

BODY

SPIRIT

MIND

BODY

SPIRIT

21 DAYS TO WELLNESS

BY OPENEYE WELLNESS



**DREAMS
DON'T WORK
UNLESS
YOU DO!**

Let's get to work!





Welcome! I'm Wendy Sill, Founder of OpenEye Wellness and I am so excited you decided to take action to find total wellness in your mind, body, and soul. This program is not simply a diet and exercise program, it is a step by step - day by day program to completely overhaul your thoughts and habits ultimately changing your life, pointing you towards achieving the wellness goals you set for yourself.

Each day is full of content tried in the pits of suffering that I used to help walk me out of one the lowest seasons of my life. This is not an easy program, it will force you to look at your life in ways you may never have. It will require dedication and may even cause you to face some of those demons you've been hiding in the closet, but I promise you, it WILL BE WORTH IT!

I'm thrilled to go on this journey with you and would love for you to join our Facebook community where others, just like you will be going or have already gone through my program to help encourage one another to reach our best life ever!

God Bless You - Let's get started!

Day 1

Goals

What are your goals?

Write down your initial goals. Really look at why you are doing this program and the milestones you'd like to reach.

	3 Months	6 Months	9 Months	1 Year	5 Years
Mind					
Body					
Soul					



What is Your Why? _____

Day 2

Accountability

Do you feel you deserve to have health and happiness? _____

Why do you deserve health and happiness? _____

Are you currently responsible for causing ill health and negativity in your life? _____

What obstacles do you foresee hindering you from meeting your goals? _____

Search your heart, how can you overcome these obstacles? _____

I promise myself I will... _____

Day 3

Beliefs/Faith

What do you think about what you just learned? What attributes/thoughts will you need to change to create a new reality. What scenarios do you want to invite into your life. _____

Now dedicate yourself to visualizing that which you want to manifest in your life at least 5 minutes each day.

Preparation is the key to success. Here are some key to-dos to set yourself up for success:

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Decide what time of day works best (a lot of people find that the moment after they wake up is a great time to visualize their day going well and their dreams coming true.

☐

Set a daily reminder on your phone or your calendar to remind you to do your visualization.

Let's get started!

Find a quiet place to meditate. Visualize what you will be doing if your dreams come to pass. How will you feel? Who will you be? Focus on feeling the emotion of happiness, joy, confidence, etc that you'll feel after your dreams come true. Envision your dreams becoming reality and feel the joy that comes with that. If your mind wanders bring it back to peace, love, compassion, confidence, acceptance.

Day 4

Inner Dialogue

Watch your thoughts

Focus on being aware of your thoughts today. Write down 20 to 30 thoughts that you notice through out the day.

*What are you telling yourself?*_____

*What can you expect from the thoughts you are thinking? Are you attracting positivity or negativity?*_____

Day 5

Fears

Let's tackle your top five fears

Use the table below or your own private journal to list your 3 greatest fears. In the next column write down the disturbing thought about the fear or the situation. Rate the thought by how much you believe this thought will come to pass from 0 to 100%. In the next column, name the emotion that this thoughts gives you and rate it by intensity. Recognize common distortions here and write down any that you notice about your disturbing thoughts. In the next column write down an alternative, possibly more realistic or positive thought then rate the new thought on how much you believe that thought 0-100%. Finally write down the outcome of this exercise. Were you able to confront the dysfunctional thought? Did you write down a convincing alternative thought? Did your belief in the thought and/or the intensity of your emotion(s) decrease? The object of this exercise is to replace the disturbing belief with the new positive thought by recognizing the distortion and writing down a more likely alternative that you believe at 100%.

Situation/Fear	Disturbing Thought	Emotion	Distortion	Alternative Though	Outcome
Describe the event leading to the unpleasant emotion, or stream of thoughts, daydreams, or recollections leading to an unpleasant emotion, or distressing physical sensations	Write automatic thoughts that preceded emotion Rate the belief in the automatic thought 0-100%	Specify sad, angry, anxious, etc Rate the instensity of the emotion 0-100%	Go here for a list - https://psychcentral.com/lib/15-common-cognitive-distortions/	Rate the belief in the new thought 0-100%	Describe the result of this exercise. Has the fear lost some of it's steam?

Day 6

Gratitude

Let's start a gratitude journal.

Write down as many things as possible that you are grateful for.

How has this exercise changed your mood? _____

How do you think your life would change if you wrote down everything you were grateful for each day at the end of the day? _____

Is a daily gratitude journal something you would like to start doing? _____

Day 7

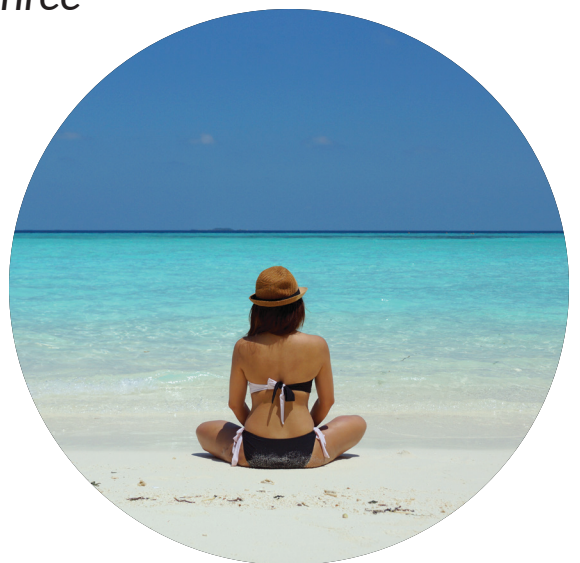
Meditation/Visualization/ Transcendence

Let's Meditate!

This meditation exercise is an excellent introduction to meditation techniques.

- 1. Sit or lie comfortably.*
- 2. Close your eyes. You can also use a eye mask.*
- 3. Make no effort to control your breath, simply breathe naturally.*
- 4. Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe.*
- 5. Observe your chest, shoulders, rib cage, and belly. Simply focus your attention on your breath without controlling its pace or intensity. If your mind wanders, return your focus back to your breath.*
- 6. Maintain this meditation practice for two to three minutes to start, and then try it for longer.*

Notice how do you feel after meditating?



What are your physical goals?

Let's create a dream board! We now know visualization is key to creating our reality. So let's create a dream board as we enter the second week of the 21 day program.

- 1. Go to your local store and pick up a fitness magazine, a poster-board and a glue stick.*
- 2. Cut out images, quotes, or types of food you'd like to eat to obtain your ideal body etc. You may also write notes that reflect your goals and your why?*

See this example below:



Day 9

Self Awareness/ Habits

Let's take a look at your habits.

Without trying to modify your habits in any way, simply notice the actions you take in a day that either contribute or work against you in obtain your goals.

What habits are working against, or for you? _____

What habits are you committed to changing? _____

How will you change them? _____

Day 10

Diet

Let's create a diet plan!

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Research popular diets and decide which one sounds good to you. Remember you want to pick a diet that you feel confident being able to follow.

What diet did you choose? _____

Are there restrictions? _____

☐

Search for recipes within your diet you are excited to make and let's create your weekly menu

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Search low sugar, low carb snacks that sound good to you.

What routine modifications will your new diet require? _____

What obstacles do you foresee? _____

How do you intend to overcome those obstacles? _____

Day 11

Menu

Let's create a diet plan!

With the research you did yesterday fill out your weekly menu.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

How do you feel about your new meal plan?___



Day 12

Exercise/Plan

Let's create a workout routine

Make sure to equally plan for legs, abs, arms etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							



What changes to your routine do you need to make to ensure you are able to do this plan?_____

Let's do some research!

Research and prepare to get in the know the state of your body.

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Take advantage of my introductory Rate for and Order your Zyto Scan

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Order your 23 and Me Genetic Test

☐

After you receive your genetic results upload your raw DNA to Promethease - <https://www.promethease.com/> to analyze your DNA

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Upload your Raw DNA to genetic genie to get a methylation profile <http://geneticgenie.org/>.

After you have received more details on your health and your DNA write down what you found out about your health and how you should be caring for your body? _____

Are there any steps you need to take as a result of your findings?

Day 14

Supplementing For Your Body

Do you have any symptoms that are explained by your findings? _____

What aromatherapy oils do you think would you could benefit from? _____



Order essential oils

<https://www.naturessunshine.com/us/shop/c2/oil1/essential-oils/>

What supplements does your body need as a result of your research? _____

What changes are you committed to make _____

What are your beliefs? _____

Where do your beliefs come from? Do they need revisited? _____

Of the 7 spiritual needs, where are your needs being met and what needs are being left unfulfilled? _____

What changes will you need to make to get your spiritual needs met? _____



Lets cuts some cords?

Who do you need to forgive? _____

Christian Prayer of Forgiveness

Repeat this prayer if you are ready to forgive those that hurt you. You can even forgive yourself.

Father in the name of Jesus Christ I praise You, for You are Worthy, and worthy to be praised. Lord I recognize the need to unload to You some burdens that have been weighing me down and holding me back from having peace in my life. I recognize my need to forgive some people who have hurt me and the need to give up to You the hurts and anger I have because of them.

I have been in bondage to these hurts for far too long Father God and I seek Your yoke breaking anointing to set me free of them. I seek to be set free from what every hurtful word spoken against me and every hurtful action taken against me has caused me in mental anguish, and emotional scars. I have been held in bondage to these hurts too long and enough is enough! You said that because You love us and because You are able, that we can share our burdens and give them up to You, and so I am here seeking You for that very reason. Father, it is not easy for me to know how to trust sometimes, but today Father I am prepared to trust You and Your son Jesus Christ, fully and completely, for my healing.

I call upon You Jesus Christ to come and comfort me with Your Holy Spirit, and to help me to effectively forgive and receive healing through this forgiveness. I am ready to forgive all who have transgressed against me Lord Jesus Christ. I seek to forgive all who have hurt me, and for God's Holy Spirit to release me from the burdens associated to these hurts. I also seek for every stronghold associated to these hurts, or any emotional wall that was erected against me, because of unforgiveness, be tore down. Lord Jesus Christ I ask for You to witness this day my forgiving of those who have sinned against me and I ask for Your Holy Spirit to process and seal my forgiveness in the heavenly realm. Lord it is my desire to be totally set free this very day from all of what unforgiveness, bitterness, anger, intimidation, guilt, unworthiness, fear etc., through these hurts, has caused me. (Name anything specific you know is burdening you, or negatively affecting you)

Father I relinquish any thoughts, or words of judgement, anger, or bitterness I had spoken, or have held against any person, because they were involved in hurting me. Father God You are the rightful judge over what You have created, not me, and I want You to be the Judge over what these people have done to me for You are fair and just. I will not keep the spirit of offense, or resentment for they are not mine to keep. Lord Jesus Christ I ask You to come to witness my forgiving the people who have hurt me and to receive the hurts as I give them to You. Release me Lord Jesus Christ from all that is hindering me through hurts, anger and unforgiveness and bring closure to these areas of my life so that I may move on in You.

Do you have faith? _____

Why or why not? _____

What would make you have more faith that things will work out? _____

What books, movies, or videos do you need to be reading or watching to increase your faith? _____

What changes are you willing to make to increase your faith? _____

Lets take a look at your suffering

Let's analyze your suffering to make sense of it and ultimately heal from it.

What was your greatest suffering in life _____

What did you learn or gain from this suffering? _____

Do you still feel pain about this suffering? If so, why do you think you are holding onto the pain _____

Can you let go of the pain? _____

Visualize handing over the pain to Jesus. How do you feel? _____



Can we look at your relationships?

Be honest with yourself and answer these questions honestly.

Do you notice any unhealthy habits in any or your relationships whether they are love, friendship, familiar or professional ? _____

How do you think that relationship affects your life? _____

How do you think those relationships are affecting your health? _____

Do you feel keeping those relationships in your life is best for you? _____

How would losing those relationships affect your life? _____

What is your purpose in life?

Take some time to analyze your purpose in life.

If you could do anything, what would you do? _____

What would you do for free just because you enjoy it? _____

What would you want your legacy to be? _____

How can you do more of what you enjoy even if it doesn't create an income? _____



Do you feel supported by your community? _____

What type of activities can you do to feel more connected? _____

Are you satisfied with your church? _____

What steps are you going to take to branch out and gain the support network that you need? _____

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Join our OpenEye Wellness Facebook community here :
www.facebook.com/openeyewellness/

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Research local community support groups.

Resources:

OpenEye Wellness - <http://openeyewellness.com/>

Nature's Sunshine - <http://openeyewellness.mynsp.com/>

Sweat Shop - <https://thesweatshoppe.com/>

Core Power Yoga - <https://www.corepoweryoga.com/>

23 and Me - <https://www.23andme.com/>

Genetic Genie - <http://geneticgenie.org/>

Promethease - <https://promethease.com/>

Meal Planner Pro - <https://mealplannerpro.com/>

Meetup - <https://www.meetup.com/>

Therapist Aid - <http://www.therapistaid.com/therapy-worksheets/cbt/none>

