

CONTENT



04

WELCOME

You Are Here!

DAYS 1-11

HEY WHERE ARE YOU?

Each Day we will spend time tapping into where you are now.
Giving it a "now number" and committing ourselves to one new action

DAYS 11-12

VISIONING FORWARD

Let's put on our rose colored glasses and see where we can see
ourselves going. We will commit to one new action to keep us moving
in that direction.

DAY 13

MASTER LIST TIME!! YIPEE

This list will change your life!

DAY 14

YUMMY YOU!!

You Made it!! You know where you are, what's your vision of the
future and what supports you in getting there! Whooohoo
Time to throw the Glitter because you have
#GlowedUP!!!



WELCOME TO YOUR 14 DAYS OF FOCUSING ON "YOU" TURNING THAT GRIME TO GLOW!!

You're about to go on an exciting journey of contemplation exploration and creation...that once completed will restore and reset you and your feelings about your life and how you are living it.

Let's Go on this
Yummy
Journey together!

You will feel focused and no longer in confusion and overwhelm.

You will have a system that will start to be the framework of your life in order to experience peace and yummy no matter what's going on outside a global pandemic or storms that rage.

I recommend you spend 30 minutes a day on this experience to get the full benefit.

Trust the process and Congratulations to you for the caring enough about yourself to take this journey.



DAY 1



MORNING MINDFULNESS

"Good in Good Out"- Dahn

This Week is all about understanding where you are in your life
right now.

Take the time today to start with Gratitude.

Make a list of at least 10 things you are grateful for.

Then close your eyes and marinate in that feeling of Thankfulness!

So Yummy!

Daily Yummy Checklist

Each Day is a 20 point day

Each Week is a 140 point week

Let's Turn that Grime to Glitter
chanting all day

[I AM (Enough) +
(I Matter] + {Good in Good
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— Meditation- Yay you took at
least 10 min to center
yourself in the am

— Hydration - You drank at
least 5 glasses of water

— Move- I moved my body for
at least 30 minutes today.

— Nourish- I ate food that
nourished my body-

— I laughed



Day 1 Tasks

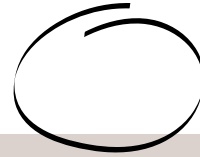
This Week is all about Where You are!

Write 1-10 how do you feel now

Today's Task- A Body Check in

Remember to breathe deeply and know that

YOU ARE ENOUGH!



Take a moment to stand naked
in front of a full length mirror
write down how this makes
you feel.

Send your "now" body
LOVE
not Your in the future body
but your now body... write
what you love about your
body.

Make a list of any health concerns

Day 1 Tasks

This Week is all about Where You are!

Task Today- Body Check in

Decide to do something about one thing on this list.

Make a Doctors Appointment, Buy a supplement,
investigate options to treat or increase your health.

Decide to say no to one thing that compromises your
health.

Work stress, Unhealthy Food, Talking on the phone to
a draining friend or family ...

Say NO!

DAY 2



MORNING MINDFULNESS

"It is not true that people stop pursuing dreams because they grow old. They grow old because they stop pursuing dreams."

~Gabriel Garcia Marquez

Take the time today to get out in nature.
touch a tree contemplate a flower. Nature calms the spirit and
mind.

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Day 2 Task

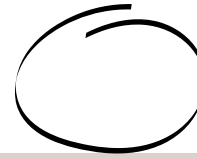
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Task Today-Emotional Check in

Remember to breathe deeply and know that

YOU ARE ENOUGH!

Write 1-10 How do you feel now



How are you feeling emotionally?

Write down what it feels like to be you right now.

What is stressing you out or causing you pain
emotionally?

How often do you break down?

Raise your voice? How often do you cry?

Do you need help dealing with any pressing
trauma? Therapy, Counseling, Life Coach

Yummy Session Check in...

If you can spend a moment to check in
before your session-

We are Here to Remember
That WE ARE ENOUGH!

Write 1-10 How do you feel now



How are you feeling emotionally?

Write down what it feels like to be you right now.

What is stressing you out or causing you pain?

What are the top 2-3 things you would like to address in your session?

What would need to happen for you to feel like
your session was a success?

Day 2 Task

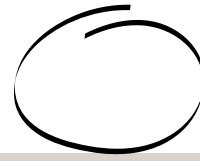
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Task Today-Emotional Check in

Remember to breathe deeply and know that

YOU ARE ENOUGH!

Write 1-10 How do you feel now



Make a list of the 5-10 people you interact with most in your life and write a number from 1-10 how much happiness, joy, inspiration do they add to your life.

Sit with these numbers.
Especially those whose numbers are 5 and below.

Decide to spend less time with those who sap your energy.

Day 2 Task

This Week is all about Where You are!

Task Today- Emotional Check in!

Write down one way to increase your time with someone who makes you feel good. Even if they were not on your original list.

Write down who you will reach out to.

Make a lunch date, go for a hike with them, have a zoom hang out.

Decide to DO 1 thing to heal mentally.

Make an appointment with a therapist, counselor coach, reiki energy healer..

What do you need to move forward.

Write down the 1 thing You are going to DO!

DAY 3



MORNING MINDFULNESS

"Use Your Imagination to Feed Your Soul"~ Dahn

Take the time today to think of yourself as an animal. What kind of animal would you be? How would that feel? I have a dolphin tattoo on my ankle. I love how free and playful they are. I love that they travel in pods. I'm daunted by the big wide ocean..but they aren't I love thinking about that-

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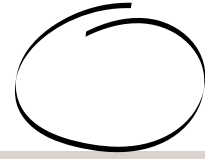
Day 3 Task

This Week is all about Where You are!

Write 1-10 How do you feel now

Task Today- Spirit Check in

Take a Deep Breathe Remembering- Good In Good Out!



Do you have a Spirit Practice?

ie: Daily Meditation, Prayer, Studying or Reading on Things that Feed your spirit?

What are they and how much time do you spend on this.

Take notice to activities like watching the news, scrolling on IG or Social Media. How do these activities make you feel?

Day 3 Task

This Week is all about Where You are!

Task Today- Spirit Check in

Take a Deep Breathe Remembering- Good In Good Out!

Consider a new practice. Gratitude lists, Mindfulness,
Meditation

Write down 1 thing to add that nourishes your spirit.

Write down 1 thing to eliminate that drains your spirit.

If you don't know what this feels like...Ask yourself
does this thing I'm doing make me feel hopeful and
apart of something bigger that is beautiful. Or does it
make me feel like life is meaningless and it's all going
to hell in a handbasket.

DAY 4



MORNING MINDFULNESS

"The First Wealth is Health" ~Ralph Waldo Emerson

Take the time today to put "love" into your food. Yep you heard me. Thich Nhat Hahn the famous Zen Master says infuse everything we do with love. That especially applies to what we put into our bodies. So sprinkle that love on everything!

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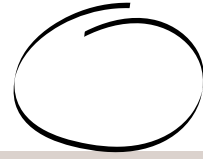


Day 4 Task

This Week is all about Where You are! Write 1-10 How do you feel now

Task Today- Food Check in

Take a Deep Breathe Remembering- Good In Good Out!



Make a list of your everyday menu? Literally what did you eat yesterday? What have you had today?

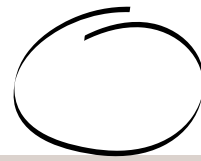
Is what you eat regularly, nourishing to your body? Does what you eat cause any discomfort? Gas, Nausea

Day 4 Task

This Week is all about Where You are! Write 1-10 How do you feel now

Task Today- Food Check in

Take a Deep Breathe Remembering- Good In Good Out!



Do you have a good relationship with food?

How much time a day do you spend thinking about
what you put in your body?

Day 4 Task

This Week is all about Where You are!

Task Today- Food Check in

Take a Deep Breathe Remembering- Good In Good Out!

Are you a healthy weight?

Do you drink enough water each day?
How much?

Write down 1 thing you will add to your diet that is nourishing.
Write down 1 thing you will take away from your diet that is not nourishing.

Commit to 1 thing you will do to have a better relationship to food. ie
Watching a Documentary, Reading a Book, Investing in better quality food.
Write down that commitment.



DAY 5

MORNING MINDFULNESS

"If you look good you feel good, and if you feel good you do good"

~Georges St- Pierre

Take the time today to think about how you dress yourself. Think beauty think lovely think pretty think does what I'm wearing "spark joy". If not choose again!

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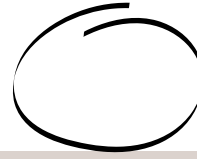
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Write 1-10 How do you feel now

Task Today- Clothes Check in

Take a Deep Breathe Remembering-

You are Worth it!



Do you feel good about your wardrobe?

Do you have pretty things to wear?

Do your clothes accentuate all that's positive about your body?

Do you have a "wait to fit that again" wardrobe?

Decide Today that "Now Fit" is worth creating beauty with.

Day 5 Task

This Week is all about Where You are!

Task Today- Clothes Check in

Take a Deep Breathe Remembering-

You are Worth it!

Do you spend too much or too little on your clothes ?

Why?

Do you have pretty underwear?

Commit to buying one item that makes you feel and look good.

Commit to making sure you have nice underwear.

Write down what you bought:)

Do you need any assistance in this area? A stylist a coach or anyone to help you edit your closet? Commit to finding out the cost and deciding to save for this most worthy personal need.

DAY 6



MORNING MINDFULNESS

"What you put on your skin ends up in your body" ~ Dahn
Take the time today to think about how important it is to use what nature has to both heal and adorn yourself. Think about native tribes and how much they used the branches the feathers the herbs the flowers to accentuate, heal and take care of themselves. Feel that. Feel the importance of caring for yourself with nature. Feel it in your spirit.
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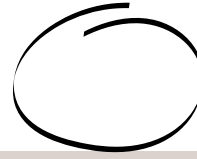
This Week is all about Where You are!

Write 1-10 How do you feel now

Task Today- Appearance Check in

Take a Deep Breathe Remembering-

You are Worth it!



How is your skin? Do you have a skincare routine?

How are your nails? Are they tended too?

Polish or not are they neat and nice?

Day 6 Task

This Week is all about Where You are!

Task Today- Appearance Check in

Take a Deep Breathe Remembering- You are Worth It!

How is your hair? Do you have an up to date cut,
color?

Does it flatter your features?

Do you know how to put on makeup that accentuates
your face and makes you feel natural but pretty?

Commit to investing in yourself in regards to one item on this list.

Skincare ,new haircut or color,manicure pedicure:)

What did you commit to!



DAY 7

MORNING MINDFULNESS

"Imagine the Canopy of Blue Just Beyond the Walls"-Dahn
Take the time today to think about the fact that in your home you are living inside walls and floors but outside there is the big wide world the land the oceans the big blue sky. Take a moment to marvel at your life within the walls, your small piece of the world, amongst the enormity of it all as you lie underneath your roof inside of your walls.

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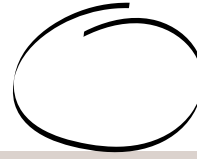
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Write 1-10 How do you feel now

Task Today- Home Check in

Take a Deep Breathe Remembering-

You are Worth it!



How does your home feel? Comfortable, Airy, Happy?

Does your home nurture your spirit and make you
happy when you see it?

Day 7 Task

This Week is all about Where You are!

Task Today- Home Check in

Take a Deep Breathe Remembering- You are Enough!

Make a list of what you can do to feel good or better in your home. Even if you can't afford it now. Make a list anyway.

What can you do that's free? Paint, Clean, Organize?

Write down 1 thing you commit to buying and Doing..
ie buying new bedsheets, getting a frame for a picture, buying new towels for the bathroom. Painting, Organizing.

Day 7 Task

This Week is all about Where You are!

Task Today- Home Check in

Take a Deep Breathe Remembering- You are Enough!

Do you have pictures up that remind you that you are surrounded by love. Does your home smell good?

Make a list of what you can do to your home to increase your enjoyment of it. Even if you can't afford it now. Make a list anyway.

Write down what you are going to commit to doing?

DAY 8



MORNING MINDFULNESS

"The First Real Relationship is with ourselves everyone else is just an extension of how well that one is going" ~Dahn

Take the time today to think about the fact that you are a human that has a voice inside your head that talks to you. Our conscious our inner voice, our ego. That voice is our invisible friend or foe.

Nurturing our relationship with ourselves becoming friends is a lifetime journey. We can be besties or worst of enemies our choice.

This relationship determine our fate. Marinate on that.

So Yummy!

Day 8 Task

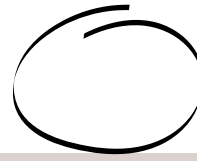
This Week is all about Where You are!

Write 1-10 How do you feel now

Task Today- Relationship/Family Check in

Take a Deep Breathe Remembering-

You are Worth it!



If you are in a relationship how are you
feeling? Does it nurture you?

If you are not in a relationship how
was your last one? What led to
it's dissolution?

Do you both communicate effectively and
respectfully?

Did you communicate effectively in your last
relationship?

Day 8 Task

This Week is all about Where You are!

Task Today- Relationship/Family Check in

Take a Deep Breathe Remembering- You are Enough!

If you have children how is your relationship with them?

If you have more than one child
write their name down individually and speak about your
relationship.

Do you read any relationship or parenting books?

Day 8 Task

This Week is all about Where You are!

Task Today- Relationship/Family Check in

Take a Deep Breathe Remembering- You are Enough!

Do you make time for your relationship?
Weekly dates, Check in's?

Do you make time for your kids?
Just for you and them to bond?

Day 8 Task

This Week is all about Where You are!

Task Today- Relationship/Family Check in

Take a Deep Breathe Remembering- You are Enough!

Write down one way you will commit to, to show love
to your significant other or children.

Write down one way you will commit to uplevel this
relationship as well. (books, podcasts, seminars,
workshops)

If not in a relationship write down what you are doing
to be ready when love shows up. Are you learning to
cook or reading a relationship book?



DAY 9

MORNING MINDFULNESS

"Good in Good Out"- Dahn

Take the time today to think about one object, it can be a cup or the coffee in the cup. Trace as far as your imagination will take you the journey of this cup of coffee. All the tending to the soil, the harvesting the drying it in the sun, the packaging, the store. Think how important everyone's job it was collectively to get it here to you now. Thank them in your heart for their work.

Being Grateful

So Yummy!

Day 9 Task

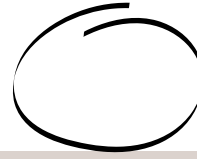
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Write 1-10 How do you feel now

Task Today- Your Career or Job Check in

Take a Deep Breathe Remembering-

You are Enough!



How do you feel about your career?

Does your work make you feel fulfilled?

Would you rather be doing something else?

What would that be?

Do you have a healthy relationship with the amount
of hours you spend on your job?

Is it too much or too little?

Day 9 Task

This Week is all about Where You are!

Task Today- Job /Career Check in

Take a Deep Breathe Remembering- You are Enough!

Do you know how to use your
voice at work?

Are you respected? Do you know
how to set boundaries?

Write down one way you will commit to,
showing up at work like the "Boss" that
you are?

What can you say NO to that you have
been saying yes previously?

DAY 10



MORNING MINDFULNESS

"Good in Good Out"- Dahn

Take the time today to think about one friend from long ago. A person you don't keep up with on FB. Maybe they were only a friend for a summer or a semester. Think about that small slice of time. Imagine where they might be now. Thank them for the joy they brought into your life. It all contributes to the fabric that is us now.

So Yummy!

Day 10 Task

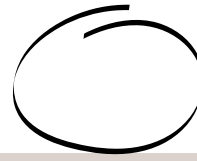
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Write 1-10 How do you feel now

Task Today- Your Free time/Social Life Check in

Take a Deep Breathe Remembering-

You are Enough!



How do you feel about your free time?

Do you make sure you do something other
than just work and work?

How often do you get out with friends or
spend time alone?

Do you know how to relax?
What makes you feel relaxed?

Day 10 Task

This Week is all about Where You are!

Task Today- Free Time/ Social Life Check in

Take a Deep Breathe Remembering- Good In Good Out!

What places or things make you happy when you are doing them or being there?

ie. at a park having a picnic, or swimming at the beach or walking through a craft store

Write down one way you will commit to, taking time for yourself?
Girls Night out, Bubble bath, Solo trip or Staycation.

What can you say NO to that you have been saying yes previously in order to have more time for you?