

# 30 DAYS OF AWESOME

## OVERVIEW

**30 Days of Awesome** is a 30-day journey exploring better habits for a better life. We'll start by examining what we want in life and then pursue those goals by removing habits that don't serve us and replacing them with habits that set us up to succeed. It's not about perfection. It's about taking **one step at a time toward better** – gradually practicing new habits that are sustainable and make you feel Awesome.

We start with the belief that you are inherently Awesome. Living an Awesome life starts with loving yourself and taking good care of your body – after all, it's the only one you've got. Caring for yourself will give you more positive energy, build your confidence and allow you to have healthier relationships and achieve your goals.

**You are Awesome.** Start treating yourself that way. Together we'll work on improving our physical and mental habits. The 4 main areas of focus in our physical life will be: Sleeping, Drinking, Eating and Moving. You'll set your own goals and work to gradually improve in each area in ways that are sustainable. We'll provide recommendations, education, motivation and encouragement along the way to help you achieve new levels of Awesomeness.

**Recommendations for Maximum Awesomeness:** The goal of 30 Days of Awesome is growth. **Not perfect, but better.** You'll set your own goals with a focus on sustainability. Not 30 days of insanity, but 30 days of gradual progress that you can turn into 10,000 days of gradual progress. Small steps that add up to big change.

After lots of research and personal experiments, we've identified 4 "pillars" that are central to feeling (and therefore living) our best.

**Sleep: 8 hours a night.** Sound amazing? Sound impossible? You can do it! And it will feel awesome. Sleep is foundational and getting enough of it (every night) will set you up to succeed in every other area of your life. Remember, the goal is better. If you currently get less than 8 hours of sleep a night, we'll focus on adding 30 minutes a night in Week 1 to build momentum.

**Water: Drink half of your body weight in ounces.** So, if you weigh 150 pounds, your daily goal is 75 ounces of water. There are lots of reasons for this which we'll unpack during our journey. The benefits include more energy, improved mood, better digestion and less cravings.

**Movement: Move 30 minutes a day.** This does not require a gym membership. It does not require running if you don't like to run. We encourage you to find something that you enjoy that involves intentional movement, and do it 30 minutes a day. Walking counts and is a great place to start if other options seem intimidating. We'll start with 10 minutes a day in Week 1 and work our way up to 30 minutes of movement a day by Week 3. Amazing things happen in our minds and bodies when we are active. Whether you're a seasoned athlete or haven't "exercised" in a decade, we'll give you support and encouragement to make positive changes that will make you feel awesome.

**Food: Eat 3 awesome meals a day.** We'll focus on eating more real food while gradually reducing added sugars and other non-nutritious foods that don't serve us well. Again, it's a gradual process focused on sustainability. In Week 1 we'll focus on breakfast, Week 2 on lunch and Week 3 on dinner. By Week 4, we'll have built momentum by gradually making small improvements throughout our day that serve us better and make us feel more awesome.

We're all in this together! We're not perfect health and fitness gurus and don't expect you to be either. We believe our lives could be more awesome and we're inviting others with a similar sense and longing to join us.

Sound Awesome?

**SIGN UP!**