

# 30 DAY WORKBOOK



CREATE NEW *HABITS*  
FOR WEIGHT LOSS & HEALTH,  
ONE DAY AT A TIME

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# Introduction

***“A journey of a thousand miles begins with a single step.”***

*~ Lao Tzu*

**Congratulations** on taking your first step towards a slim and healthy body. I'm thrilled that you've chosen this Slim4Life Program to help you on your journey, and I'm going to repay you by being with you every step of the way!

The changes you're about to make will help you live your life to the fullest. **You'll feel and look better than ever before**, with much more energy to do the things you love.

And you know what? **It doesn't matter how many diets you've tried in the past**, how many times you've failed, and for how long you haven't been living the kind of healthy life you desire, because...

## **This Is Your New Beginning**

In this life-changing program you're going to discover an ancient time-tested process that I call the **4 Pillars of Enlightened Health**. These powerful principles were created over 5,000 years ago by ancient sages in India to help normal people like you and I stay slim, healthy and happy for life.

The 4 Pillars of Enlightened Health are probably **the simplest, yet most effective weight loss principles ever invented**. They have been verified time and time again by scientific research, and are recommended in one form or another by dieticians, scientists and fitness experts across the globe. The 4 Pillars are:

- 1. Stretch**
- 2. Breathe**
- 3. Eat**
- 4. Imagine**

I'll be telling you more about these Pillars in the course itself. But for now, let's take a look at what is perhaps the most challenging aspect of any weight loss program...

## **Developing Willpower**

It's not easy to stay motivated to lose weight. Temptations and distractions lurk around every corner. It sometimes seems more appealing to sit down in front of the television with a bowl of ice cream than to go for a walk.

And that's exactly why I've designed this course, to not only help you stay motivated, but to program you in such a way that you won't have to fight with yourself whenever you're faced with a health-related decision. In other words, **you'll be making healthy choices on autopilot!**

## **Not Your Average Diet Course**

This program goes far beyond any fitness or nutritional guide you may have used in the past. It is based on Yoga, a 5,000 year old exercise system that won't just help you lose weight and improve your health – **it will also help you live to your fullest potential.** Also, unlike a typical diet course, you will **not** be required to:

- ❖ Make any drastic changes in your life
- ❖ Count calories at every meal
- ❖ Stop eating certain foods
- ❖ Become a vegetarian
- ❖ Practice exhausting fitness routines

The contents of this course are designed to give you all the benefits of Yoga, without having to change your modern lifestyle. **There will be no strange rituals, no time-consuming exercises, and definitely no meditating in caves!**

As you go through the program, always remember...

## **This Is A Permanent Slimming Solution - Not A Quick Fix**

I'll be honest with you – with this program you won't find yourself instantly losing drastic amounts of weight. And that's a good thing. Why? Because sudden and drastic weight loss isn't just unhealthy... it's not sustainable. People who lose weight fast often put it back on just as fast too.

Instead, **this program will show you how to adopt habits that will make you slim & healthy**, and most importantly **keep** you slim & healthy over the long

run. And like I said earlier – willpower won't be an issue, because the healthy choices will come naturally!

## Focus On Progress Instead Of Perfection

The most effective way to lose weight permanently is to take gradual steps, one at a time. Lasting change doesn't come instantly, so be patient with yourself. Focus on your progress instead of whether you're doing something perfectly. **'Progress Not Perfection'** – as you go through the course, let this be your mantra.

So don't worry too much if you miss an exercise, or you overeat from time to time! You can always choose which rules you want to follow, and how much time to spend on each one.

By focusing on your progress, you will create momentum for yourself. You will have the flexibility and confidence to identify what works for you and what doesn't, so you can create your very own **personalized lifestyle** to help you **make the lasting changes** you want in your life.

How can I be so sure? Because I've used all the material in this course myself! I've also used it with my students, friends and family, all of whom enjoyed results nothing short of spectacular.

**30 days is all it takes to start seeing a change.** And I guarantee you, by the time these 30 days are up, you'll be slimmer, feel healthier and have more energy than ever before.

So are you ready to get started? Let's begin!

**To A Slimmer & Healthier You,**



*Nika Florek*

# How To Use The Slim4Life 30 Day Program

I created this Slim4Life 30-Day Workbook to help you better understand the structure of the course and to guide you and assist you through the first 30 days of the journey towards your slim and healthy body.

With this handy workbook, **you don't need to worry** about where to start, where to end, or what module you should be focusing on.




Every day for 30 days, it'll give you **detailed steps on how to make the most out of this course**, and start losing weight the healthy way.

Just follow my instructions and I guarantee that in 30 days you are going to build new healthy habits that will transform your life forever.

## Getting Ready

The Slim Yogi 30 Day Program is designed to start on **Monday**. If you purchased the course in the middle of the week I recommend that you take few days for preparation, get familiar with the course material, and start from the following Monday.

## Preparation Steps

	<b>DOWNLOAD</b> all modules of the course to your computer. You need around <b>400 MB</b> of free space on your computer's disc to be able to save all materials. If you need help with downloading the material, read the "Guidelines for Downloading" in your Membership Area
	<b>PRINT OUT</b> the <i>Slim4Life 30 Day Workbook</i> - you'll need it to track your progress and complete your daily rituals. If you don't have a printer you can alternatively start a journal and complete your daily rituals there.
	<b>WATCH THE VIDEOS (optional)</b> To get familiar with the Slimming Yoga Postures and Breathing Techniques you can watch all the videos before you start practicing. It will help you to better understand my instructions and the sequences flow and it will benefit your practice later on.



**READING MATERIALS** Before you start the Slim4Life 30 Day Program please read the following materials from the course:

**1) WORKBOOK** - the following chapters:

- ❖ Setting Your Goals (complete your goal setting exercise)
- ❖ The Power of Rewards (complete the rewards form)

**2) MODULE 1 - "STRETCH"** - the chapters from the manual:

- ❖ How To Use This Book
- ❖ A Short Guide For A Successful Yoga Practice

**3) MODULE 2 - "BREATHE"** - the chapters from the manual:

- ❖ How To Use This Book
- ❖ The Benefits Of Pranayama
- ❖ A Short Guide For Successful Breathing Practice

**4) MODULE 3 - "EAT"** - all chapters of the manual

**5) MODULE 4 - "IMAGINE!"** - all chapters of the manual



Join the happiest place on the internet and start your FREE online gratitude journal. Connect with other participants of the Slim4Life Program who by expressing gratitude daily stay slim and healthy.

[CLICK HERE](#) to join the SlimYogi Group On Gratitude Log

[CLICK HERE](#) to follow me on Gratitude Log



Join "The Slim Yogi Facebook Group" to meet other people participating in the Slim4Life Program, share your daily victories and look for motivation to stay on track. There is nothing more powerful to help you achieve your goals than a feeling that you are not alone on your journey.

[CLICK HERE](#) to join the Slim Yogi Facebook Group

[CLICK HERE](#) to add me as a Friend on Facebook



## Slim4Life 30 Day Program DAY-BY-DAY

### MONDAY TO SATURDAY

From Monday to Saturday you'll have to complete the following daily rituals:



#### AFFIRMATION

Every day you'll be given a different affirmation to concentrate on. Read it in the morning and let it be your positive mantra of the day. The affirmation should be your guiding thought, helping you to make healthy choices throughout the day. **(read more on the power of affirmations in the Module 4 - IMAGINE)**



#### PRACTICE SLIMMING YOGA POSTURES

Every day you'll be given a different set of Yoga postures to practice. For your convenience I grouped all the postures into **sequences** (warmup sequence, standing sequence, sun salutations etc).

In the first week we'll start with a short 15-20 min practice of Yoga postures, learning a new sequence every day. From week 2 onwards we'll start combining different sequences, making your daily practice longer. We'll build up your practice day by day, so that by the end of week 4 you'll be able to do a full 1 hour workout.

Below you can see the time you need to complete every sequence and what areas of your body they are focusing on:

- ❖ **Warmup Sequence** - Warming Up The Body & Calming The Mind (6 min)
- ❖ **Sun Salutation** - Slimming, Detoxing & Cleansing the Body (7-15 min)
- ❖ **Standing Sequence** - Slimming Legs and Toning Arms (10 min)
- ❖ **Balancing Sequence** - Strengthening The Core Muscles & Improving Concentration (7 min)
- ❖ **Sitting Sequence** - Increasing Flexibility and Improving Digestion (13 min)
- ❖ **Prone & Knees Sequence** - Melting Away Belly Fat & Shaping Buttocks (9 min)
- ❖ **Supine Sequence** - Building The Core Abdominal & Spinal Power (10 min)
- ❖ **Closing Sequence** - Relaxing The Body & Calming The Mind (3 min)



**VIDEOS:** One video contains one sequence so it is convenient for you to prepare the practice for every day. You just pick the videos outlined in the workbook for every day, play it and practice together with me, one by one.

**MANUAL:** "An Illustrated Step-By-Step Guide To 90 Slimming Yoga Postures" explains all yoga postures (Asanas) included in the **videos** and should be a reference guide for you, whenever you want to better understand or deepen your knowledge on specific postures. There is no need for you to read the entire book from the beginning to the end. Use it whenever you want to know more about specific pose and perfect your practice.

**NOTE:** The **Sun Salutation video** - you'll start with only 7 repetitions of The Sun Salutation sequence and slowly build up your practice towards 15 repetitions. The video contains 15 repetitions but you should stop your practice after you've completed the number of repetitions outlined for the specific day.

**REMEMBER:** Always listen to your body, never strain it. If you are feeling sore after first days of the practice take a break, complete other daily rituals and allow your body to rejuvenate. Nobody expects you to perform complicated Yoga postures like an ancient Yogi, give your body some time to adjust to this new routine. You are not competing with anyone and you are meant to enjoy the practice, so never push yourself too hard. Only when you are enjoying what you are doing you'll be able to turn it into a lifetime habit.



## **PRACTICE SLIMMING BREATHING**

Every day you'll be given a different set of Yoga breathing techniques to practice. We'll start with the easy breathing techniques and progress to the more advanced ones. The number of repetitions will be increasing gradually.

**NOTE:** Most of the breathing techniques taught in this course have a heating effect on your body and might cause you to feel lightheaded or dizzy if practiced extensively. If you feel dizzy, please discontinue performing the breathing technique and go back to normal breathing. **If you have any serious health conditions like weak heart, hypertension or hernia, you should not practice these heating breathing techniques.**

Please read the "precautions" section of every breathing technique described in the **"6 Easy Breathing Techniques For Enhanced Weight Loss"** manual before you start the practice. If in doubt consult your doctor or medical advisor.



## LISTEN TO THE SLIMMING YOGA AUDIO

Every day listen to the Slimming Yoga Audio (Module 4) to program your subconscious mind to think slim. The audio is 15 minutes long and is best to be listened to in the evening, before you go to sleep due to it's relaxing effect on your body and mind.

**NOTE:** Do not listen to this audio while driving or operating machinery, it's best to listen to it when you can safely lie down, or sit comfortably. The relaxing effect of this audio can make you fall asleep while you are listening to it. To reap the full benefits of this mind programming technique try to concentrate and remain awake while listening to the audio.



## DAILY HABITS CHECKLIST

The purpose of the Slim4Life 30 Day Program is to **create healthy habits** that will help you lose weight and keep it off in a long term. With the Daily Habits Checklist you will keep track of your progress day by day.

Every evening before you go to sleep take some time to reflect on the passing day and mark the actions you managed to complete. If the action is half completed write it down in the "Notes" space and try to improve the next day.



## EXPRESS GRATITUDE

Every day write down 3 things that you are most grateful for. It will help you to stay positive and appreciate more what you have (including your body and health).

You can also start your free online gratitude journal by signing up to [GratitudeLog.com](http://GratitudeLog.com)



## REWARD YOURSELF

Every day reward yourself for staying in action and taking another step towards achieving your goals. Prepare the list of your daily, weekly and end of challenge

rewards in "The Power of Rewards" chapter of this workbook. It will keep you motivated and push you to stay in action every day of the Slim4Life 30 Day Program.



## SHARE YOUR DAILY VICTORIES

Every day share your daily victories on the ["The Slim Yogi Facebook Group"](#). Your contribution to the group will motivate other people participating in the Slim4Life Program to stay on track. Seeing other peoples progress will also be a great inspiration for you, helping you to stick to your daily commitments. There is nothing more powerful to help you achieve your goals than a feeling that you are not alone on your journey.

### SUNDAY

**SUNDAY** is a day to take some time to **review** your weekly progress, rest and reward yourself for staying in action for the past week. You won't have to practice Yoga Postures, Breathing Techniques or listen to The Slimming Audio, however you should still **keep in mind the eating habits**. Let Sunday be the time for your body to relax and rejuvenate, not the time of overindulgence in the unhealthy food, snacks and overeating.

Every Sunday **reflect on the progress you've made in the past week**. List the things you are most proud of and things you'd like to improve in the next week. Don't forget to reward yourself for the successful completion of the week.

### DAY 29

**DAY 29** - end of Slim4Life 30 Day Program - reflect on the past 4 weeks of intense effort, see your progress, biggest successes and areas for improvement for the future.

### DAY 30

**DAY 30** - last day of Slim4Life 30 Day Program is to celebrate your success, reward yourself, write your success story and share it with me and others.

## A Typical Day During The Slim4Life 30 Day Program

Here's how a typical day of the Slim4Life 30 Day Program will look like:

- 1) Wake up
- 2) Drink a glass of warm water
- 3) Read your affirmation of the day, keep it in mind throughout the day
- 4) Practice Slimming Yoga Postures
- 5) Practice Slimming Yoga Breathing
- 6) Eat Breakfast
- 7) Proceed with your daily activities (work, school, meeting friends etc)
- 8) While having meals keep in mind the following rules:
  - ❖ eat only when you are hungry
  - ❖ eat slowly and mindfully
  - ❖ stop eating when you are full
- 9) Drink a lot of water between the meals
- 10) In the evening, listen to the Slimming Yoga Audio
- 11) Review your day before you sleep
  - ❖ complete your daily habits checklist in the workbook
  - ❖ express your gratitude in the workbook or [Gratitude Log](#)
  - ❖ share your daily victories on [The Slim Yogi Facebook Group](#)
  - ❖ reward yourself for meeting your daily goals
- 12) Sleep early to rejuvenate your body for the next day of the Program

**ALTERNATIVE** - you can practice your Slimming Yoga Postures and Slimming Breathing Techniques in the evening or whenever you have free time during the day.

## ADDITIONAL SUPPORT

Whenever you have questions, don't hesitate to email me at [nika@slimyogi.com](mailto:nika@slimyogi.com). I'm here for you and I'll be more than happy to answer your questions and provide you with additional support.

You can also connect with me via [Facebook](#), [GratitudeLog](#) or [The Slim Yogi Blog](#).

# Setting Your Goals

The journey of a thousand miles begins with a single step. The first step on the journey towards your slim and healthy body is asking and honestly answering the question:

## “What Do I Want?”

The single most important thing to do in the beginning of your slimming journey is to ask yourself **what end result you want and why you want it**. Losing kilograms is never a goal by itself, your healthy body is the ultimate goal you should be striving for. When you know what you want, why you want it and how your life will look like when you achieve your goal, nothing can stop you from succeeding. **Well-planned weight-loss goals keep you focused and motivated**. They provide a plan for change as you think about and transition into your healthy lifestyle.



## Why Do Most People Fail To Achieve Their Slimming Goals?

**1) THEY ARE NOT SPECIFIC ENOUGH.** Most people say “I’m going to lose some weight,” but that’s too general. You’re just stating a preference; in other words, you’re saying, “I’d like to be thinner” but it doesn’t reflect your full commitment to get slim.

**2) LACK OF A STRONG REASON.** If you want to make a lasting change in your life, you need to have a very strong reason to do it. When you know your ‘why’, it’ll be easier for you to stay committed to your goal; you’ll not look back and you’ll not even consider the alternative of giving up.

**3) SHORT TERM THINKING.** Most weight loss goals are short term. People want to lose 10 pounds in 2 weeks, or 10 inches from their hips over 30 days to fit into that favorite dress just in time for the New Year party. This is an attainable goal, but the problem is, **fast weight loss results are never sustainable**. They very often require you to alter your lifestyle dramatically - and once your diet is over you find yourself immediately going back to your old unhealthy habits. This is also known as the yo-yo effect.

## What happens when you concentrate on losing kilograms instead of gaining healthy habits?

When losing kilograms is your main concern on your journey towards a healthy and slim body, you actually sabotage your slimming results and are set to fail from the beginning. Here's why:

**1) FOCUSING ON THE NEGATIVE** - excess fat is something that you don't want, as it may be causing you discomfort, shame, embarrassment and limitations. The problem is, when you concentrate on these negative emotions (kilograms) that you don't want, they usually comes back with a vengeance - this is the natural law of attraction.

Instead of focusing on what you don't want, you should always think of what you do want - this is always associated with positive thoughts and emotions. If you really want to lose weight, consider this: instead of saying "I hate my body, I really have to lose these 5 pounds of flab on my belly," you should say **"Every day I choose to eat healthy food to stay slim and energized to do things that I love"**.

Do you see the difference in the way you feel when you say out loud those 2 sentences? I'm sure that you'll feel way better when saying the latter, since you aren't imposing any guilt or pressure on yourself.

When you focus on the emotions & lifestyle your ideal body will allow you to experience, your kilograms will simply melt away on auto pilot. When you are concentrating on kilograms you are dwelling on the negative, instead you should just **think how your life will look like when you are at your ideal shape** and let this be your motivation for healthier choices every single day.

If you consistently focus on what you don't want, (being overweight, feeling unfit and wearing moo-moos) then you are going to get more of that! If you turn your attention to what you truly want & need and entertain images of your ideal outcome, then you will more quickly bring into existence your ideal weight and good health.

When you are trying to lose weight, the amount of weight you shed off is not the reason why you want to lose weight in the first place. It's not your ultimate goal. The reason why you should really want to lose weight is to be healthy, to have more energy to do things you love, to look great in a bikini, and so on.

**2) CONCENTRATING ON FAST RESULTS** - when you keep looking at your scale and concentrate on losing kilograms it's very easy to fall into the 'fast weight loss trap'. You are motivated by the numbers on your scale, but the moment you get off your diet, you start gaining pounds.

Diet fads are so tempting because they always promise you fast results. You starve yourself for a week or eat only grapefruits or cabbage soup so you can be a few pounds lighter. But the problem is, once you start eating like before, your extra pounds come back with a vengeance. **Fast weight loss is never lasting weight loss.**

All of these common mistakes cause you to fail in achieving your slimming goals. **So how do you create weight loss goals that will help and not hinder, your weight loss efforts?**

## The Slim4Life Goal Setting Exercise

The goal setting exercise that you are about to complete is totally different than anything you may have experienced before. Most diet programs expect you to focus on numbers and state how many kilograms or how many inches in your waist you want to lose in a specific amount of time. As mentioned above this approach does more harm to your body than you may realize, so **instead of focusing on kilograms and inches, we'll concentrate on more tangible goals** like being healthy, having more energy or looking great in a bikini.

This goal setting process is very simple. You just have to ask yourself 2 simple questions:

- ❖ **What do I want?**
- ❖ **Why do I want it? What will my life be like when I achieve my goal?**

### STEP 1. What Do I Want?

**You must have a clear vision of what you want to be able to achieve it.** When answering this question, avoid stating how many kilograms you want to lose or saying that you want to lose weight in general. The purpose of this course is not to lose something like 10 pounds in 30 days, but to help you form healthy habits that will become a natural part of your daily life so you can have a permanently slim and healthy body. Remember, losing weight is never a goal in itself. **Shift your focus from weight**



**to achieving optimum health and well-being and your weight will drop automatically.**

Here are some samples of good goals that you can set for yourself:

- ❖ creating a habit of eating healthy
- ❖ building a strong and lean body
- ❖ being healthy
- ❖ eating what I want without counting calories
- ❖ increasing stamina
- ❖ being able to run a marathon
- ❖ looking great in a bikini
- ❖ lowering cholesterol
- ❖ increasing energy level
- ❖ creating a habit of exercising every day

## **STEP 2. Why Do I Want It?**

### **What Will My Life Be Like When I Achieve My Goal?**

When you know what you want, you need to have a strong enough **"why"** to keep you motivated to achieve your goals. So ask yourself a question: Why do I want to achieve my goals? And what will my life be like when I achieve them?

Think about this for a moment, and **imagine yourself a few months from now. What do you see? What new things are you capable of? How does it feel?**

Below you can find a list of the possible "healthy lifestyle results" that can motivate you to achieve your goals:

- ❖ The clothes I wear look great on me and appear tailored instead of baggy
- ❖ I'm able to buy stylish clothes that I like, not just because they fit
- ❖ Getting dressed in the morning is enjoyable and fun
- ❖ I'm able to order clothes from my favorite catalogue, shopping is fun again
- ❖ I'm able to wear a sexy bra (that actually fits).
- ❖ I'm wearing a smaller sized clothing.
- ❖ I look good and feel good about myself
- ❖ I don't dread having my picture taken.
- ❖ I look in the mirror with pleasure and pride.

- ❖ I have more confidence.
- ❖ My heart doesn't have to work as hard.
- ❖ I'll live longer.
- ❖ My doctor's visits and medical expenses are reduced.
- ❖ I'm healthier and less likely to acquire illnesses associated with weight gain such as diabetes, heart disease, high cholesterol and poor circulation.
- ❖ I don't mind eating around others.
- ❖ I eat healthier food; therefore my family eats healthier.
- ❖ I'm less winded when walking stairs or long distances.
- ❖ I take the stairs instead of the elevator.
- ❖ I have so much energy.
- ❖ I feel like playing with my pets again, and I'm able to.
- ❖ I have more mobility to do things like, play with kids/grandkids, walk, run, do housework, yard work, etc.
- ❖ I want to go to that next class reunion.
- ❖ My grocery bill is reduced.
- ❖ I enjoy dancing again without feeling ashamed.
- ❖ I went for that dream job interview feeling attractive and confident
- ❖ Close friends and family stopped nagging me about dieting and losing weight

And here are a few more light-hearted ones:

- ❖ I'm be able to go out in a boat on a lake without worrying that it'll sink with me on board
- ❖ I don't embarrass people when I tell them I'm not pregnant.
- ❖ I can get rid of those industrial-sized granny panties and get some that are cute and sexy.
- ❖ My breasts finally sticks out further than my stomach.
- ❖ I can go to the movies again and not have to worry about fitting in the seats.
- ❖ I can go on planes without having to book an XXL seat.

To give you an idea of how you should set your goals, on the next page you can find my sample goals when I was starting the slimming journey.

What Do I Want?	Why Do I Want It? (How Will My Life Change?)
I want to be healthy	I'll live a long and happy life with my loved ones. Doctor's visits and medical expenses will be reduced.
I want to have more energy	I'll be more productive and get more things done without feeling tired. I'll gain more time for myself. I'll spend my free time actively by going for long walks, traveling, exercising.
I want to look great naked :)	I'll feel attractive and good about myself. I'll be able to wear the sexy bra I always wanted. I'll enjoy my sex life.

Now take a moment to think about your goals, **why you've started this course, what you want to achieve and how your life will be different when you complete it.**

Print out the form on the next page and **write down your thoughts.** Try to be as specific as possible.

When you are done, **place your goals in a visible place**, like on your night table, on the fridge, in your wallet or on your mirror. Make sure you flip through it as often as possible - it will help you to stay motivated. You will now be more focused in your efforts, and have way more direction in your slimming journey. And remember these..

### **GOLDEN RULES OF WEIGHT LOSS GOAL SETTING**

**1) THINK LONG TERM** (creating habits)

instead of Short Term (losing kilograms)

**2) FOCUS ON THE POSITIVE** (new healthy lifestyle)

instead of the negative (being fat)

**3) SLOW RESULTS = LASTING CHANGE.**

Fast Results = Temporary Change.

With this Slim4Life 30 Day Program you'll be able to create new habits that will help you to reach your long term slimming goals. Just keep your goals in mind and follow my instructions every step of the way, and **your weight will drop effortlessly.**

## ~ MY GOALS ~

What Do I Want?	Why Do I Want It? (How Will My Life Change?)

I'm committed to taking a single step every day for 30 days to reach my goal. I'm not afraid of any challenges. I will be firmly focused on my goal and I'll do everything I can to achieve desired results. Nothing can stop me on the journey towards my slim and healthy life.

DATE .....

SIGNATURE.....

# The Power Of Rewards

Before you start your Slim4Life 30-Day Program, it's good to make a list of **rewards** for meeting your daily, weekly and monthly goals. When you have something to work toward you'll be more likely to stay motivated and push yourself even when you are feeling stressed or tired. Below you can find a sample list of your daily, weekly and end of the Program rewards:

## Daily Rewards:

- ❖ have a cup of my favorite hot chocolate/coffee/tea
- ❖ watch a movie with a friend
- ❖ have a long soak in the bathtub
- ❖ read a book for an hour before I sleep
- ❖ every day put 5 dollars in my "fun fund"
- ❖ go for a long walk in the forest

## Weekly Rewards:

- ❖ have dinner in my favorite restaurant
- ❖ spend some quality time with my family
- ❖ sleep in
- ❖ go for a full body massage
- ❖ meet a friend I haven't seen for a long time
- ❖ go out for a party, dance all night long

## End Of Slim4Life 30 Day Program Rewards:

- ❖ go away for the weekend
- ❖ buy new clothes
- ❖ go to a full day SPA to pamper myself
- ❖ throw a house party to celebrate my success
- ❖ go to a concert, theatre play, art exhibition
- ❖ sign up for dancing classes

Make a list of your daily, weekly and end of Slim4Life 30 Day Program rewards in the form on the next page.

## ~ MY REWARDS ~

### DAILY REWARDS

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### WEEKLY REWARDS

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### END OF THE SLIM4LIFE 30 DAY PROGRAM REWARDS

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# WEEK 1

## The Journey Begins





♥ **AFFIRMATION:** I love and accept myself completely as I am.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (7 rounds)
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Hissing/Cooling Breath + Humming Bee Breath (7 rounds)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** Everything I eat adds to my health, beauty and attractiveness.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (7 rounds)
- ❖ Standing Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Hissing/Cooling Breath + Humming Bee Breath (10 rounds)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I get hungry only for the healthy foods.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (7 rounds)
- ❖ Balancing Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Right Nostril Breath (3 rounds, 10 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I'm irresistibly attractive to men (or women).



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (7 rounds)
- ❖ Sitting Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Right Nostril Breath (3 rounds, 10 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I feel motivated to exercise daily. I like exercising, it's fun.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (7 rounds)
- ❖ Prone & Knees Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Alternate Nostril Breath (3 rounds, 10 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** My body is strong and healthy.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (7 rounds)
- ❖ Supine Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Alternate Nostril Breath (3 rounds, 10 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

# DAY 7 - Rest, Revitalize & Reward

♥ **AFFIRMATION: I'm beautiful inside and outside out.**

Today is your day for rest and rejuvenation. Take some time for yourself. You deserve it! Review your weekly progress and decide how you are going to reward yourself for meeting your weekly goals.

## REVIEW YOUR PROGRESS

How many days did you eat breakfast? \_\_\_\_\_

How many days did you drink water? \_\_\_\_\_

How many days did you eat only when you were hungry? \_\_\_\_\_

How many days did you eat slowly and mindfully? \_\_\_\_\_

How many days did you stop eating when you were full? \_\_\_\_\_

How many days did you practice Slimming Yoga Postures? \_\_\_\_\_

How many days did you practice Slimming Breathing? \_\_\_\_\_

How many days did you listen to the Slimming Yoga Audio? \_\_\_\_\_

Your golden number is **4** and above. If you've followed every daily ritual for at least 4 days a week, you know that you are on a right track to success. If your score is lower than 4, don't beat yourself up. Remember, this is about progress, not perfection! You'll have a chance to improve your results next week.



### **List Your 3 Successes Of The Week (What Are You Most Proud Of?)**

- 1) .....
- 2) .....
- 3) .....



### **List 3 Things You Would Like To Improve Next Week**

- 1) .....
- 2) .....
- 3) .....



### **Reward Yourself For Achieving Your Weekly Goals**

**Share Your Weekly Victories With Others on [The Slim Yogi Facebook Group](#)**



# WEEK 2

## Picking Up The Pace



♥ **AFFIRMATION:** I feel, look and act young.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (10 rounds)
- ❖ Standing Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Bellows Breath (3 rounds, 10 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** My self esteem is increasing every day.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (10 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Bellows Breath (3 rounds, 10 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I respect myself, I'm more positive and confident.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (10 rounds)
- ❖ Balancing Sequence
- ❖ Sitting Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Breath Of Fire (2 rounds, 20 exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** When I look at myself in the mirror I feel proud at my appearance.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (10 rounds)
- ❖ Sitting Sequence
- ❖ Prone & Knees Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Breath Of Fire (2 rounds, 30 exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I'm in full control of my body.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (10 rounds)
- ❖ Prone & Knees Sequence
- ❖ Supine Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Right Nostril Breath (3 rounds, 15 inhalations & exhalations per round)
- ❖ Hissing/Cooling Breath + Humming Bee Breath (10 rounds)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



**3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))**

- 1) .....
- 2) .....
- 3) .....



**Reward Yourself For Achieving Today's Goals**

**Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)**

♥ **AFFIRMATION:** I eat the right foods only when I'm hungry.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (10 rounds)
- ❖ Standing Sequence
- ❖ Supine Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Right Nostril Breath (3 rounds, 15 inhalations & exhalations per round)
- ❖ Hissing/Cooling Breath + Humming Bee Breath (10 rounds)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



**3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))**

- 1) .....
- 2) .....
- 3) .....



**Reward Yourself For Achieving Today's Goals**

**Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)**



# DAY 14 - Rest, Revitalize & Reward

♥ **AFFIRMATION:** I chew my food slowly, enjoying every mouthful.

Today is your day for rest and rejuvenation. Take some time for yourself. You deserve it! Review your weekly progress and decide how you are going to reward yourself for meeting your weekly goals.

## REVIEW YOUR PROGRESS

How many days did you eat breakfast? \_\_\_\_\_

How many days did you drink water? \_\_\_\_\_

How many days did you eat only when you were hungry? \_\_\_\_\_

How many days did you eat slowly and mindfully? \_\_\_\_\_

How many days did you stop eating when you were full? \_\_\_\_\_

How many days did you practice Slimming Yoga Postures? \_\_\_\_\_

How many days did you practice Slimming Breathing? \_\_\_\_\_

How many days did you listen to the Slimming Yoga Audio? \_\_\_\_\_

Your golden number is **4** and above. If you've followed every daily ritual for at least 4 days a week, you know that you are on a right track to success. If your score is lower than 4, don't beat yourself up. Remember, this is about progress, not perfection! You'll have a chance to improve your results next week.



### **List Your 3 Successes Of The Week (What Are You Most Proud Of?)**

- 1) .....
- 2) .....
- 3) .....



### **List 3 Things You Would Like To Improve Next Week**

- 1) .....
- 2) .....
- 3) .....



### **Reward Yourself For Achieving Your Weekly Goals**

**Share Your Weekly Victories With Others on [The Slim Yogi Facebook Group](#)**

# WEEK 3

## The Lean, Mean, Fat Burning Machine



♥ **AFFIRMATION:** I stop eating when full, without craving for more.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (12 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Alternate Nostril Breath (3 rounds, 15 inhalations & exhalations per round)
- ❖ Bellows Breath (3 rounds, 15 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



**3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))**

- 1) .....
- 2) .....
- 3) .....



**Reward Yourself For Achieving Today's Goals**

**Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)**

♥ **AFFIRMATION:** I eat less, feeling satisfied.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (12 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Alternate Nostril Breath (3 rounds, 15 inhalations & exhalations per round)
- ❖ Bellows Breath (3 rounds, 15 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** The food I'm eating is cleansing my body and mind.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (12 rounds)
- ❖ Standing Sequence
- ❖ Prone & Knees Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Right Nostril Breath (3 rounds, 20 inhalations & exhalations per round)
- ❖ Breath Of Fire (2 rounds, 40 exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



**3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))**

- 1) .....
- 2) .....
- 3) .....



**Reward Yourself For Achieving Today's Goals**

**Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)**

♥ **AFFIRMATION:** I drink a lot of water every day. It purifies my body.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (12 rounds)
- ❖ Standing Sequence
- ❖ Supine Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Right Nostril Breath (3 rounds, 20 inhalations & exhalations per round)
- ❖ Breath Of Fire (2 rounds, 50 exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** My metabolism is fast & efficient, burning off fat fast & effortlessly.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (12 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Prone & Knees Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Alternate Nostril Breath (3 rounds, 20 inhalations & exhalations per round)
- ❖ Breath Of Fire (2 rounds, 60 exhalations per round)
- ❖ Hissing/Cooling Breath + Humming Bee Breath (12 rounds)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I remain at my ideal weight easily.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (12 rounds)
- ❖ Standing Sequence
- ❖ Sitting Sequence
- ❖ Supine Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Alternate Nostril Breath (3 rounds, 20 inhalations & exhalations per round)
- ❖ Breath Of Fire (2 rounds, 70 exhalations per round)
- ❖ Hissing/Cooling Breath + Humming Bee Breath (12 rounds)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)



# DAY 21 - Rest, Revitalize & Reward

♥ **AFFIRMATION:** I'm loved and respected exactly as I am.

Today is your day for rest and rejuvenation. Take some time for yourself. You deserve it! Review your weekly progress and decide how you are going to reward yourself for meeting your weekly goals.

## REVIEW YOUR PROGRESS

How many days did you eat breakfast? \_\_\_\_\_

How many days did you drink water? \_\_\_\_\_

How many days did you eat only when you were hungry? \_\_\_\_\_

How many days did you eat slowly and mindfully? \_\_\_\_\_

How many days did you stop eating when you were full? \_\_\_\_\_

How many days did you practice Slimming Yoga Postures? \_\_\_\_\_

How many days did you practice Slimming Breathing? \_\_\_\_\_

How many days did you listen to the Slimming Yoga Audio? \_\_\_\_\_

Your golden number is **4** and above. If you've followed every daily ritual for at least 4 days a week, you know that you are on a right track to success. If your score is lower than 4, don't beat yourself up. Remember, this is about progress, not perfection! You'll have a chance to improve your results next week.



### **List Your 3 Successes Of The Week (What Are You Most Proud Of?)**

- 1) .....
- 2) .....
- 3) .....



### **List 3 Things You Would Like To Improve Next Week**

- 1) .....
- 2) .....
- 3) .....



### **Reward Yourself For Achieving Your Weekly Goals**

Share Your Weekly Victories With Others on [The Slim Yogi Facebook Group](#)

# WEEK 4

## Building A Lifetime Of Healthy Habits



♥ **AFFIRMATION:** My friends admire my strong will and commitment to staying slim.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (15 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Sitting Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Bellows Breath (3 rounds, 20 inhalations & exhalations per round)
- ❖ Breath Of Fire (2 rounds, 80 exhalations per round)
- ❖ Hissing/Cooling Breath + Humming Bee Breath (15 rounds)

## YOUR DAILY HABITS CHECKLIST

### Done

### Notes

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** Every day I am feeling better and better about myself.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (15 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Sitting Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Bellows Breath (3 rounds, 20 inhalations & exhalations per round)
- ❖ Breath Of Fire (2 rounds, 80 exhalations per round)
- ❖ Hissing/Cooling Breath + Humming Bee Breath (15 rounds)

## YOUR DAILY HABITS CHECKLIST

### Done

### Notes

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I am more active in my daily life.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (15 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Prone & Knees Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Breath Of Fire (2 rounds, 90 exhalations per round)
- ❖ Right Nostril Breath (3 rounds, 25 inhalations & exhalations per round)
- ❖ Alternate Nostril Breath (3 rounds, 25 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I have the energy to do things I love.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (15 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Sitting Sequence
- ❖ Supine Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Breath Of Fire (2 rounds, 90 exhalations per round)
- ❖ Right Nostril Breath (3 rounds, 25 inhalations & exhalations per round)
- ❖ Alternate Nostril Breath (3 rounds, 25 inhalations & exhalations per round)

## YOUR DAILY HABITS CHECKLIST

### Done

### Notes

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



## 3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))

- 1) .....
- 2) .....
- 3) .....



## Reward Yourself For Achieving Today's Goals

Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)

♥ **AFFIRMATION:** I love my body as it is.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (15 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Prone & Knees Sequence
- ❖ Supine Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Bellows Breath (3 rounds, 20 inhalations & exhalations per round)
- ❖ Breath Of Fire (2 rounds, 100 exhalations per round)
- ❖ Right Nostril Breath (3 rounds, 25 inhalations & exhalations per round)
- ❖ Alternate Nostril Breath (3 rounds, 25 inhalations & exhalations per round)
- ❖ Hissing/Cooling Breath + Humming Bee Breath (15 rounds)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
| <input type="checkbox"/> I drank water                         | ..... |
| <input type="checkbox"/> I ate only when I was hungry          | ..... |
| <input type="checkbox"/> I ate slowly and mindfully            | ..... |
| <input type="checkbox"/> I stopped eating when I was full      | ..... |
| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
| <input type="checkbox"/> I practiced Slimming Breathing        | ..... |
| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



**3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))**

- 1) .....
- 2) .....
- 3) .....



**Reward Yourself For Achieving Today's Goals**

**Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)**

♥ **AFFIRMATION:** I feel more optimistic and excited about life.



## Today's Slimming Yoga Postures:

- ❖ Warmup Sequence
- ❖ Sun Salutations (15 rounds)
- ❖ Standing Sequence
- ❖ Balancing Sequence
- ❖ Sitting Sequence
- ❖ Prone & Knees Sequence
- ❖ Supine Sequence
- ❖ Closing Sequence



## Today's Slimming Breathing:

- ❖ Bellows Breath (3 rounds, 20 inhalations & exhalations per round)
- ❖ Breath Of Fire (2 rounds, 100 exhalations per round)
- ❖ Right Nostril Breath (3 rounds, 25 inhalations & exhalations per round)
- ❖ Alternate Nostril Breath (3 rounds, 25 inhalations & exhalations per round)
- ❖ Hissing/Cooling Breath + Humming Bee Breath (15 rounds)

## YOUR DAILY HABITS CHECKLIST

**Done**

**Notes**

- |  |       |
|--|-------|
| <input type="checkbox"/> I ate breakfast                       | ..... |
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| <input type="checkbox"/> I practiced Slimming Yoga Postures    | ..... |
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| <input type="checkbox"/> I listened to the Slimming Yoga Audio | ..... |



**3 Things That I'm GRATEFUL For Today (Share it on [GRATITUDE LOG](#))**

- 1) .....
- 2) .....
- 3) .....



**Reward Yourself For Achieving Today's Goals**

**Share Your Daily Victories With Others on [The Slim Yogi Facebook Group](#)**



# DAY 28 - Rest, Revitalize & Reward

♥ **AFFIRMATION:** My mind naturally focuses on positive things.

Today is your day for rest and rejuvenation. Take some time for yourself. You deserve it! Review your weekly progress and decide how you are going to reward yourself for meeting your weekly goals.

## REVIEW YOUR PROGRESS

How many days did you eat breakfast? \_\_\_\_\_  
How many days did you drink water? \_\_\_\_\_  
How many days did you eat only when you were hungry? \_\_\_\_\_  
How many days did you eat slowly and mindfully? \_\_\_\_\_  
How many days did you stop eating when you were full? \_\_\_\_\_  
How many days did you practice Slimming Yoga Postures? \_\_\_\_\_  
How many days did you practice Slimming Breathing? \_\_\_\_\_  
How many days did you listen to the Slimming Yoga Audio? \_\_\_\_\_

Your golden number in your last week is **5** and above. If you've followed every daily ritual for at least 5 days a week, you know that you've created healthy habits for a lifetime. If your score is less than 5, don't beat yourself up. Remember, this is about progress, not perfection! You'll have a chance to improve your results in the next weeks.



### List Your 3 Successes Of The Week (What Are You Most Proud Of?)

- 1) .....
- 2) .....
- 3) .....



### List 3 Things You Would Like To Improve

- 1) .....
- 2) .....
- 3) .....



### Reward Yourself For Achieving Your Weekly Goals

Share Your Weekly Victories With Others on [The Slim Yogi Facebook Group](#)

# 30 Days In Review

## Taking The Next Step



♥ **AFFIRMATION:** I am slim, healthy and truly happy.

By consistently taking action for 4 weeks and making it to day 29 you've proven that you have the strength and determination to change your life for the better. Countless people dream of losing weight and getting healthier, but very often they just talk or dream. You are different. You are living proof that if you really want something, nothing can stop you from achieving it.

It's never too late to make positive changes in your life. All it takes is some preparation, courage, determination and perseverance for you to get you where you want to be, guaranteed.

The healthy habits that you've created over the past 28 days will stick with you for a lifetime. From now on, living healthy, eating properly and exercising will be a natural part of your life. You'll be more positive and grateful for who you are and what you have. You are now a completely new person, and I'm sure you are loving it. You should be proud of your success. I definitely am!

Take some time now to review the past 4 weeks of intense effort, see your progress, your biggest successes and areas for improvement. Answer the questions below.



### **What Are Your 3 Biggest Successes Of The Last 28 Days?**

- 1) .....
- 2) .....
- 3) .....



### **What Are The 3 Things That You Would Like To Improve In The Future?**

- 1) .....
- 2) .....
- 3) .....

♥ **AFFIRMATION:** I live my life to the fullest.

**Congratulations!** You have successfully completed the Slim Yogi 30 Day Challenge. I truly admire your commitment to becoming slim and healthy. Your results show that you can achieve anything you want. You are truly amazing!

### **Celebrate Your Success - Reward Yourself**

Go back to the goals sheet you created in the beginning of the challenge and reward yourself for the successful completion of the challenge! If you think you haven't achieved your goals, don't beat yourself up. Reward yourself anyways! Focus on your little successes and on the areas where you took action. Congratulate yourself for the progress that you made! You have now laid the foundation to creating your slim and healthy life and that itself is worth celebrating!

### **Write and Share Your Success Story**

Take some time now to reflect on the last 30 days. Go back to your goals sheet and check how many of your goals you managed to achieve. Have you made progress towards your slim and healthy body? What healthy habits did you create? What have you learned about yourself? How has your life changed over the last 30 days? How did it look 30 days ago, and how does it look now? How do you feel when you look at yourself in the mirror? Do you feel healthier?

Write it down and share your story with me at [nika@slimyogi.com](mailto:nika@slimyogi.com). I'll personally read all your stories and post the best ones on my blog. Also share your story on [The Slim Yogi Facebook Group](#) to inspire others to make positive changes in their lives.

I look forward to reading your story and continuing our journey together. Remember, never stop believing in yourself and good luck in creating the healthy life you want and deserve!

**Lots Of Love and Positive Energy!**



*Nika Florek*

[illegible]

**Can't wait to hear from you :-)**

# Slim4*life*

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