind, I want you to focus on the thoughts that enter your mind in a habitual way. When you are faced with the challenge, what is your instant response? Do you instantly feel like you can't do it? Do you think you are not capable of completing this task? Or, do you have that instant reaction of excitement that you can do anything you set your mind to? And if you don't feel excited, then it's time to focus on transforming your instant thought process through positive programming, which means that you need to take the inventory like you did yesterday but now take a different inventory of the habitual thoughts you have.

using your journal, write down your thoughts and reactions when faced with a challenge. Is it positive? Is it negative? Does it involve not believing in yourself? Or, do you believe in yourself?

Write down five statements that instantly pop into your mind. They can be different versions of the same thought that you have when you're faced with a difficult challenge, or they may be different. You can use a journal or just a simple paper and pen to complete this activity. On the opposite side of the negative thought, I want you to counter those statements with the exact opposite. I want you to come up with the complete opposite statement for what you have on the left (negative).

For example, if on the left your instant thought process is, "I can't do this," on the right, I want you to write, "I can do this." By doing this exercise, you are looking at your thought process and you are starting to positively program your brain to think a different way. This isn't something you should expect to grasp immediately so don't get discouraged. You need to practice this on a daily basis, that's why it's called programming. The more you repeat the positive thoughts, the more they will become habitual, and you will reset your thought patterns. Negative thinking can affect your entire life and can turn into physical toxicity.



FOCUS ON YOUR HABITUAL THOUGHTS

Often, people who are very negative become subject to depression, anxiety, or stress. Stress is the number one toxin among adults these days and frequently stress brings physical symptoms to the forefront, such as not feeling well, stomach upset, headaches or migraines, skin breakouts, and weight gain. When your body becomes stressed out and burnt out, you become fatigued and depleted.

So when you start adding more positive vibes – more positive energy – into your life, physically you will begin to feel better. The endorphins in your brain will begin to rush and you will start to feel good physically, emotionally, and mentally.

Inner work

What thoughts instantly pop up in your head when you go through your day? Is there anything that you can do to counter those statements in a more positive way of thinking? Be sure to complete the daily suggested activity of writing down and countering your habitual thoughts. You will transform your instant habitual thinking through positive programming.





BEAUTIFUL AFFIRMATIONS

Affirmations are a part of programming your brain as well and this can be done in a variety of ways. I want you to begin with positive statements that you can think about daily. You can repeat them as part of your daily rituals but it's also really good to set reminders in different places.

I've personally used the post-it note affirmation method where I write down positive affirmations on 10 to 12 post-it notes – including positive affirmations about myself – and I will stick them in different areas of my home. I had to do this very often when I had negative thinking and I was riddled with anxiety and depression and thoughts that just were consuming me in a negative and sickening way. So, for example, whenever I went into my bathroom I would have an instant reminder on the mirror that said, "You are beautiful. You can do this."

Take these affirmations and stick them in places where you will see them regularly or hide little notes in places where you often go. This is also really nice to do for the other people in your life, such as your spouse or children. Just create this atmosphere of positivity with beautiful affirmations so that you can affirm who you are.

So, when somebody says to you, "That's not who you are," you've already identified who you are, claimed who you are and who you want to be, and it'll be tough for anybody to change that mindset because you'll have a very healthy mindset and understanding of who you are as a person.



BEAUTIFUL AFFIRMATIONS

Here are five affirmations that you can write down and practice today.

"I am beautiful."

"I can do anything I put my mind to."

"I am strong even when I'm faced with a challenge."

"I deserve to live the life I want."

"I deserve to be around positive people like me."

Now, take these statements and write them down on post-it notes or little pieces of paper. Place them in areas of your house where you can be reminded, even in your car, so if you're driving on the way to work and you just reached down for something in the console, you can see one of these positive notes because these little reminders to yourself are very affirming and very uplifting. That is what you need more of in your life.

Inner work

I want you to focus on affirming who you are, who you want to be, and lifting your own spirit up because you do hold that power. Now, get to writing those positive affirmations for a healthier, happier mind.





RELEASE WHAT IS HOLDING YOU BACK FROM LIVING THE LIFE YOU WANT

I want you to look at anything that is holding you back from living the life you want. For example, when I was younger, I was often told that I couldn't do maths because I just didn't have that special gift. English was my gift. So, I would not utilise my brain power as much as I could for my other subjects because I listened to the teachers and the influencers in my life and I believed that I couldn't do something simply because I was told. I was just simply better at something else. I had a natural born talent for English, but I just didn't have that talent for maths (they'd tell me). So, this would play in my mind as a habitual thought, one of those instant thought processes that we spoke about before, and these needed to be released so I could pass my school maths course.

Now, this is just a small example of the severity of negative thinking. If you've suffered from child abuse or emotional abuse, had past relationships that were negative, or you were surrounded by some unpleasant experiences from your past, these likely had a negative impact on your life. Maybe you believe certain negative things about yourself based on these negative statements or experiences. These statements break you down from who you really are into who they thought you'd be – you've absorbed these thoughts – and they've become a part of your own thought process. I want you to focus on releasing these thoughts that you've been told by other people because they are holding you back. They are in the way, they are roadblocks, and they need to be released for you to go forward.

If you've never heard of the saying, "You are who you think you are," I want you to replay that in your mind right now. You are who you think you are. If you think that you can't do something, chances are you may not be able to because you don't believe in yourself. But if you believe that you can climb that mountain without any rope, you can do it even if you're not skilled in sports because you just have to believe that you can do something and then you can.



RELEASE WHAT IS HOLDING YOU BACK FROM LIVING THE LIFE YOU WANT

Inner work

Write down all of the negative things that have weighed you down throughout your life. These could be experiences, statements that have been said to you, anything that you're holding on to from your past. Today is all about releasing what has been stagnant within your mind and affecting other areas of your life. Try practicing the write and burn activity below.

Morning Pages for Anxiety: Writing can be very therapeutic. It should not be the main treatment for someone with a major traumatic event haunting them but for those of us who have things on our mind, it can be a powerful treatment. It is also incredibly simple.

Try to do this spontaneously when you are feeling low/anxious/panicky:

- * Take a pen and paper and set them in front of you on a good writing surface.
- * Close your eyes and allow the emotion to be there, let it rise up in you.
- * Visualizing the emotion inside you, see it move into your shoulder, then down your arm and forearm into your hand.
- * Slowly open your eyes and allow the emotion to flow out through the pen onto the paper. Write or draw whatever you want, whatever comes to mind. Use extra paper if necessary.
- * Stop when you feel ready, then look back over your work and ask yourself if there is any more you'd like to add.
- * Leave the paper somewhere safe and come back to it after a few days and reconsider it. Most people will find they have released some of the emotion involved with what was bothering them.
- * As an extension to this exercise, you can burn the paper (somewhere safe!), and feel even more emotion leave you as those old memories go up in flames.

Source: http://www.anxiety2calm.com/Morning_Pages_Anxiety



ANXIETY, ANXIOUSNESS, AWARENESS

Anxiety and stress play a significant role in everyone's lives and there are many ways to manage anxiety and to manage stress. Some people go to therapy. Some people take medications. Some people rely on herbs and probiotics, or counseling and journaling. There are many different ways to manage anxiety. But, first, let's talk about what exactly stress does to the body.

Anxiety will stress out the body in ways where you have a physical response before you can even mentally process it. Anxiety can live in your cells. Stress can run down your body to the point of total adrenal fatigue and chronic physical burnout. It can disrupt your sleep. It can disrupt how you digest your food. Stress can disrupt how you manage weight and your metabolism.

There are so many effects of anxiety and stress, including increased heart attack risk and heart disease risk. Many different health factors are the result of long-term stress so the best way to handle stress is to, number one, recognize it, and number two, do something about it.

If you feel at any time that stress and anxiety are affecting your daily life and you have thoughts of suicide or extreme depression, I do encourage you to speak about this with your doctor. I want you to understand how severe and contagious anxiety can become. So, when you have this constant worry that you're faced with in your life, it can affect you physically.



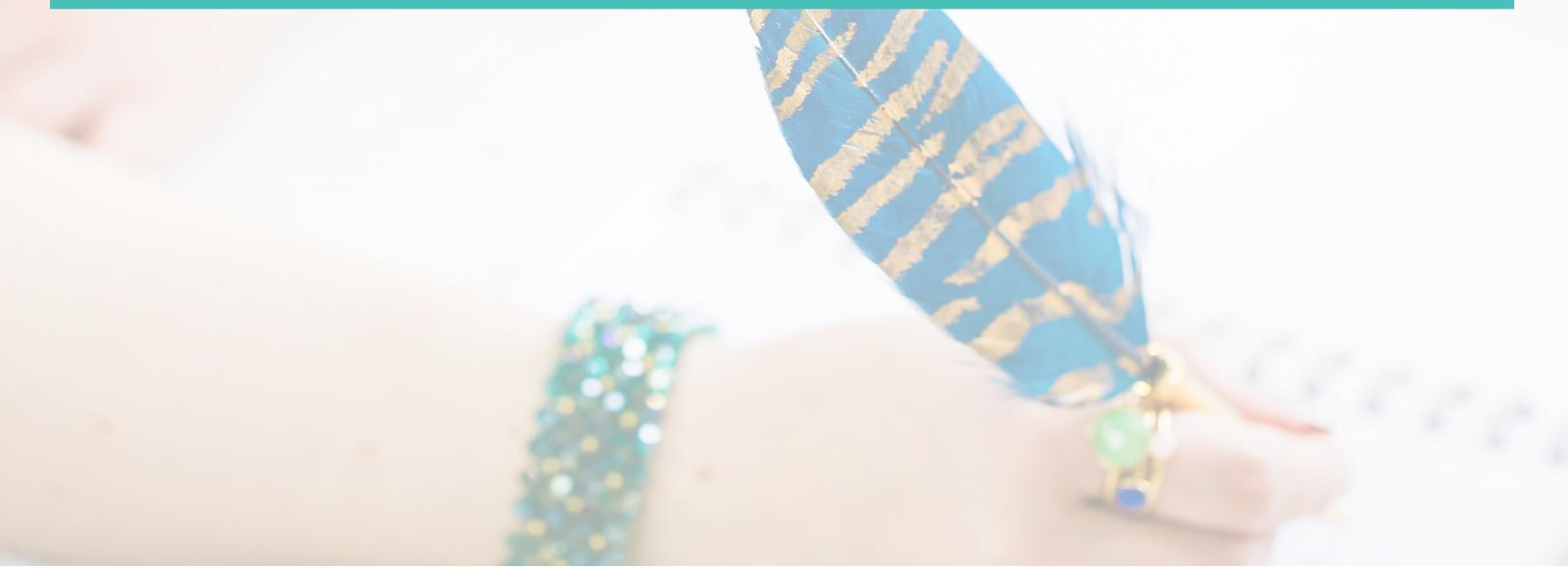
ANXIETY, ANXIOUSNESS, AWARENESS

What we need to do is eliminate the anxiety so that you can believe that you can do things, turn your "I can'ts" into "I cans." Focus on deep breathing with this exercise which resets your nervous system.

- Inhale slowly through your nose and hold the breath for seven seconds (or as long as is comfortable for you).
- Exhale slowly through your mouth.
- Repeat five times.
- Make the inhalation longer than the exhalation to increase energy, and make the exhalation longer than the inhalation to promote relaxation.

Inner work

Focus on easing your anxieties that play a role in your daily life. These could be stresses of social anxiety, general anxiety, or just a constant worry, and what I want you to do is focus on the deep breathing exercise for today which will alleviate any feelings and emotions that revolve around fear and anxiety.





ALLOWING YOUR MIND TO BE SURROUNDED BY NATURE'S BEAUTY

When you are grounding your body, which means walking barefoot outside and feeling the earth beneath your feet, you are experiencing life. When life gets busy we tend not to experience it. We tend to just go with the flow but without experiencing each day to the fullest, life will simply pass us by. We don't realize everything that is occurring and before you know it, you start the week on Monday and in a blink of an eye, it's Sunday, and you're doing it all over again.

So, what I want you to focus on is allowing your mind to be surrounded by nature's beauty. In the moment when you're sitting outside and you hear the birds chirping and you feel the sun just pouring Vitamin D into your cells and your body, I want you to sit there and just be still in the silence of nature's beauty.

Take a moment to step away from the digital world. Often we get sucked into social media and we become detached from the real world because technology has become such a big part of our lives. Step away from all that by taking a retreat and surrounding yourself with the beauty of nature, either in your own backyard or on a weekend trip or a hiking trail walking. Whatever you can do to experience more of nature, do more of it.

When you allow yourself to step away from technology and actually experience the outdoors, you will begin to feel the benefits of fresh air, of being still, of practicing being calm, of stopping that fast-moving clock called life, and taking the time to experience the moment for what it is. That is a healing process emotionally and I want you to experience that for your own good.

Inner work

Taking the time to be still and experiencing life is extremely important. All too often we walk around and continue our daily routines, doing things that we typically must do and they become habits and rituals. Today I want you to start experiencing the nature and the beauty around you without thinking about your to-do list or anything happening other than being in the moment. For today, step outside in nature.



INVITE JOY INTO YOUR LIFE

What is joy? Joy is feeling amazing. How often do you look at your life and think, "Wow, I feel joyful today!" or, "I experienced that one thing I really enjoy."? I want you to take a look at what you're doing on a daily basis. Look at your routine, check your schedule daily, on a weekly basis, and even monthly. When was the last time you did something that you wanted to do and that you enjoyed without having to do it just because it was a must-do? Must-dos can be attending other events: birthday parties for other people, corporate events, going to work, working your nine to five, running your own business, even taking care of your children.

These are daily routine processes where some of them can be joyful. You may enjoy getting your paycheck. You may enjoy eating the slice of cake at the birthday party. You may enjoy taking care of your children and seeing a smile on their faces. But beyond all of that, because there is always joy in living, think about when was the last time you chose to do something that you really enjoy, just for yourself.

For example, when was the last time you went shopping because you just wanted to get a new dress? When was the last time you decided to take a walk in nature because you just wanted to experience being calm? When was the last time you bought a book just because you were excited to read it or watch a movie because you viewed the trailer and were so excited you had to watch it?

When was the last time you invited joy into your life? These don't need to be monetary things or attached to money in any way, shape or form. You can invite joy into your life for free anytime you want. You can step outside and enjoy a few moments of silence for free. Fresh air is completely free. I want you to think of ways to invite joy into your life so that you can stop placing your needs and your wants on the back-end priority list because you deserve to be at the front of your priority list. I want you to focus on inviting more joy into your life so that you can experience more self-pleasure.



INVITE JOY INTO YOUR LIFE

Inner work

Think about the ways you can incorporate exciting things to do that invite joy and happiness into your daily life. Don't get stuck in the routine. Don't get trapped in the mundane. Focus today on inviting joy into your life. Is this through journaling? Is this through going out for a manicure or a pedicure? Is there anything that you can do today that you enjoy that can provide more joy in your life?

We focused on a variety of topics related to mindset this week, and I'm proud of you for making the commitment to do this work as we reset your mind. If you were unable to complete any of the exercises, I would like you to go back and finish those as soon as possible before we begin the work on your body next week.

Remember that if you stay focused, you can do anything you put your mind to.



ESSENTIAL OILS RECOMMENDATIONS SUPPORT YOUR MINDSET WITH THESE OILS

Peace & Calming® essential oil is a gentle, sweet blend of Ylang Ylang, Orange, Tangerine, Patchouli, and Blue Tansy. This fragrant oil is a wonderful addition to your meditation or evening routine. With a comforting, fresh aroma, Peace & Calming oil creates a relaxing environment and helps uplift the spirit.



White Angelica is a beautiful blend of Geranium, Ylang Ylang, Melissa, and Rose which provide sweet, floral notes; Bergamot and Melissa offer a boost of bright citrus; and Myrrh, Northern Lights Black Spruce, Hyssop, and Sacred Sandalwood balance the blend with a warm, woody base. With the aroma of White Angelica essential oil blend, you can create a positive atmosphere and inspire feelings of security and optimism—no matter what life throws at you.

DIFFUSER BLEND

FIND YOUR ZEN

blend

YOUNG LIVING
ESSENTIAL OILS

6		2 DROPS FRANKINCENSE
	4 DROPS LAVENDER	
6 DROPS CEDARWOOD	4	2
		



NOTES

