

Mindful Messages Newsletter

September
2018

Mindful Wellness LLC

The Pathway to a Better Me!



Eat Well:

[You Can't Outrun Your Fork!](#) Find out **Little Things That Make a Big Difference** which launched my 30 lb weight loss after child #3. (Who is now 12 & I've kept the weight off!) I had been a fitness instructor and working out through all 3 pregnancies~ I tried to be careful what I ate ~almost to the point of obsession~ and still was overweight big time. It was so disheartening until I found this! Through the [Cut the Crap Challenge](#) I found ways to **increase my metabolism, change my cravings**, and found out **What, When, and How** to eat to **use food as fuel** and **lose weight easily!** In this [FREE LUNCH & LEARN](#) you'll receive so many tips! Can't make it? *Reach out to have me [bring this L&L to you!](#)
*JOIN US in the [Ten Day Meal Plan/Cut the Crap Challenge](#) or [3 Day Cleanse](#) to kick start changes as we enter fall!

Move Well:

Start Small! What can you do a little MORE of?

I find in working with clients that those who start setting their alarm 20 minutes earlier and do something (a walk, a BOD workout that I help them choose, yoga, etc.) before starting their normal routine make everlasting changes! Then the results fuel the drive and they WANT to get up early! They have more energy and WANT to take better care of themselves! [Reach out for ideas!](#)

"I wish I would have slept in instead of working out this morning" – said no one ever.

Think Well:



So much of our stress comes from being here~ but wanting to be "there." Eckhart Tolle explains! Here is a [MINDFULNESS 101](#) exercise you can do ANYTIME ANYWHERE to bring you back to your power...THIS MOMENT. [PAUSE](#) Name 3 things you SEE. Name 3 things you HEAR. Name 3 things you FEEL. This brings you into this moment and reminds you that you are not all of these demands, to do lists, thoughts, feelings, etc. YOU are the observer of these and you CAN choose how and what you focus on and absorb. Choose wisely! ☺ Start your day with: [This is a good day!!](#)

Check out videos to guide you through at [Mindful Wellness LLC](#)
Check out my [POSITIVE VIBES](#) playlist on Spotify !

Awesome Opportunities:

See more details

[REGISTER HERE](#)

Please Join Me
for these Life-
Changing
Events!

Click on each
To learn more!



YOU CAN'T OUTRUN YOUR FORK

Wednesday, September 5
Noon-1 pm

Join Kristin Bott as she shares tips for clean eating, maintaining stable blood sugar, increasing metabolism and other little things that make a big difference in the area of food and nutrition.



One North Pinckney Street, Madison, WI 53703 • amfam.com/dreambank • FREE EVENT

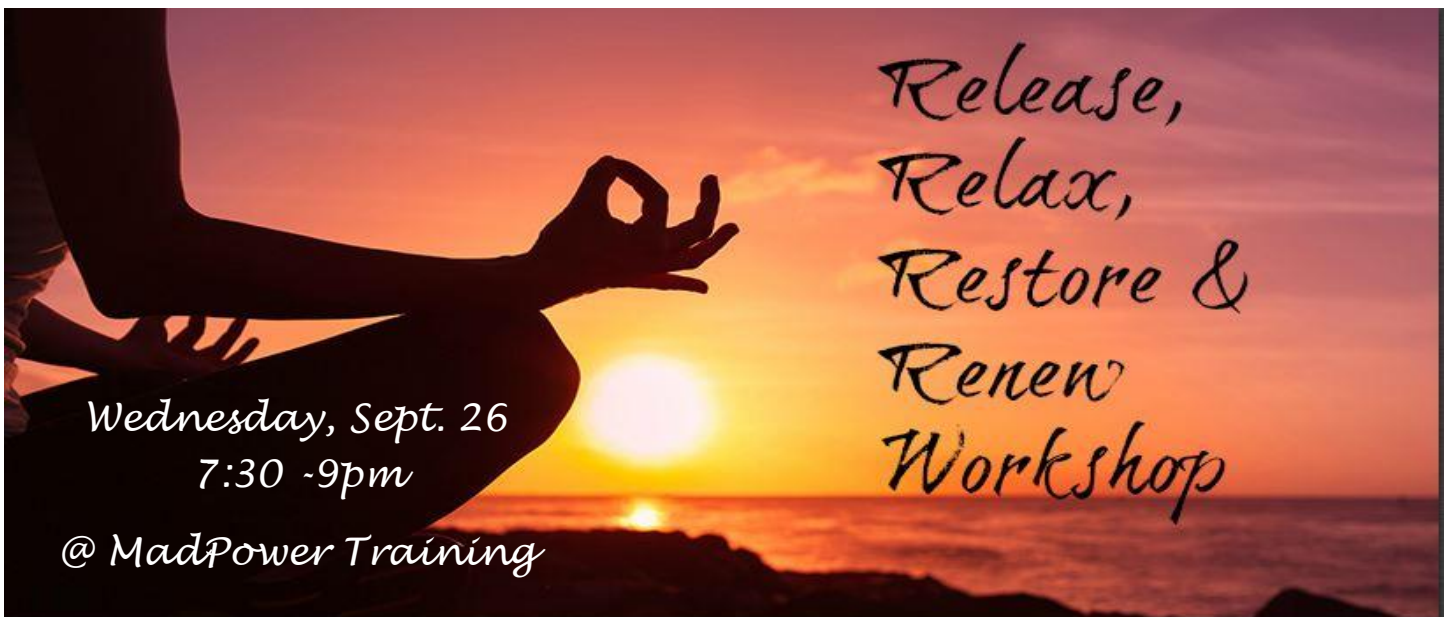


with Kristin Bott

Release,
Relax,
Restore &
Renew
Workshop

Wednesday, Sept. 26
7:30 -9pm

@ MadPower Training



Intentionally Manifest your Dreams at the
CREATE YOUR LIFE
VISION-BOARD WORKSHOP

**SATURDAY,
SEPTEMBER
15th
8:30-4:30**

A FULL-DAY IMMERSION TO FOCUS ON YOUR AUTHENTIC LIFE AND YOUR IDEAL OUTCOMES.

Most of us have fleeting ideas of what we want to be, do or have in our lives. But they remain just that: *fleeting*. After all, who has the time to intentionally get clear about **what** we want to create?

Well, everyone from Katy Perry to Ellen Degeneres to Oprah Winfrey swears that they intentionally created outcomes by using a simple tool: Vision Boards.

A **Vision Board** is a way to sell your own ideas to yourself, to anchor to your dreams and to allow the magic of manifestation to work in your life. Finally!

As someone who has made my own Vision Boards (and manifested some amazing results!), I've learned it's more than just slapping a picture onto a poster board. It's about first getting clear on your authentic life, letting go of what's in the way – and then clearly connecting with your dreams while designing a vision that calls to you.

Thank you so much for reading! Please reach out to join an online Success Group or bring us to you for fitness or motivation!

*All my love,
Kristin*

**CUT
THE CRAP
CHALLENGE**

Starts September 12th!

*I choose to make the
rest of my life the
best of my life!*

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