

11 DAY FULL BODY AND MIND RESET LIVE CHALLENGE WITH SAM & ANIA

Includes-

11 day sugar detox with recipes
& shopping list

11.11 Daily mini HIIT workouts

Daily Breathwork

Daily meditations

Daily Journal Questions

Supplement guide
(to boost the detox)

SAMANIA

11 DAY FULL BODY AND MIND RESET

WELCOME

Hey there, Superstar!

Woohoo! 🎉 You've just taken the first step on a super exciting journey, and we couldn't be more thrilled to have you on board. Seriously, virtual high-fives all around!

Over the next 11 sunrises (and sunsets), we're diving into yummy recipes, fun home workouts that'll make you sweat and smile, calming breathwork sessions, chill meditation vibes, and cozy journal times. Think of it as a mini-vacation for your body, mind, and soul... without leaving your house!

We totally get that making changes can be a tad bit overwhelming (and a sprinkle of scary). But guess what? You're not alone. We're right here with you, cheering you on, every step, jump, bite, and breath of the way.

Imagine us as your personal squad of positivity, dishing out motivation, sprinkling encouragement, and maybe sharing a few jokes along the way. 😊

This challenge? It's more than just 11 days. It's about getting a taste of how awesome life can feel when we give our bodies and minds a little extra TLC. And who knows? Maybe some of these fun habits will stick around for the long run.

Before we hop on this rollercoaster, take a sec and give yourself a pat on the back. Heck, do a happy dance if you want! 🕺🎉 Starting is half the battle, and you've just nailed that.

So, tie up those laces, grab your favorite mug, and let's kick this off. Here's to 11 days of fun, laughter, rejuvenation, and feeling oh-so-fabulous!

Catch you on the flip side!

Cheers and big hugs

SAMANIA

11 DAY FULL BODY AND MIND RESET

PREPERATION DAY

Before we dive deep into our 11-day adventure, let's talk preparation. Success, as they say, is where preparation and opportunity meet. And the good news? You've already seized the opportunity by joining this challenge. Now, let's gear up!

1. Clear the Deck:

Start by decluttering your kitchen. Go through your cupboards, fridge, and anywhere else you stash food. If you find processed foods, treats, or any other potential temptations, consider donating them or setting them aside, out of sight. Clean space, clean mind!

2. Foods to Phase Out:

In our upcoming challenge, we're taking a break from certain foods to give our bodies the best chance to reset. This includes:

- Dairy
- Caffeine
- Gluten
- Bread (yes, even the delicious sourdough!)
- Processed sugars & sweeteners
- Any kind of processed foods
-

But here's a pro tip: Instead of going cold turkey, try reducing your consumption of these items over the next two days. Gradually easing off will help prevent those dreaded energy crashes and cravings.

3. Why Reduce Before We Begin?

Our bodies can sometimes react strongly when we suddenly remove certain staples from our diets, especially things like caffeine and sugars that we might be more used to. By tapering off gradually, we're giving our bodies a gentle heads-up and making the transition smoother and more comfortable.

4. Stock Up:

While you're clearing out, make space for all the vibrant, nourishing foods you'll soon be enjoying. Fresh fruits, veggies & lean proteins are about to be your best friends! Stay tuned for our full shopping list.

Final Thoughts:

Remember, these preparatory steps are all about setting you up for success. It's not about deprivation but about creating an environment where you can thrive. So, sip on that last cup of coffee, enjoy a slice of bread, but do so knowing that we're paving the way for an amazing, transformative journey ahead.

Here's to new beginnings and the exciting journey that awaits!

11 DAY FULL BODY AND MIND RESET

DAILY COMMITMENTS

8 MINUTE DMT RELEASING BREATHWORK

DO THIS ADVANCED BREATHWORK FIRST THING IN THE MORNING, EVERY DAY

11.11 MINI HIIT WORKOUT

COMPLETE AT LEAST 1 OF THE 11.11 FULL BODY HIIT WORKOUTS EVERYDAY!

JOURNAL

COMPLETE THE JOURNAL QUESTIONS PROVIDED EVERYDAY

DONT CONSUME ANY-

GLUTEN, COFFEE, BREAD, DAIRY, SUGAR, SWEETNER OR PROCESSED FOODS OF ANY KIND

CONSUME

ONLY THE MEALS FROM THE SUGAR DETOX RECIPE GUIDE, HERBAL TEAS & FILTERED WATER

11 DAY FULL BODY AND MIND RESET

INSTRUCTIONS

TONGUE SCRAPER

[Buy Here](#)

It's recommended to use the tongue scraper first thing in the morning upon waking. This removes all the toxins and mucus that has released through your tongue whilst you have been sleeping and this prevents you from swallowing them back into the body.

DRY BRUSH

[Buy Here](#)

The dry brushing is an extremely important part of the elimination process. The dry brush will stimulate the lymphatic system and help the body rid toxins. It prevents a lot of detox symptoms like headaches and pains in the body.

<https://www.youtube.com/watch?v=1YnVb9Ie-r0>

OIL PULLING

Each morning use coconut oil like you would a mouth wash. Swish around the mouth. Do this 3-5 minutes to remove bacteria and mucus. Do not swallow the oil, spit in into some tissue and put in the bin, not down the sink.

11 DAY FULL BODY AND MIND RESET

SUPPLEMENT GUIDE

reccomendation

ZEOLITES

[BUY HERE](#)

take 5 grams every morning with filtered water

PHYSILLIUM HUSK

[BUY HERE](#)

take 3 grams prior to every meal

VITAMIN D + K2 MK7

[BUY HERE](#)

take as directed on label (5000iu per day)

MAGNESIUM GLYCANATE

[BUY HERE](#)

take 400 mg daily 1 hour before bed

PROBIOTICS

[BUY HERE](#)

take as directed on label

FISH OIL- OMEGA 3

[BUY HERE](#)

take as directed on label

JOURNAL QUESTIONS- DAY 1

HOW AM I FEELING PHYSICALLY TODAY?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

WHAT ARE MY BELIEFS ABOUT MY RELATIONSHIP TO FOOD?

AM I IN CONTROL?

WHAT FALSE BELIEFS MIGHT I HAVE ABOUT MY CRAVINGS?

HOW CAN I CREATE NEW HABITS THAT WILL SUSTAIN ME?

WHAT CAME UP IN MY BREATHWORK TODAY?

JOURNAL QUESTIONS- DAY 2

HOW AM I FEELING PHYSICALLY?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

WHAT DETOX SYMPTOMS (IF ANY) AM I EXPERIENCING?

HOW AM I RESPONDING MENTALLY AND EMOTIONALLY TO THESE SYMPTOMS?
(E.G., ARE THEY MAKING ME FEEL FRUSTRATED, WORRIED, MOTIVATED?)

CAN I SEE THAT THESE MENTAL RESPONSES ARE JUST "THE CHEMICALS" TALKING, AND THAT NOTHING IS ACTUALLY WRONG RIGHT NOW? OR DO I STILL BELIEVE THAT THESE MENTAL RESPONSES ARE REAL AND JUSTIFIED?

CAN I GIVE MYSELF PERMISSION TO HAVE A DOWN DAY TO ACCEPT WHAT'S HAPPENING AND ALLOW THE PROCESS TO UNFOLD?

HOW CAN I NURTURE AND SUPPORT MYSELF THROUGH THIS INITIAL DETOX PROCESS?

WHAT CAME UP IN MY BREATHWORK TODAY?

JOURNAL QUESTIONS- DAY 3

HOW AM I FEELING PHYSICALLY?

WHAT CHANGES DO I NOTICE IN MY BODY?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

HOW OFTEN DO I GENERALLY GO TO THE BATHROOM? (CHECK IN WITH YOUR-
SELF AND TAKE STOCK OF YOUR USUAL ELIMINATION HABITS.)

DO I GENERALLY DRINK ENOUGH WATER OR GET ENOUGH FIBRE
IN MY DIET? IF NOT, WHAT CHANGES CAN I THINK ABOUT
MAKING?

IF I AM ELIMINATING REGULARLY ON THIS PROGRAM, HOW DO
I FEEL AS A RESULT?

WHAT CAME UP IN MY BREATHWORK TODAY?

JOURNAL QUESTIONS- DAY 4

HOW AM I FEELING PHYSICALLY?

WHAT CHANGES DO I NOTICE IN MY BODY?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

WHAT DO I BELIEVE TO BE TRUE ABOUT MYSELF AND EXERCISE?

WHAT HAS STOPPED ME IN THE PAST FROM GETTING IN SHAPE?

WHAT NEW SET OF BELIEFS WOULD SERVE ME BETTER AND HELP ME GET IN SHAPE? (FOR EXAMPLE, CHANGING YOUR BELIEF THAT YOU DON'T HAVE TIME INTO A BELIEF THAT YOU CAN MAKE TIME FOR WHAT IS IMPORTANT TO YOU.)

WHAT ARE THE TOP THREE REASONS I WANT TO GET IN SHAPE?

WHAT WOULD MY LIFE LOOK LIKE IF I WERE FIT AND HEALTHY?

IS THERE ANYTHING ABOUT THAT IMAGE THAT WORRIES OR SCARES ME?

JOURNAL QUESTIONS- DAY 5

HOW AM I FEELING PHYSICALLY?

WHAT CHANGES DO I NOTICE IN MY BODY?

HAVE ANY CHALLENGING EMOTIONS SURFACED FOR ME TODAY? AM I SAD, ANGRY, LONELY, DEPRESSED, FRUSTRATED?

DO I HAVE ANY INSIGHT INTO THE SOURCE OF THOSE CHALLENGING EMOTIONS?

HOW HAVE I BEEN USING FOOD TO AVOID DEALING WITH FEELINGS IN THE PAST? (TO SOOTHE STRESS, TO NUMB MYSELF, AS A REWARD, ETC.)

HOW CAN I HANDLE DIFFICULT FEELINGS IN A MORE CONSTRUCTIVE WAY WHEN THEY COME UP IN THE FUTURE?
(FOR EXAMPLE, EXERCISING, JOURNALING, DOING A FAVOURITE ACTIVITY, TALKING TO A FRIEND)

WHAT CAME UP IN MY BREATHWORK TODAY?

JOURNAL QUESTIONS- DAY 6

HOW AM I FEELING PHYSICALLY?

WHAT CHANGES DO I NOTICE IN MY BODY SINCE STARTING THE DETOX?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

WHAT IS MY DREAM FOR MY HEALTH AND WELL-BEING?
(DESCRIBE THIS IN AS MUCH DETAIL AS POSSIBLE. ARTICULATE YOUR VISION OF YOUR IDEAL LIFE, INCLUDING WHAT YOU LOOK AND FEEL LIKE, WHERE YOU WILL BE, WHAT YOU WILL BE DOING, AND WHO YOU WILL BE DOING IT WITH. DREAM BIG!

WHAT ARE MY BELIEFS ABOUT MY ABILITY TO ACHIEVE THE WEIGHT AND HEALTH GOALS I'VE SET FOR MYSELF?

DO I THINK IT IS POSSIBLE?

WHAT CAME UP IN MY BREATHWORK TODAY?

JOURNAL QUESTIONS- DAY 7

HOW DO I FEEL PHYSICALLY?

WHAT CHANGES DO I NOTICE IN MY BODY?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

WHAT RELAXES ME MOST? (REMEMBER, WE'RE TALKING ABOUT ACTIVE RELAXATION, NOT PASSIVE.)

HOW CAN I SCHEDULE THESE ACTIVITIES INTO MY LIFE ON A MORE CONSISTENT BASIS?

WHAT EVENTS OR CIRCUMSTANCES IN MY LIFE USUALLY TRIGGER STRESS?

HOW DO I USUALLY RESPOND TO STRESS?

HOW WOULD I LIKE TO RESPOND TO STRESS MOVING FORWARD?

HOW CAN I MAKE THAT HAPPEN?

WHAT CAME UP IN MY BREATHWORK TODAY?

JOURNAL QUESTIONS- DAY 8

HOW DO I FEEL PHYSICALLY?

WHAT CHANGES DO I NOTICE IN MY BODY?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

HOW DID IT FEEL TO TRACK MY RESULTS AND EXPERIENCES
DURING THIS PROGRAM?

HOW DID IT AFFECT ME?

WHAT SURPRISED ME THE MOST ABOUT MY RESULTS AND
EXPERIENCES?

WHERE, WHEN, AND HOW WILL I RECORD MY RESULTS AND
OTHER THINGS I NOTICE ABOUT MY BODY GOING FORWARD?

WHAT CAME UP IN MY BREATHWORK TODAY?

JOURNAL QUESTIONS- DAY 9

HOW DO I FEEL PHYSICALLY?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

WHAT CHANGES IN MY BODY DO I NOTICE?

WITH WHOM MIGHT I FORM A SUPPORT GROUP?

WHERE IN MY LIFE, OR AT THE PERIPHERY OF MY LIFE, DO HEALTHY COMMUNITIES EXIST?

WHAT KEEPS ME FROM REACHING OUT TO OTHERS FOR SUPPORT AND CONNECTION?

WHAT ARE MY PLANS FOR CREATING CONNECTION AND COMMUNITY GOING FORWARD TO SUPPORT MY HEALTH, LONGEVITY AND WEIGHT LOSS SUCCESS?

WHAT CAME UP IN MY BREATHWORK TODAY?

JOURNAL QUESTIONS- DAY 10

HOW DO I FEEL PHYSICALLY?

WHAT THOUGHTS AND EMOTIONS ARE PRESENT FOR ME TODAY?

WHAT CHANGES IN MY BODY DO I NOTICE?

WITH WHOM MIGHT I FORM A SUPPORT GROUP?

WHERE IN MY LIFE, OR AT THE PERIPHERY OF MY LIFE, DO
HEALTHY COMMUNITIES EXIST?

WHAT KEEPS ME FROM REACHING OUT TO OTHERS FOR
SUPPORT AND CONNECTION?

WHAT ARE MY PLANS FOR CREATING CONNECTION AND
COMMUNITY GOING FORWARD TO SUPPORT MY HEALTH,
LONGEVITY AND WEIGHT LOSS SUCCESS?

WHAT CAME UP IN MY BREATHWORK TODAY?

DAY 11

YOU DID IT! 🎉 CONGRATS ON COMPLETING THE 11 DAY FULL BODY AND MIND RESET CHALLENGE!

HELLO, WONDERFUL SOUL!

TAKE A MOMENT. BREATHE IN DEEPLY. FEEL THAT? THAT'S THE SWEET FEELING OF ACCOMPLISHMENT, AND YOU MADE IT HAPPEN! OVER THE PAST 11 DAYS, YOU'VE PUSHED YOUR BOUNDARIES, NOURISHED YOUR BODY, CALMED YOUR MIND, AND LISTENED TO YOUR HEART. WHAT AN INCREDIBLE JOURNEY IT HAS BEEN, AND YOU'VE BEEN THE SUPERSTAR EVERY STEP OF THE WAY!

REFLECTING ON YOUR JOURNEY:

IT'S NOT JUST ABOUT REACHING THE FINISH LINE BUT ABOUT CHERISHING EVERY STEP THAT GOT YOU HERE. REMEMBER THOSE JOURNAL ENTRIES YOU'VE BEEN DILIGENTLY MAKING? NOW'S THE PERFECT TIME TO REVISIT THEM. AS YOU FLIP THROUGH YOUR NOTES, MARVEL AT YOUR PROGRESS. OBSERVE THE SHIFTS IN YOUR ENERGY, MOOD, AND PERSPECTIVE. THOSE PAGES ARE PROOF OF YOUR RESILIENCE, DETERMINATION, AND THE BEAUTIFUL EVOLUTION OF YOUR BODY AND SOUL.

CELEBRATE YOUR WINS:

WHETHER IT WAS TRYING A NEW RECIPE, MASTERING A WORKOUT MOVE, OR HAVING AN 'AHA' MOMENT DURING MEDITATION – EVERY SMALL VICTORY COUNTS. DON'T SHY AWAY FROM GIVING YOURSELF A WELL-DESERVED PAT ON THE BACK, OR MAYBE EVEN A LITTLE HAPPY DANCE!

LOOKING FORWARD:

WHILE THIS CHALLENGE MIGHT BE ENDING, THE JOURNEY TO A HEALTHIER, HAPPIER YOU IS EVER-EVOLVING. TAKE THE TOOLS, HABITS, AND INSIGHTS YOU'VE GAINED FROM THESE 11 DAYS AND INCORPORATE THEM INTO YOUR DAILY LIFE. YOUR BODY, MIND, AND SPIRIT WILL THANK YOU.

FINAL THOUGHTS:

THE STRENGTH, COMMITMENT, AND PASSION YOU'VE SHOWN THROUGHOUT THIS CHALLENGE IS NOTHING SHORT OF AMAZING. WE HOPE YOU FEEL AS PROUD OF YOURSELF AS WE ARE OF YOU.

KEEP SHINING, KEEP GROWING, AND REMEMBER: EVERY DAY IS A NEW OPPORTUNITY TO BE THE BEST VERSION OF YOURSELF. FROM BOTH OF US HERE, A MASSIVE CONGRATULATIONS AND A BIG VIRTUAL HUG!

CHEERS TO YOU AND TO MANY MORE ADVENTURES TOGETHER!
WARMEST WISHES,

LOVE SAM & ANIA

SAMANIA