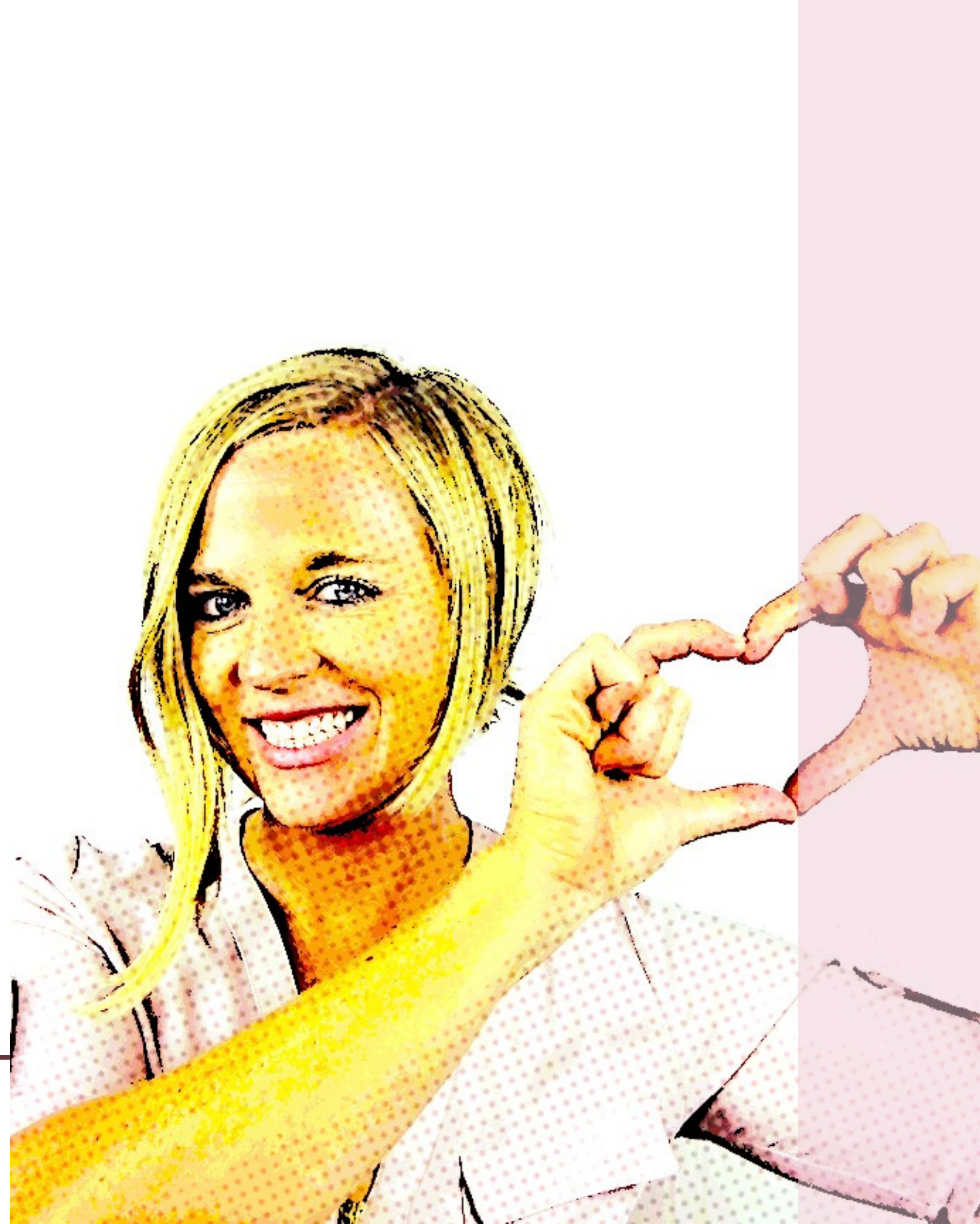


MODULE 4 | LESSON 4

LIVE THE LIMITLESS LIFE

Katie Rodriguez, Nutritional Consultant



YOU ARE A BADASS!

SUGAR (AND CARB) ADDICTION IS
LARGELY PSYCHOLOGICAL.



What Are the "Real" Issues?

WHAT ASPECT OF YOUR LIFE IS LACKING FULFILLMENT

Often we cope with unhappy relationships, purposeless careers, vulnerability, stress, and boredom by eating and drinking our sorrows away.

3 STEPS TO UNCOVERING THE "REAL" ISSUES

- 1. Get Real with Yourself**
- 2. Identify Your Unmet Needs**
- 3. Commit to Compassionately
Addressing your Needs**





Step #1:

GET REAL WITH YOURSELF

**What aspect of your life
needs healing?**

- Finances
- Spiritual practice
- Career
- Relationships

Step #2:

IDENTIFY YOUR UNMET NEEDS

After completing The Circle of Life, ask yourself:

1. Were there any surprises for you?
2. How do you feel about your life as you look at your circle?
3. How do you currently spend time in these areas?
4. How would you like to spend time in these areas?
5. Which of these elements would you most like to improve?
6. How could you make space for these changes?
7. What help from others might you need?



Step #3:

COMMIT TO COMPASSIONATELY ADDRESSING YOUR NEEDS

As you attend to your unmet needs, your drive for sugar and carbs will soften. In this way, you're not trying to cope with or manage cravings; you're addressing what drives the cravings in the first place.

WHAT DO I MEAN BY
COMPASSIONATELY ADDRESSING
YOUR NEEDS?

For Example...

Desire: The stuff you feed your face in order to fuel your body.

Need: To surround myself with successful entrepreneurs

Addressing the need: Networking at SBA events



PRACTICE VISUALIZING!



What's Your Best-Case Scenario?

CLOSE YOUR EYES AND ENVISION
EXACTLY WHAT YOU WANT FROM LIFE.

- Mad love,
- Thriving career
- Happy household
- Minimalist, wandering lifestyle
- White picket fence

WHATEVER IT MEANS FOR YOU TO DO
OR HAVE ALL THE THINGS— WRITE IT.
DRAW IT. DREAM BOARD IT. ENVISION
IT. BELIEVE IT. AND VISUALIZE IT.

EVERY. DAMN. DAY.

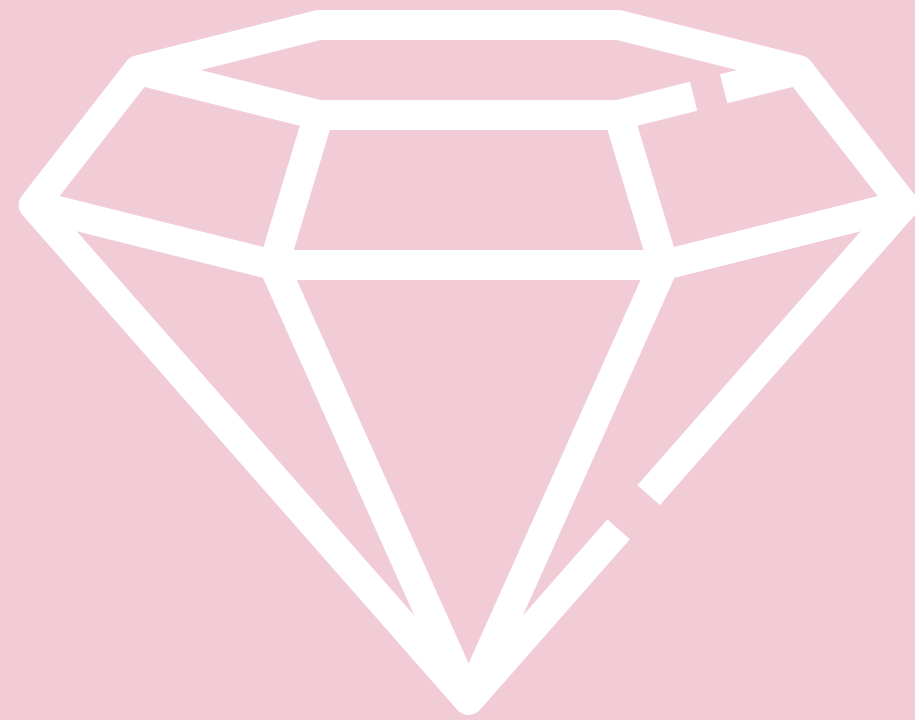


The Mind Power Process

JOHN KEHOE

1. Identify it
2. Affirm it
3. Visualize it
4. Seed it
5. Repeat it

WHAT DOES ANY OF THIS HAVE TO DO
WITH FOOD AND DIET?



ACTION STEP:

Write a Letter to The Universe

Write a letter spelling out exactly what you want from life.

Call it Coincidence, or Call it Magic



EXPLICIT INTENTION BACKED BY
AMBITIOUS DETERMINATION WILL BE
MATCHED WITH COSMIC
OPPORTUNITY.

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