



45 DAYS TO WELLNESS PLAN

INTRODUCTION - CHALLENGE

Sometimes in life we just have “had enough” of our current behaviors and want to start a new chapter. Or we want to “fast forward” changes we’ve already made. Many people also want to establish a new “norm” regarding their wellness; reset the bar, if you will.

This outlined program uses MLIQ and your Chiropractor’s guidance to give you specific activities and increase your commitment and follow through.

We highly recommend you complete this with a partner or even a group, which results in higher accountability, especially on those days when you just don’t feel like “doing it.” This will more likely produce RESULTS, which is what makes this different than a New Year’s Resolution.

We’ve divided the 45 days into 9 weeks of programs. Notice we only outlined 5 days of activities each week. Take the other two days each week to rest and celebrate your accomplishments. This doesn’t mean slip and go back to old behaviors, it just means don’t worry about adding anything new. And about slipping-up from time to time... acknowledge the “slip-up,” get back on schedule, but don’t beat yourself up.

You will also notice some empty slots further on into the program. These are intentional, because when you initiate a new behavior like exercise the idea is that you continue forward so the behaviors build over the nine weeks. Eventually, the activities will become a part of your new lifestyle and now you’ll be headed toward an outrageously vibrant life.

Getting to wellness may take work, but having a positive attitude, being happy and proud are part of the process.

As the Dalia Lama said, “Live your life with integrity and you’ll get to enjoy it twice; once, while you’re experiencing it and again, when you get to the end and look back”.

LET'S GET STARTED

WEEK ONE - GET ORGANIZED

DAY 1 | Open up your MLIQ app and take the first 3 assessments (Research, Vital Health and Goals). If this is the first time you have entered MLIQ, be sure to listen to the INTRODUCTION to the App and the Vital Health section.

Make a list of your short-term (45 day) goals and long term (1 year goals). Be specific and share these with your doctor on your next visit

DAY 2 | Find an “accountability partner” to do the program with you, if possible.

DAY 3 | Take the NeuroScore assessment and get your weekly behavior’s program running. Remember, listen to the introductions before you jump into the activities; we promise, it will help you get more out of the app/process.

DAY 4 | If you have a wearable that records biometrics, make sure that you record them in the App.

DAY 5 | Order any products you may need for the next 8 weeks, such as - a cleanse program (get a recommendation from your Chiropractor), light weights less than 15lbs or less than 30 lbs and talk to your Chiropractor to determine if you should be taking supplements.

WEEK TWO - NOURISH

DAY 6 | Take the Nourish assessment and review all the programs.

DAY 7 | Start the 8 week program on the 4 Core Eating Habits. If you are doing some of these already then skip them, otherwise devote 2 weeks to ingraining each of the 4 Habits.

Develop a menu for the next week (three meals a day) and a detailed shopping list. When you get to the grocery store, STICK TO THE LIST.

DAY 8 | Set time aside to cook each day. If you're eating out, review the 'Dining Out' video found in the Nourish Domain (under the Lifestyle Menu program). While you're there, look over all the topics in this program and watch the videos that apply like, Food Addiction, Meal Timing, Alcohol or Intermittent fasting, etc. All these topics have short videos and are good education, advice and reminders.

DAY 9 | Make a list/commitment to get rid of 1 "bad" food item each week and add 2 good items each week for the next 7 weeks. (example: eliminate eating cereal out of a box and add two green vegetables to your diet.) Make a list for the remaining 7 weeks and share it.

DAY 10 | Clean House - Go through and get rid of all your non-organic cleaning chemicals and make a trip to the store and replace them with non-toxic cleaners.

WEEK THREE - FLOURISH

DAY 11 | Take the FLOURISH assessment and review the programs in this MLIQ Domain.

DAY 12 | Watch the Introduction to 21 DAYS TO A POSITIVE LIFE and start with 'Gratitude'.

DAY 13 | Review the HAPPINESS APPLIED menu and watch any of the short videos that stimulate your imagination.

DAY 14 | FLOURISH-Do each of the Basic (5 mins. each) 4 CORE SKILLS OF HAPPINESS.

DAY 15 | FLOURISH-Select one of the 4 CORE SKILLS OF HAPPINESS (ie. Integrity or Resilience) and do the Advanced program

WEEK FOUR - CLEANSE

DAY 16 | Your cleanse should have arrived. Read the manual and let's start the 10 day cleanse program.

DAY 17 | Stay focused on the cleanse and continuing the programs started during the first 15 days of the 45 DAYS TO WELLNESS PROGRAM for the rest of the week.

DAY 18 | NOURISH-Review the ON YOUR RADAR program and begin to schedule these activities for implementation over the next year.

DAY 19

DAY 20

WEEK FIVE - BRAIN HEALTH

DAY 21 | Take the Brain Health assessment, get a score and select the appropriate Basic, Intermediate or Advanced level.

DAY 22 | BRAIN HEALTH-Begin the Brain Health routine based on your score and do the routine 2x per day (morning and evening).

DAY 23 | BRAIN HEALTH-continue for the rest of the week while completing your 10 day Cleanse along with the other behaviors and activities from the first 20 days.

DAY 24

DAY 25

WEEK SIX - MOVEMENT

DAY 26 | Take the MOVEMENT assessment and use the score to place yourself in the Basic, Intermediate or Advanced courses. We suggest that you do the Yoga routine each morning, but you do have the choice to do the Gym routine.

DAY 27 | Continue on with all the activities you've initiated in the first 25 days.

DAY 28

DAY 29

DAY 30

WEEK SEVEN - MEDITATION AND MINDFULNESS

DAY 31 | FLOURISH-Watch the short videos on BREATHING and WALKING in the LIFE STYLE MENU.

DAY 32 | FLOURISH-Watch the MEDITATION video under the 21 DAYS TO A POSITIVE LIFE and include this for the next 21 days.

DAY 33 | FLOURISH-Watch the short video ABUNDANCE under the LIFESTYLE MENU program.

DAY 34 | FLOURISH-Watch the short video SOCIAL AND MENTAL ENGAGEMENT under the LIFESTYLE MENU.

DAY 35

WEEK EIGHT - SLEEP

DAY 36 | NOURISH...Begin the 6 week SLEEP program located in the ADVANCED section of NOURISH

DAY 37

Continue with all the programs you've initiated in the first 35 days.

DAY 38

DAY 39

DAY 40

WEEK NINE - WEIGHT, FOOD ADDICTION AND RESILIENCE

DAY 41 | NOURISH-Now that you've cleaned up the basics, it's time to establish your long-term weight goals. If weight is an issue, follow the Advanced Weight Loss program.

DAY 42

DAY 43 | Retake the assessments in all 5 DOMAINS and measure them against your original scores to see your progression.

DAY 44 | FLOURISH-Schedule a time to do the 45 minute RESILIENCE program in the 4 CORE SKILLS OF HAPPINESS.

DAY 45 | FLOURISH-Watch the ACTS OF KINDNESS video under the 21 DAYS TO A POSITIVE LIFE and include this for the next 21 days.

CONGRATULATIONS!

You've just completed a "boot camp" on building a vibrant wellness lifestyle...the MLIQ Lifestyle. Now you need to keep going and continue with all the programs you've initiated over the first 45 days.

These are no longer new activities, they are the new you and as you keep them going, you are giving yourself a real chance at prevention and a vibrant future. Most people will experience less money spent on drugs and their dangerous side effects. Less need for hospital expenses, except in emergencies.

The real benefit is a clearer brain, more active responsive body, passion and purpose, a greater ability at the skill of emotional and social well-being, a cleaner less toxic body and so much more.

This is the doorway to your "best you" and your "best life." Continue seeing your Chiropractor and don't slow down. Keep working on other aspects of the MLIQ app. Stay connected to the community and both give and receive support. Give, serve, love and do out of a sense of abundance and gratitude. Live with integrity and as the Dahli Lama wrote, "you will get to enjoy your life"
