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The Energise Success Journal



Goal Setting and Motivation
Alkaline Lifestyle Course

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Contents

Introduction

- 3 **Guide 1:
How to Test your Alkalinity: The pH test**
- 5 **Guide 2:
Breathing Exercises**
- 9 **Guide 3:
The Importance of Hydration**
- 12 **Guide 4:
Simple Sprouting**
- 15 **Guide 5:
Juicing**
- 20 **Guide 6:
Raw Food**
- 22 **Guide 7:
Food Combining**
- 24 **Guide 8:
Alkaline Lifestyle Guide to Eating Out**
- 27 **Guide 9:
Eliminating Toxins & the Alkaline Home**
- 31 **Guide 10:
Introduction to Exercising on an Alkaline Transition**
- 40 **Guide 11:
Successful Goal Setting**



Introduction

Welcome to the Energise Success Journal. This journal has been designed to accompany the Energise Alkaline Lifestyle Course. From my own experience I have found it to be incredibly useful to have one central place to store my goals, experiences, successes and challenges and I have designed this journal to make it as easy as possible for you to do so during the twelve weeks of the course.

How to use this journal:

The first section of this journal will accompany the goal setting process in The Alkaline Lifestyle Guidebook you will have received. After this I have created space to make notes and questions to prompt actions for each week of the course.

I urge you to keep this journal handy and record your progress as you go through the course.

Good luck!



Section 1: Setting Your Goals

This section accompanies Guide 11: Successful Goal Setting (page 44) in The Alkaline Lifestyle Guidebook. If you have not already done so, I suggest reading this guide before you follow the prompts over the next few pages.

If you need more space to record your ideas there are blank pages at the back of this book.

Step 1

Goal setting: What are your aims?

Exercise 1 – Idea Explosion (Duration 5 minutes)

Grab your pen and paper and for the next three minutes I want you to write down all of your health goals for this course. What do you want to have achieved by the end of the twelve weeks? The more goals you have the more motivated you will be so feel free to get specific.
