

RUN YOUR BEST LIFE

NOVEMBER 2021 VIRTUAL RETREAT SELF LOVE IS AN INSIDE JOB



WORKBOOK DAY 1

LOVING THE BODY YOU HAVE NOW

RUN YOUR BEST LIFE

What are your current thoughts about your body?

Next to each thought above, write the feeling that it creates for you.

How do you show up for yourself when you have these feelings?

Are there any thoughts that are holding you back?

LOVING THE BODY YOU HAVE NOW

RUN YOUR BEST LIFE

Do you think it is possible to love your body the way it is, without anything changing? Why or why not?

What would be different in your life if you didn't have these thoughts about yourself? What could you accomplish, how would you feel, would your relationships change? What else?

LOVING THE BODY YOU HAVE NOW

RUN YOUR BEST LIFE

Are there any new thoughts you would like to install?

What evidence do you have for these thoughts right now?

What actions can you take to create more evidence?

COACH *Kiah* HEALTHY HABITS

WEEK OF:

What we do consistently each day ultimately shapes the person that we become. Ready to become the best version of you? Write down the five healthy habits that will get you there. Next step: show up, make it happen, and check it off. *You've got this!*

DAILY HABITS

M T W T F S S

1. _____
2. _____
3. _____
4. _____
5. _____

	M	T	W	T	F	S	S

NOTES

WINS

DAILY PRIORITIES

Set aside the mile long to-do list and focus in on the big things that will really move the needle. What top priorities will you be most proud of accomplishing by the end of each day?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

SELF-LOVE THROUGH NOURISHMENT

RUN YOUR BEST LIFE

How you can create self-love through nourishing your body:

Have Presence While Eating

Are you working through your lunch hour while wolfing down a salad? Or binge-watching Netflix and don't know what happened to that bowl of popcorn you were eating? To fully nourish yourself, practice being mindful while eating and make a conscious effort to enjoy each bite. Focus on how good the food tastes and how it makes your body feel.

Prepare Your Food with Love for Yourself

Enjoy the process of cooking, plating and eating your meal. Light a candle, play some music, use the good dishes. You deserve it.

Respect Your Body

Feed your body well and treat it with care. Choose foods that are full of nutrients, make you feel great and that you enjoy eating.

Enjoy Food With Others Who Appreciate It

Spend some time with people you enjoy being around and eat a meal together. You can even cook together and make it fun.

You Eat with Your Eyes

Make your food look beautiful and plate it with love. This act of kindness to yourself and the food you are eating will increase the way you feel about food and how you nourish your body. Eating is a true form of self-love practice doing random acts of kindness for yourself around food just like you would for someone else you love.

SELF-LOVE THROUGH NOURISHMENT

RUN YOUR BEST LIFE

Menu

Roasted Butternut Squash and Burrata Salad

Charred tri-color carrots with pesto

Sunshine Smoothie

Scrumptious Chocolate Truffles

Grocery List

PRODUCE	DAIRY	DRY	FROZEN/OTHER
1 medium butternut squash (or 4 cups cubed)	Burrata Cheese Ball – 1 each	Olive oil	Ice
1 shallot (sub: onion)	Heavy Cream (1/2 cup)	Ground Cumin	
6 cups Baby Arugula		Paprika	
Rainbow Carrots – 1.5 pounds (Sub: orange carrots)		Salt	
Fresh Thyme		Ground Black Pepper	
1 Ruby Red Grapefruit		Honey	
1 Naval Orange		Balsamic Vinegar	
1 ripe Mango		Chopped pecans	
1 small pineapple (or 1 cup chopped fresh)		Dried cherries	
1 lime		1 Jar Pesto Sauce	
		6 ounces high-quality semisweet chocolate bars	
		Vanilla extract	
		CHOOSE AT LEAST 1 INGREDIENT FROM BELOW	
		Unsweetened Cocoa Powder (optional)	
		Shredded coconut (optional)	
		Roasted nuts (optional)	
		Ground Cinnamon (optional)	
		Mini Choc. Chips (optional)	

SELF-LOVE THROUGH NOURISHMENT

RUN YOUR BEST LIFE

Equipment Needed:

Ice
Cutting Board
Chef Knife – 1
Spoons -2
(optional) Truffle scoop or melon baller – 1
Measuring spoons
Measuring cups
Whisk
Tongs
Heat Proof Rubber Spatula
Large bowl – 1

Small bowl – 3
Medium bowl (microwave-safe) – 2
Baking sheet – 3 (can reuse if you don't have 3)
Serving platter – 2
Salad Tongs
Microplane/zester
Blender
Cups -2
Freezer safe containers
Plastic Wrap
Wax Paper or Parchment Paper

SELF-LOVE THROUGH NOURISHMENT

RUN YOUR BEST LIFE

RECIPE: Roasted Butternut Squash and Burrata Salad

Yield: 6 servings

INGREDIENTS

3 Tablespoons Olive Oil
1 teaspoon ground cumin
1 teaspoon paprika
½ teaspoon ground black pepper, divided
½ teaspoon salt, divided
4 cup cubed butternut squash
1 Tablespoon minced shallot
1 Tablespoon honey
1 Tablespoon balsamic vinegar
1 teaspoon chopped fresh thyme
6 cups baby arugula
1 burrata cheese ball, sliced
¼ cup chopped pecans
½ cup dried cherries

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Combine 1 tablespoon oil, cumin, paprika, 1/4 teaspoon pepper and 1/8 teaspoon salt in a medium bowl. Add squash; toss to coat. Spread on a large rimmed baking sheet and roast, stirring once, until tender, about 25 minutes.
3. Meanwhile, whisk shallot, honey, vinegar, thyme and the remaining 2 tablespoons oil, 1/4 teaspoon pepper and 1/8 teaspoon salt in a small bowl.
4. When the squash has finished roasting, toss arugula with 2 tablespoons of the vinaigrette. Transfer to a serving platter. Scatter the squash over the arugula and top with burrata slices. Drizzle with the remaining 2 tablespoons dressing and sprinkle with pecans and dried cherries.

SELF-LOVE THROUGH NOURISHMENT

RUN YOUR BEST LIFE

RECIPE: Charred Tri-Colored Carrots with Pesto

Yield: 5 servings

INGREDIENTS

1 ½ pounds rainbow carrots, scrubbed (about 8 large or 15 medium carrots)
3 tablespoons olive oil
1 ½ teaspoons minced fresh thyme leaves
1 teaspoon salt
¼ teaspoon ground black pepper
¼ cup prepared pesto sauce

DIRECTIONS

1. Preheat the broiler and move an oven rack to the top position.
2. Cut the carrots into 4-inch-long sticks that are ½ inch thick.
3. Place the carrots on a sheet pan and drizzle them with the olive oil. Sprinkle with the thyme, salt and pepper. Toss with your hands until coated, then spread the carrots out in an even layer.
4. Broil the carrots for about 10 minutes, tossing every few minutes, until they are tender and randomly charred.
5. Top the carrots with the pesto and give a gentle toss to coat.
6. Serve warm.

SELF-LOVE THROUGH NOURISHMENT

RUN YOUR BEST LIFE

RECIPE: Sunshine Smoothie

Yield: 2 smoothies

INGREDIENTS

1 ruby red grapefruit, peeled and chopped
1 navel orange, peeled and chopped
1 ripe mango, peeled and chopped
1 cup diced fresh pineapple
1 Tablespoon honey
1 lime, zested and juiced
½ cup water
1 cup ice

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth.
2. Divide smoothie into two cups or pour into freezer safe containers and freeze for later.

SELF-LOVE THROUGH NOURISHMENT

RUN YOUR BEST LIFE

RECIPE: Scrumptious Chocolate Truffles

Yield: about 40 truffles

INGREDIENTS

6 ounces high-quality semisweet chocolate bars (not chips)

½ cup heavy cream

1 Tablespoon vanilla

Optional Ingredients:

½ cup unsweetened Dutch-process cocoa

Shredded coconut

Roasted finely chopped nuts

Mini Chocolate chips

Ground Cinnamon

DIRECTIONS

1. Break chocolate into small pieces, place in a medium, microwave-safe bowl.
2. In a separate microwave-safe container, heat the cream in the microwave for 1 minute. Pour the hot cream over the chocolate and cover the bowl tightly with plastic wrap. Set aside for 3 minutes.
3. Gently stir the chocolate and cream until incorporated. If all of the chocolate isn't melted, microwave for 20 seconds at a time until it is. Gently stir in the vanilla and then refrigerate for 2 hours.
4. Spread a sheet of waxed or parchment paper on a baking sheet. Have a bowl of ice water handy. Use a truffle scoop, spoon or melon-baller, to scoop mounds of the mixture about ¾ inches in diameter. Roll lightly between your palms to make nice spheres and place them on the paper. Occasionally moisten the spoon and your hands with ice water to keep the chocolate from sticking.
5. Roll each truffle in topping of choice: cocoa powder, shredded coconut, nuts, etc.
6. Cover and chill until firm, about 2 hours or overnight.
7. Serve cold or slightly under room temperature.
8. You can freeze the extras and either eat frozen, or allow to thaw before eating.

FINDING YOUR PASSION

RUN YOUR BEST LIFE

One way to show self-love is to clarify what you bring to the world.

– Jill Angie

We're bringing back the 17th century concept of a salon: a gathering of guests to share ideas and perspectives on a chosen topic. Throughout history, salons were particularly important for women with less access to spaces to discuss intellectual topics with people outside of their usual circles. This salon is about practicing self-love by dedicating your life to your passion. We're going to talk to several fabulous Run Your Best members about how they found their passion and took the big leap to pursue it.

Defining self-love

Self-love is not simply a state of feeling good. It is a state of appreciation for oneself that grows from actions that support our physical, psychological, and spiritual growth. – Psychology Today

I recently watched a 60 Second Documentary about a mass breast producer, Elisabeth Anderson-Sierra. Elisabeth has hyper lactation syndrome, which means she produces more breast milk than her baby needs—a lot more. She produces about 1.75 gallons of breast milk per day, five years after the birth of her last child. She decided to start an organization to donate and sell some of her milk. Between the four hours daily to pump, clean, pack, and ship her breast milk, it is now a full-time job and her passion. She's a Guinness World Record holder. She may not do it forever, but Elisabeth took a took an uncomfortable condition and turned it into her passion. She's an example of finding passion in anything and anywhere. It only has to be meaningful to you.

In Run Your Best Life, we were talking on a coaching call about the recent rise in worker shortages and resignations following the coronavirus measures of the last year. Here's some of the observations we made:

- I think some people were really scared by covid and now want to spend time doing things they love.
- People are realizing that there is something more important than working yourself to death.
- It is better to earn less and have less and be happy.
- I needed a little more life balance. I was fortunate to have an opportunity to go after that dream!

FINDING YOUR PASSION

RUN YOUR BEST LIFE

Finding it hard to find or pursue your passion? Ask yourself these questions:

1. If you feel you don't have a passion, what can you do to find it?

2. What's holding you back from doing what you love?

- Are you afraid to fail?
- Do you just not have the time?
- Are you afraid of what people will think of you?
- Do you feel you have nothing worthy to share?

FINDING YOUR RECURRING JOY

3. What books, podcasts, articles, songs, tv shows, and movies do you read, listen to, or watch?
When you go out for entertainment, where do you like to go and what do you like to do?

FINDING YOUR PASSION

RUN YOUR BEST LIFE

4. Is there a common theme? Could that theme identify something you are passionate about?

INCORPORATING YOUR PASSION INTO YOUR LIFE

5. Ask yourself, are you truly happy with what you do?

6. How can you inject more of your passion every day?

7. What would it take to be truly dedicated to your passion?

LOVING YOURSELF THROUGH INJURY

RUN YOUR BEST LIFE

Write out the details of your injury:

What is the CIRCUMSTANCE of your injury (just the facts)?

How is this different from what you wrote at the top of this page?

What RESULT do you want while you are injured? Note, this is different than the result of wanting to be healed. That's a given. This is about the experience you want to have while you are in the process of healing.

LOVING YOURSELF THROUGH INJURY

RUN YOUR BEST LIFE

Do a short TDL about the Circumstance of your injury:

Take a thought from above and put it into an Unintentional model to see what the result is. Then using the Intentional model below, see what else you could think to create the result you want. Use the next page to do more thoughts.

Unintentional Model

C: _____

T: _____

F: _____

A: _____

R: _____

Intentional Model

C: _____

T: _____

F: _____

A: _____

R: _____

LOVING YOURSELF THROUGH INJURY

RUN YOUR BEST LIFE

Unintentional Model

C: _____

T: _____

F: _____

A: _____

R: _____

Unintentional Model

C: _____

T: _____

F: _____

A: _____

R: _____

Intentional Model

C: _____

T: _____

F: _____

A: _____

R: _____

Intentional Model

C: _____

T: _____

F: _____

A: _____

R: _____

Summarize your desired new thoughts below:

RECOVERY TRACKER

Use the chart and codes below to track all of your recovery activities.

ST = Strength training

PT = PT

SW = Swimming

Y = Yoga

SR = Stretching

W = Walking

BI = Bicycling

PI = Pilates

DR = Doctor's appt

M = Massage

R = Running

Or create your own codes:

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	PROGRESS NOTES
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

DAY 1 TAKEAWAYS

RUN YOUR BEST LIFE

What are the top 3 takeaways you had from today?

What are 3 quick wins you can implement today?

What else do you want to take note of right now?
