



IGNITE AND INSPIRE:

EIGHT WEEKS TO ELEVATE YOUR LIFE



skyterra



Ignite and Inspire: Eight Weeks to Elevate Your Life

Week One

Intention Week



Introduction

Take time to journal about your intentions and goals for this eight-week course. What inspired you to enroll in this program? List some areas in your life that you feel you are excelling and thriving in, as well as areas upon which you would like to focus more. Take the time to add as much detail as possible. Feel free to run with the exercise and get creative! Make a collage or a painting, create a voice memo on your phone or dig into the details with someone you trust. Every journey starts with the first step, and that is exactly where you are now: Step One!

Week One Reflections and Results

EMOM with Jeff:

Connect class with Caroline:

Mango Guacamole:

Jicama Slaw:

Cashew Zucchini Cakes:

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Week Two

Expansion Week



Introduction

What would your ideal morning look like? Allow for this to be as realistic and possible or as “far out” as you would like. Take the time to add as much detail as you can possibly conjure up. As always, express in the way that feels most resonant to you. Journaling, voice memos, art, dance movement and beyond.

If all possibilities were available, what would your most perfect morning look like? Are you alone or with others? Is it quiet or is there music? Are you eating or drinking anything? How are you moving through your morning? Are you relaxed or active?

Week Two Reflections and Results

Lean with Jeff:

Healing Light Meditation with Lori:

Chicken Francaise:

Mediterranean Lentil Bowl:

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Week Three

Gratitude Week



Introduction

List 30 things that you are wildly grateful for. Put your pen to the paper and try to not pick it up so that you tap into your flow of consciousness. As fluidly and rapidly as possible, let your gratitude flow and just see where it leads you.

Extra credit: instead of just listing them, as you move through your list, invite the FEELING of gratitude into your body and consciously feel it, with curiosity. Once you have completed your list, begin to describe what gratitude feels like in your body. When you are feeling grateful, what happens in your body? As always, the more detail the better... and there is no right or wrong way to express yourself.

Week Three Reflections and Results

Hip Mobility with Jeff:

Gratitude Meditation with Caroline:

Avocado Toast:

Super Greens Soup:

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Week Four

Reflect, Rest, Refocus



Introduction

Return to your journal prompts from week one to simply check in. How are you doing? How is your progress? Any fine-tuning needed?

Finish the following sentence: "I feel happiest in my skin and most at home in my body when...". Tap into a flow of consciousness and let your pen flow for at least eight minutes.

Week Four Reflections and Results

Walk and Interval Training with Jeff:

Breath Awareness Meditation with Lyndsey:

Greek Salad with Chicken and Homemade Dressing:

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Week Five

Healthy Boundaries



Introduction

Make a list of everything that you would like to say “no” to. What boundaries do you wish to draw in your life and where? Tap into flow of consciousness and write for 6 minutes without taking your pen off the page.

Take a peek at the worksheet on the following page from our *Building Boundaries* class as a way to deepen and expand your journaling exercise.

Week Five: Building Boundaries Through Journaling

From Skyterra's Building Boundaries Class

JOURNAL PROMPTS:

1. Examine any boundaries that may already exist in your life, as well as areas in your life where there aren't many clearly defined boundaries.

2. Why do you believe it is important to set boundaries with others and yourself?

3. What are some of your barriers in setting boundaries?

4. How does your body feel when you set a boundary between yourself and another person, e.g., heart races, feelings of guilt arise?

Week Five: Building Boundaries Through Journaling

From Skyterra's Building Boundaries Class

JOURNAL PROMPTS (continued):

5. Identify one person with whom boundaries are needed and practice what you might say to this person when building a boundary.

6. Name three areas in which you wish to build stronger boundaries:

Week Five: Building Boundaries Through Journaling

From Skyterra's Building Boundaries Class

PROCESSING ACTIVITY (continued): Imagine what it would feel like for others to respect your boundaries; translate this feeling onto paper in whatever medium feels most comfortable.

Week Five Reflections and Results

Lean with Jeff:

Connect class with Lori:

Baked Salmon with Roasted Veggie Salad:

Creamy Avocado Vinaigrette:

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Week Six

Elevate Week



Introduction

Make a list of everything that you would like to say “yes” to. What do you want MORE of in your life? What do you wish to expand? Tap into flow of consciousness and set a timer for 6 minutes, and do not take your pen off the page.

Week Six Reflections and Results

Mobility with Jeff:

Strength and Balance Yoga class with Caroline:

Turkey Burgers and Sides:

Creamy Broccoli Soup:

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Week Seven

Adventure and Play Week



Introduction

Make a bucket list! List at least eight to 10 adventures or achievements that you would like to accomplish in this lifetime. Let your imagination soar in all directions and add as much detail as you can! Bonus: plan something for your week just for the fun of it!

Week Seven Reflections and Results

Mobility with Jeff:

Connect class with Jeff:

Flat Iron Steaks with Mediterranean Salad:

Blackened Tempeh (if applicable):

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Week Eight

Celebration Week



Introduction

This is a week of celebration! Go back to your journal entry from week one and reflect on what your goals and intentions were. Take time to dive into your experience and notable blessings and challenges that presented themselves to you through this program.

Once you have added as much detail as you can conjure up, write yourself a letter to be opened 60 days from now, reflecting on the progress, the blessings and the challenges to come. Offer yourself guidance, advice and inspiration for your journey ahead.

Week Eight Reflections and Results

Tabata with Jeff:

Sunrise Flow with Lyndsey:

Adzuki Bean Burgers:

Kale Caesar Salad:

Additional Thoughts

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