A person is seen from behind, standing on a hillside with their arms raised in a gesture of triumph or joy. The person's hair is illuminated with a rainbow spectrum. The background is a dramatic sky at sunset or sunrise, with a rainbow visible. The overall mood is one of hope and achievement.

REALIZE
a
Breakthrough
2014

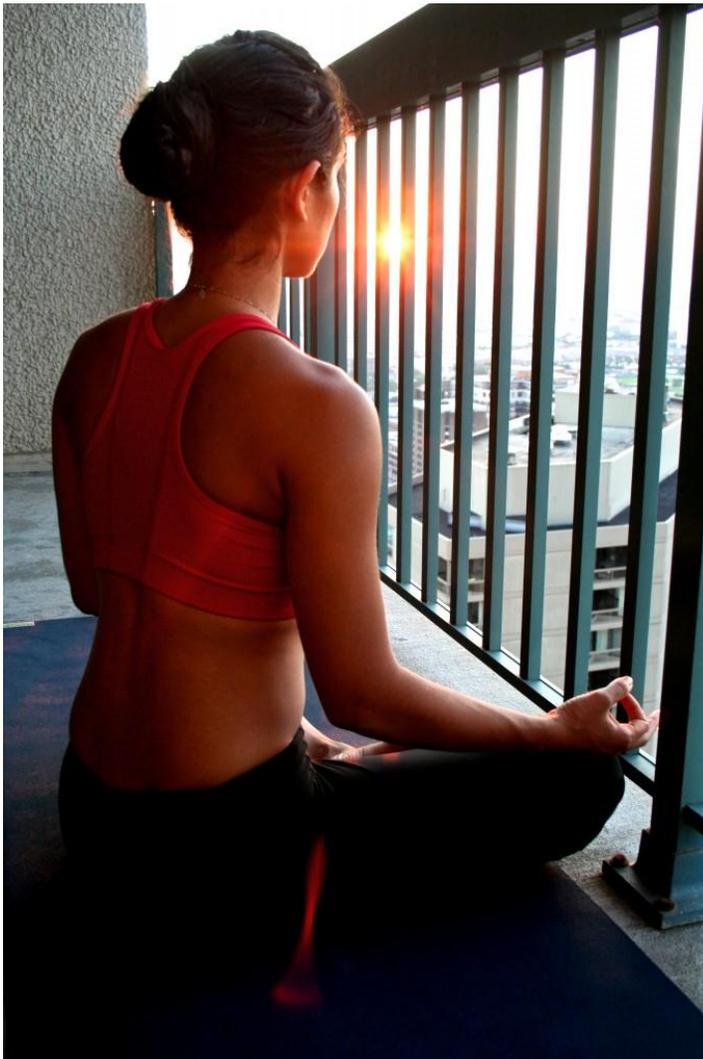
KIMBERLY SNYDER

With each new year comes a fresh start and the motivation to make positive changes in your life. That's amazing, and the potential for growth is indeed something to be excited about.

The key to making those changes stick is in first really looking at *why* you want to make those changes, then making small adjustments to your daily routine, one mindful step at a time. I've created a guide for you that will help you make 2014 your best year yet—and to help you manifest each and every one of those resolutions!

These steps can help compliment what I already wrote about New Year's goals and resolutions, which you can [check out here](#).

Step 1: **Start with "WHY"**



The bigger and more authentic your "why" for doing something, the more motivated you will be, and the more likely you will follow through. So rather than have a bunch of resolutions, pick just a few that you have really strong reasons why you want to experience those changes. **Get specific and then set out to tackle one or two at a time.**

Why do you want to change your diet and lead a healthier lifestyle (or whatever your goal may be)? Is it to look better? Feel better? Have more energy? Live longer?

Maybe it's all of the above, and that's absolutely fine as long as all of those reasons are *yours* and not someone else's that have been imposed upon you. They should come from your heart. No matter what your reason for wanting to change your lifestyle, *The Beauty Detox Solution* and [The Beauty Detox Foods](#) can help you solidify your decision and walk you through

a plan of action so you'll be less likely to give up on your goals. [My Glowing Lean System](#) has video and a more interactive element, as well as three phases, if you want to get super specific and really make some serious changes.

As soon as you come up with a list of things you hope to accomplish in the new, begin to ask yourself why you want them:

- Is it because you want to become healthier?
- Is it because you've begun to develop a passion for a certain field and you want to dive headlong into it in 2014?
- Or is it because you think it's something you should do because everyone else is doing it or someone else in your life wants you to?

Can you guess which one of those is not a good reason to keep something on your list of resolutions?



The things you set out to do in the new year need to come from you—your love (for yourself or others), your passions, and what your heart is telling you to do. If you're attempting to change something this year simply because someone said or implied that you should, go ahead and mark that off the list. You have to do the things that make you happy, make the changes that resonate with *you*. Your heart!

You choose what you want to tackle first. Who knows, the things you've crossed off your list because other people want them for you more than you want them for yourself (like kicking a bad habit) may show up again later and be what *you* really want.

Also, there's no rule that says you can't get one resolution under control (like eating more fruits and vegetables every day) and then launch into a new one (like eliminating dairy from your diet) each month or every couple of

months. This is *your* year, and you can go at your pace. Just don't take on too much at once.

Keep in mind that just because something is tied to your passion or your desires, that doesn't mean the path will be easy all the time. It does mean that it will be harder to quit right after you start, and it will feel so much more exhilarating when you reach your goal (and all the other mini-goals leading up to it).

A study from the University of Scranton reported that only 8% of Americans actually successfully follow through on their resolutions¹. Not exactly inspiring, huh? **But when you're passionate about the changes you've decided to make and specific about not only what you want to achieve but all the little steps you can take to get there, you stand a fantastic chance of reaching December 31, 2014 with an accomplished resolution under your belt.**

I suggest writing everything down. You can even make up a vision board if you think that will help keep you on track. Visualizations are powerful in helping you reach your goal. You can clip and tape pictures into your notebook or where you'll see them. Take out a notebook and dedicate a page to each major goal you have. One major goal may be to be the healthiest version of yourself that you can be. Below that, write a few other goals that will help you achieve your main goal, like cooking at home at least five times per week, eating more greens, taking a daily walk, etc.

Below each of these items, plan out how you'll achieve each of those smaller goals—whether it's cooking on the weekends and freezing food so you're not tempted to go out after work, having a salad with dinner each night, setting your alarm 20 minutes early or



taking your walking shoes to the office so you can enjoy the sunshine on a walk during your lunch break, etc.

Because trying to do all of these things at once will feel overwhelming, plan out when you want to introduce each small change to your life. Do you want to try eliminating sugar immediately, or do you feel you'd benefit most from incorporating a daily walk

sooner than later? Finally, write down *why* you want to accomplish each of these small goals so you can remind yourself why you're on this journey if or when things ever get tough.

Step 2: **Connect Your Two Brains**



Did you know that you have more neurotransmitters in your gut than in your spinal cord or peripheral nervous system? You probably learned in elementary school that your intestines are responsible for a major part of the digestive process, and they are.

However, they do so much more than that!

The gut is sometimes referred to as the “second brain,” since it can affect how your body functions as a whole and even affects what kind of mood you're in. Your gut can even do its main job without your brain's help, breaking down your food and sending it on its way once it's removed the nutrients from it. The gut and brain both need to work in harmony in order for you to be the happiest, healthiest version of yourself you can be.

One of the reasons we lose touch with our bodies and ability to manifest what we want

is that these "two brains" get disconnected. So let's reconnect them this year!

It's probably crazy to think, after all these years of thinking your gut was only there to help you digest food, that it plays such a role in the overall performance of your body and mind. Think about it though: when you're nervous or afraid, where do you feel the sensations? Your gut. When you're depressed, sometimes that's linked to an unhealthy gut, too. An article in *Scientific American* reportsⁱⁱ that 95 percent of your serotonin is in your gut, and antidepressants (SSRIs, to be specific) can cause GI issues. When your gut is inhibited from releasing serotonin, osteoporosis could be cured (so far, this effect has only been seen in rodents).

So what do you do to get the two brains reconnected? You need to cleanse, replenish good bacteria, and make the necessary changes to your lifestyle in order to promote and maintain gut health.

- Probiotics
- Enemas/Gravity-centered colonics from recommended therapists
- Dietary changes

Probiotics can help you undo the damage that the Standard American Diet may have caused over the course of your life. Even if you've eaten relatively well, chemicals in the water or antibiotics could have killed off not only the bad bacteria, but the good guys, too. We want the bad bacteria to be kept in check, but the good bacteria dies off too when subjected to modern solutions to meals, medicines, and more, and replacing it is necessary for a healthy gut, mind, and body.



When you start taking probiotics (especially soil-based probiotics like [Probiotics+](#), which are the most natural solution available), you replace the good bacteria, promoting better digestion and overall health.

Cleansing your colon is also important. When your gut is covered in waste that's not going anywhere (again, thanks to those years of the Standard American Diet and all the

gunk that gets stuck in your body because of it!), you feel groggy, heavy, weighed down, tired, and you don't function the way you should. The plan I outlined in my books and in the [Glowing Lean System](#) shows you how to cleanse your body, replenish the good bacteria, clean out the waste that's just been sitting around for who knows how long, and can boost not only your health, but your mood.

If you're not interested in the gravity-centered colonics just yet, that's fine. I recommend finding a therapist that is recommended by others, as there are excellent ones and less than excellent ones. You can also take a magnesium-oxygen supplement that works overnight to loosen toxins and waste in the gut and transport them out of the body. (We will have it in our store soon, so stay tuned!) This is a fantastic solution for detoxification, de-bloating, and relieving constipation. You can also do home enemas.

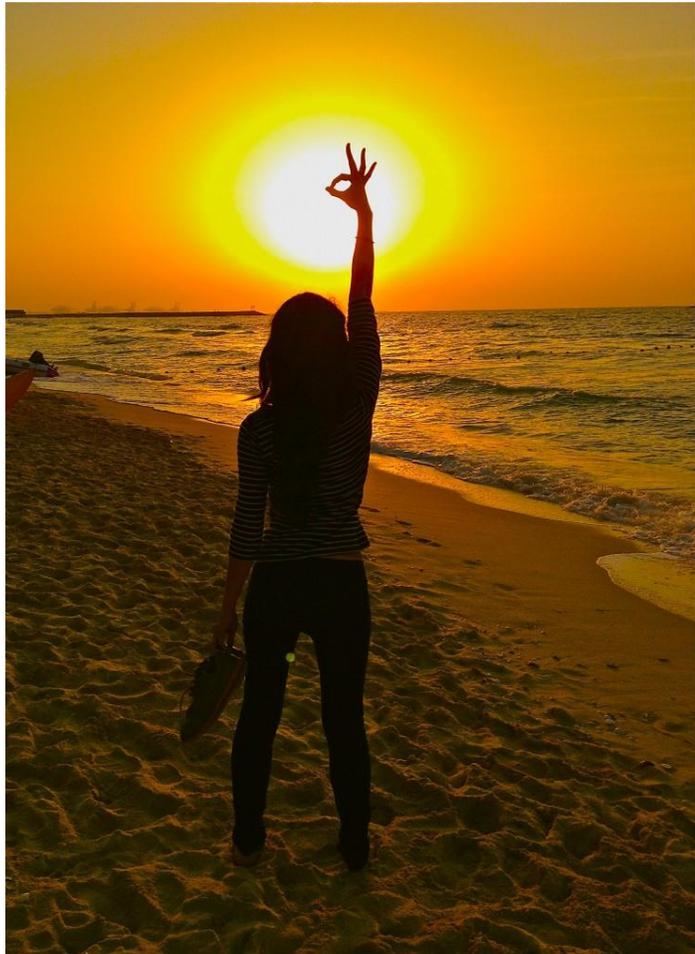
Once you begin to cleanse and replenish the beneficial bacteria, you don't want to undo your progress. It's important to keep your diet clean and healthy once you begin the detoxification process. Stick to as many fruits and veggies as possible (organic when you can), gluten-free grains, and plant-based fats (not too much!). What you don't want to do is follow up your cleansing efforts with dairy, gluten, refined sugars, artificial sweeteners, or any other artificial ingredients. Eat what Mother Nature gave us to continue to detox your body and keep your two brains connected and healthy.

Step 3: Find Your Source of "Spanda"

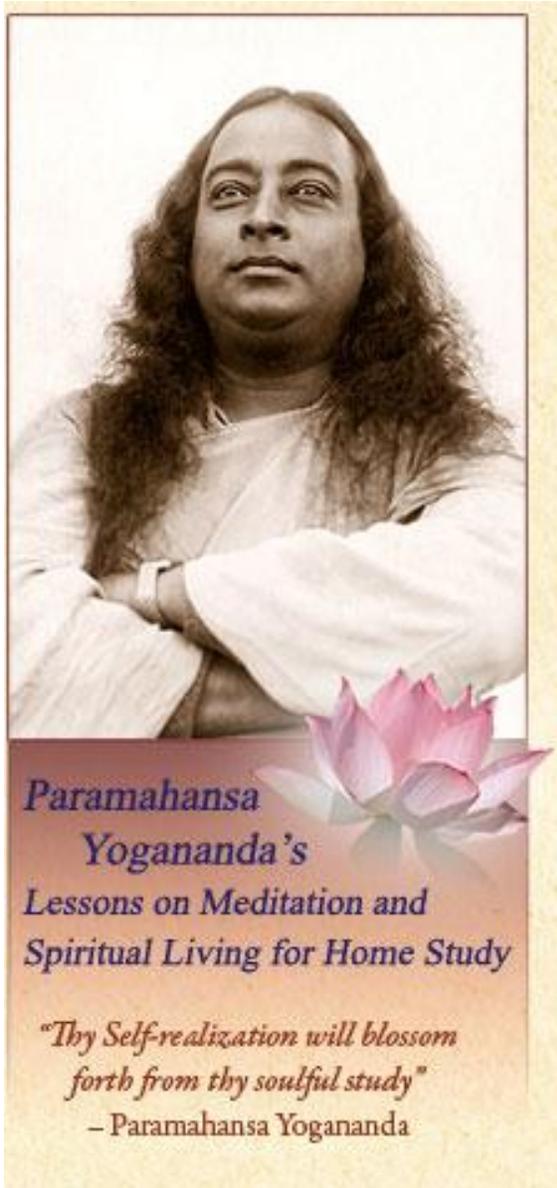
Spandaⁱⁱⁱ is the Sanskrit word for the creative pulse of the universe. It means "to move a little" and it's the creative part of you that taps into the source of all creativity. It's what makes you excited and overflowing with ideas, joy and inspiration. When you find yours, you may feel energized, like you've discovered your true purpose here on earth, and you'll feel like you can't wait to get started on whatever it is you're inspired to do.

Everyone is connected to the universe's energy, but sometimes it goes unnoticed under the surface when you're distracted and going through the motions of day to day life.

Finding and enjoying spanda is not all energy and constant inspiration. Instead of actively chasing or digging for it, you just have to slow down sometimes. This is one of the hardest things for most people to comprehend and follow through on, and instead they go buzzing through life wanting to get to the next thing, then the next thing, and the next...they never stop and take a minute to receive what the universe is trying to offer. Remember [my post](#) about riding through Africa and seeing the other travelers stop to take pictures only for a moment and then move on to the next photo opportunity without really "seeing"?



Often, it's necessary to have periods of reflection or even silence to align with your source/spanda and find what makes you feel most inspired. Have you ever figured out the solution to something that's been bugging you while in the shower or those moments right before falling asleep? Sometimes spanda works in a similar way. You



have to slow down, be still, be quiet, for it to come in and blossom into an inspiration and passion you can't ignore. It won't work like magic, though! Give yourself time and a routine, and find little pockets of quiet throughout the day to revel in.

If you aren't already meditating on a regular basis, make 2014 the year you begin your practice. As we've noted before on the blog, [this is a great place to learn](#).

Remember that it doesn't have to be an elaborate production. Spanda doesn't require candles, a special pillow, or a mantra (though you can use those things if they support you!). I personally use meditation and my [morning sauna routine](#) to pause, reflect and tap into the spanda that will help guide and inspire me throughout the day.

Just take a few minutes each morning—or even in the evening if that's the only time you'll be able to take the time—and sit with your eyes closed. Focus on your breathing for just two minutes at a time at first and work your way up from there. When you stop the incessant demands on your mind that come with this modern life, you create space for spanda and inspiration to swoop in and show you how to creatively, passionately, live your life with your own unique purpose.

Take some time in 2014 to reconnect with yourself. Sit still and find out who you've become since you entered the rat race however many years ago that was.

Step 4:
**Eat Lightly to Minimize Your
Body's Biggest "Energy Suck"**



One of the most overlooked keys to getting more done and achieving more of what you want is to maximize your energy. It's hard to do this if heavy meals or foods are weighing you down, as digestion takes up a HUGE amount of your body's energy.

That's why the Glowing Green Smoothie can be so valuable, and why eating more vegetables and less protein/fat can help you be more effective each day. Proteins and fats (even plant-based!) take a lot more energy to break down than greens, other veggies, and fruits, so they use up a lot of the energy you could be using during the day to mark things off of your to-do list.

I'm not saying you need to give up the proteins and fats in your diet at all—you need protein and fat (though maybe not as much as you think, especially where protein is concerned). Just be mindful about when you eat them and how you combine them.

Enjoy the heavier foods a little later in the day, after you've accomplished everything or almost everything you need to get done. That way, when your body requires a little extra energy for digestion of, say, some nuts and seeds, you won't have to worry about feeling a little less springy for the rest of the day.

Some tips for maximizing your digestion so your energy can be spent on other things:

- **Eat light to heavy throughout the day.** Start with fruits and greens, then add in other vegetables, maybe a few grains, and then add in your fats and proteins toward the end of the day. Try to eat dinner at 3-4 hours before bed so you don't go to bed feeling heavy either. These days, I try to eat dinner by 7 (try!) and go to bed by 11 (emphasizing the "try" here again!).
- **Minimize your consumption of animal proteins.** Only have one serving of animal protein per day at the most. These dense foods take *so much energy* to break down, and that energy could be used on other things.
- **Always start your day off with the [Glowing Green Smoothie](#),** which is packed full of vitamins and minerals but won't weigh you down first thing in the morning. It's made up of fruits and greens!
- **Consider following the principles of the [Glowing Lean System](#)** to get the most out of your diet and digestion. You'll lose weight, feel lighter, and have tons more energy for tackling the new year.
- **Eat raw and ideally cultured vegetables** (the Probiotic & Enzyme salad recipe I've shared in the books and blog) before every meal to give your body an enzyme boost that will assist in digestion. This can be in the form of a green salad or just a couple of celery sticks—it's up to you.
- **Always eat fruit alone or with greens** (except melon, which always needs to be eaten by itself), and make sure it's been at least a couple of hours since you last ate before you have more fruit. Fruit digests so quickly, it can get stuck behind other types of food that digest more slowly, causing gas and discomfort.



Remember to still make an effort to eat healthy foods even at social gatherings. Most of the holiday parties are behind us for now, but there will be birthdays, vacations, and other holidays and get-togethers with family and friends.

Prepare yourself ahead of time to make the best

choices (even if you have to sneak a few things into your purse to take with you or offer to bring a dish or two so you know there's something Beauty Detox-friendly available. Visualize yourself making good choices and you're more likely to follow through when

you're at the party. I have a lot of tips in the second Realize Yourself podcast, [“Eating at Parties and Festive Times”](#).

Step 5: Beware of This Daily Time Killer



Technology is amazing, but it's a double-edged sword. On one level, it helps us communicate, save time (just Google it!) and get things done that would have taken ages before the Internet. On the other hand, having the "Internet in your pocket" can also lead to hours of distraction, shorten your attention span, and bombard you with images/thoughts that may not support your highest goals or vision.

Do you take public transportation? Feed your mind with a book instead of mindlessly playing games or checking your email over and over on your phone. **Reading a book, knitting a scarf, or working on a special project of your own could strengthen your concentration skills and lengthen your attention span.** You may even find them much more relaxing and rejuvenating than keeping those thumbs busy on your cell phone screen.

If there's any other point in your day when you're stuck waiting around on something or someone—a doctor's appointment, getting your license renewed, waiting to be seated at a restaurant, sitting in your car or on a bench until your friend arrives...do something other than mindlessly entertain yourself with your phone. Plan out your next steps toward your current goal or plot the path to the achievement of a new one in a small notebook. Close your eyes and just breathe deeply to relax and focus. **Enjoy your solitude or use your time to complete something meaningful instead of seeking**

out a distraction at all times. You'll achieve so much more when you utilize those moments of the day that are so easy to throw away.

When you go out with friends, put your phone on your purse or somewhere else out of sight. Unless you have a good reason to leave the sound on (for example, if you left your kids with a babysitter and need to be available in case of emergency), turn it off. This isn't just a nice thing to do to show your friends you respect them and value your time together, but it also turns that "always connected to everything" feeling off and lets you live in the moment and fully recharge. Cell phones and the Internet aren't just time killers. Sometimes they're *quality time* killers because they distract you from the important things going on around you. You need that quality time with your friends for your happiness and health!

Though I often do write while sitting in my [home sauna](#), one thing I love about it is the fact that I can easily just relax and unwind inside it, feeling warm and not at all connected to the web or phone. Just as I would be at a spa. Of course, you can relax also from a bath or a walk in nature. It's key that you find out what works for you, whatever that may be.



Another tip: when you get home at night, turn your phone off or at least onto silent, and make a deal with yourself that you're only going to check it once an hour or before bed—whatever works for you. You may start with every hour and work your way up to only checking for messages an hour before you're planning to turn the lights out. If you don't need your computer for anything serious, shut it down once you're at home or at least set some rules for yourself. Again, you can get lost in having a world of information at your fingertips, whether it's on your desk or in your pocket.

Pay attention to what you're spending your free time on and even set timers until you're used to more limited cell phone or computer time. It's easy to lose hours on a website (who hasn't seen an afternoon evaporate, courtesy of Facebook or Pinterest!), but focus only on what is uplifting and inspiring to you and your goals. When you get really close to achieving your goal, this procrastination can get even worse, but I'll talk more about that in a minute.

I do love technology and everything it can do for us, but it can be addicting! Be aware of it and take steps to limit wasted time. When you really *do* need to know something, it is still nice to know that Google's right there waiting with all the answers, though!

Step 6: It's a Game of Inches



If you're like most people, you have a tendency to set a goal, think about that goal, and then not know the baby steps or what equates to progress. When this happens, it's easy to give up. But success in any area is much like meditation -- it's breath by breath, with constant vigilance and focus, always returning back to the most basic task that keeps you progressing.

As I mentioned earlier, it's important to take a few minutes before embarking on your journey to a healthier (or more successful, happier, etc) you to make a plan that details all the little steps it will take to get you to your desired finish line. If what you wanted were easy enough to change overnight, all at once, you would have already done it. It wouldn't be a resolution. Make changes gradually so they're more likely to stick.

Remember how important it is to slow down, take a minute, collect yourself and your thoughts, plan, and *then* move forward.

I know writing down (or at least thinking about) so many little details sounds tedious, or like it's sucking all the fun right out of your dream. It can actually be fun, though. With each little bullet point or jotted down half-sentence, you're one step closer to making your goal a reality. Having a clear path makes it easier to stick to your goal. If you were in an overgrown field that led to a beautiful garden somewhere, but you weren't sure how to reach it, you could take your chances by walking in the same direction for a



while, but there would be no guarantee that you'd ever get there. However, if stepping stones began to appear out of nowhere as you took each step, wouldn't it be delightful to know that you were able to hop from one to the next and ultimately wind up at that gorgeous spot you'd been dreaming of?

When you plan ahead, you mentally build a little stepping stone path to your destination. You don't have to think about three steps out or just hope that things work out due to a stroke of luck; you'll have planned, and you can check back in to see what's next each time you hop to a new stone.

Another tip is to enjoy the process.

Don't just focus so far into the future that you ignore your daily progress or the small changes you're making (as well as

their results!). Being present is so critical to success. Focus and enjoy each moment, instead of treating it as a means to an end. The whole journey is part of the fun! Each evening, take a minute to reflect back on what you accomplished that day. Celebrate these little successes, even if it's just quickly patting yourself on the back. It's the little things that keep us going.

If you slip up in your goal, remember that **the game of inches works both ways**. You probably only slid backwards an inch or two, so don't give up simply because of a minor misstep. It'd be pretty difficult to unravel all that you'd accomplished with one not-so-great decision or a moment of weakness. Keep going. Progress not perfection!

Step 7: Don't Quit During the Final 5%



There's an old Japanese proverb that says, *"When you have completed 95% of your journey, you are only halfway there."* With any significant goal or change, one of the most challenging parts is the final 5-10%. This has actually been researched and confirmed. As someone who has written two books, I can say that all the editing and refining that occurs during the last 5-10% is every bit as much work as the first 90% of creating the book -- and I believe it's the same with many big goals, whether health, financial, or anything else.

As you begin to cross over the top of the mountain, you may get distracted or feel unworthy, or experience a number of temporary barriers. Yet pushing through and getting things over the line yields so much progress and results, once you know this, you'll be able to recognize when it happens and keep going. Each time you accomplish a goal, the next one will seem less daunting.

One of the major reasons things feel harder during the last 10% or so is that you've been behaving in the same way for so long, it's easy to get bored with it or less mindful of what you're doing. Each day, write down your intentions—what do you want to achieve or overcome that day? Don't allow yourself to get distracted from your goals, and most of all, remember that **you are worthy of anything you want to achieve.**

Repeat that to yourself: **You ARE worthy**. Just keep pushing through the hard times to get to the top.

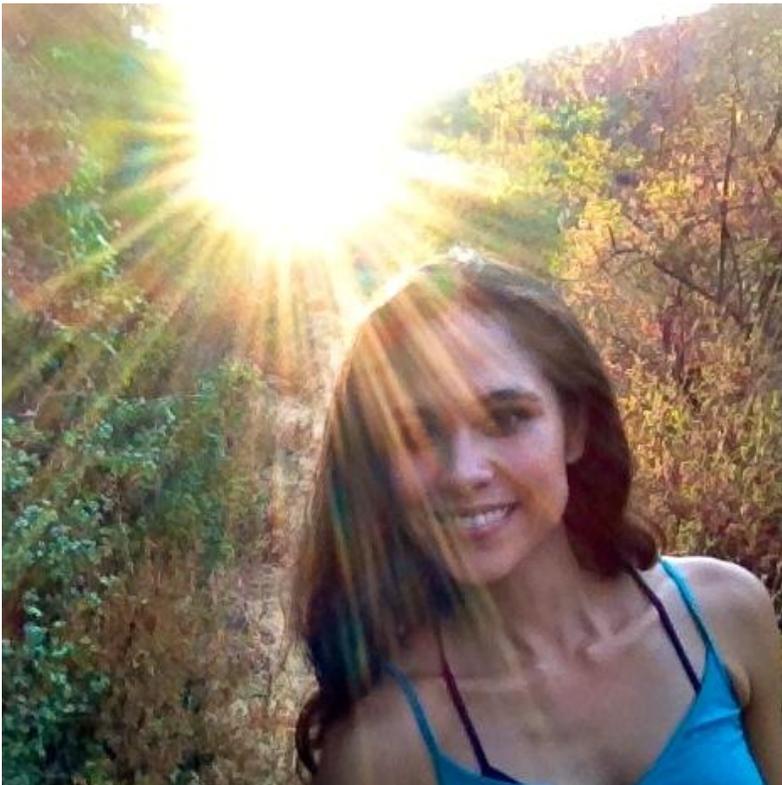
To get through the last 5-10%, try these tips:

- **Visualize yourself at the peak of success.** Imagine what it will feel like to finally, finally complete your goal. ***You're so close!***
- **Talk with your friends and family about your goals.** If you don't think they'll offer the level of understanding you need (they may support you but not fully "get" it, and that's okay. This is your journey, and they may not share it with you), try to find a group with similar goals. For healthy lifestyle changes, you can always hang out on the [Beauty Detox Facebook page](#).
- **Remember that notebook I told you to take notes** in with the goals, mini-goals, and reasons why you wanted to do each thing on the list? Open that back up and remind yourself of why you started and how hard you've worked.

Conclusion + Checklist

One of the big things to remember in 2014 is to **stay mindful about whatever it is you want to change**. It's okay if you can't be perfect (no one's perfect!), but don't allow yourself to become so distracted from your goal that you veer off course for weeks at a time. Take notes, inspire yourself daily, and give yourself a chance to soak in some quiet time and reconnect with yourself and the universe. Here's your 2014 checklist:

1. **Start keeping a journal.** This is where you can write down your goals, your plans for achieving them, and reflect upon all your successes each day. You can use the same journal to write down things you're grateful for and inspirational



messages for yourself. This journal will keep you on track and help you maintain a positive attitude when things get difficult.

2. **When you decide you want to do something, make a change, decide why.**

Make sure it's a goal you're setting for the right reasons.

3. **Take a probiotic daily.**

4. **Eat light to heavy throughout each day to maximize your energy.**

5. **Be prepared with a notebook, book, or something else to avoid wasting valuable time on**

your phone, tablet, or laptop.

6. **Make it a habit to put away your phone** when you're spending time with friends so you can truly connect with them without any distractions. Take a walk, read a book, or if you have a way you like to relax, [such as an infrared sauna](#) or warm bath—do that!
7. **Remember that changes are made in baby steps—inches.** Anyone can change something overnight for just a day, but the slow progress is what makes that change stick for good. Don't get discouraged when you can't give yourself a makeover all at once just because it's a fresh new year.
8. Most important: *Keep going.* No matter what. You're worth it, and you can conquer your goals, so don't give up, especially not when you're down to the last 5-10%!

Happy New Year!

Love,

Kimberly

ⁱ <http://www.statisticbrain.com/new-years-resolution-statistics/>

ⁱⁱ <http://www.scientificamerican.com/article.cfm?id=gut-second-brain>

ⁱⁱⁱ <http://www.spanda.org/origin.html>