



**NOW**

**KENZIE**

**BURKE**



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THE GUIDE FOR MIND, BODY, LIFE  
BY KENZIE BURKE





01/05

**MIND,**  
*Read Now*



02/05

**BODY,**  
*Read Now*





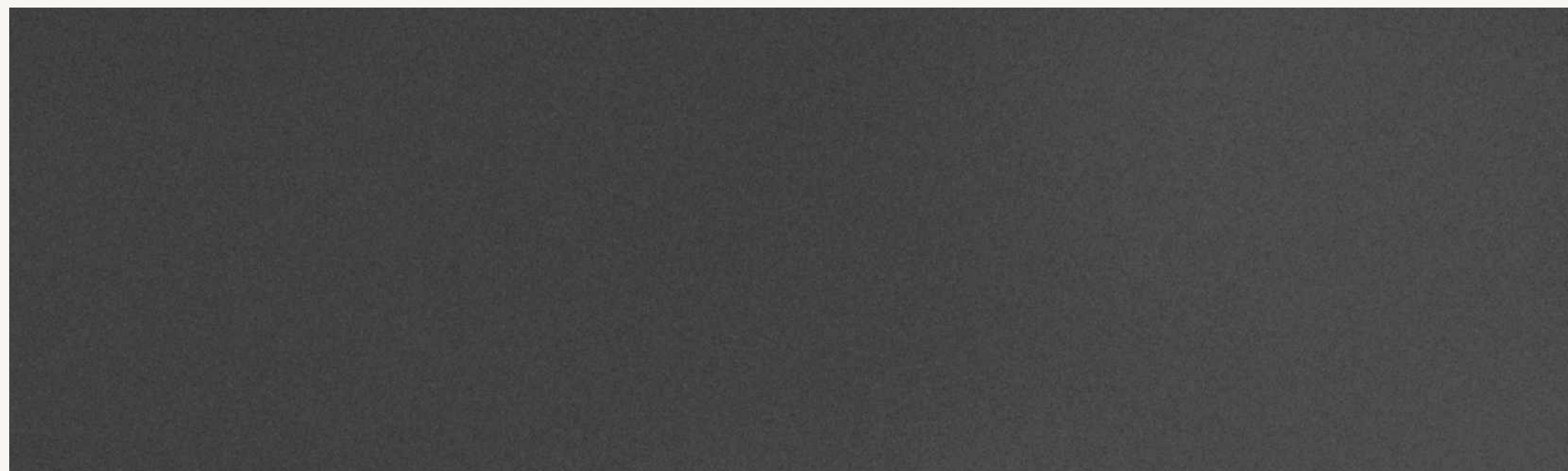
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**SOUL,**  
*Read Now*



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**LOVE,**  
*Read Now*







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**WEALTH,**  
*Read Now*



## INTRO

Hi! & welcome to my new guide, *Now: Mind, Body, Life*— the place where I'll share my most prized possessions and personalized secrets for how I have built my life and evolved into who I am today. Whether you are a first-time reader of my work, or you are returning from years ago, I feel very blessed to have you here with me.

You may remember my message and even my books from back in the day. I created several programs that had the power to change the lives of so many. All of the information was rooted primarily in food, various methods and ways of eating, creating recipes, and learning habits for your optimal lifestyle.

I had three programs (*e-books*) that turned into hard copy books, and those turned into a wellness app with daily recipes that were simple, plant-based, and followed a METHOD called *Food Combining*. Even now, I am asked daily if these programs are still available, and if people can still buy them.

Those programs are no longer available, and I took them down two years ago for no great reason other than I did not want to be the face of that movement anymore. Specifically, I wanted to be something other than the girl who was constantly sharing methods



for eating or food content. My reasoning had nothing to do with the actual methods but more so with the mindset of what I wanted to do day in and day out with my life. I felt like I needed a change, and I wanted to showcase other parts of myself to the world such as who I wanted to become, the boxes that I wanted to step outside of, and what I wanted to achieve.

Life is a journey, and navigating what you want to do for the rest of it is such a transformative path to walk down. It was not easy cutting myself off from a career that was making me money, that I had become known for, and that I had spent so much time building. I had to face my own meaning of 'self-worth' and learn to love myself for who I was and not what I was doing. I had to realize that I was not defined by what I had created, but instead who I wanted to be. With the space of separating myself from distractions, I was given a new lens in which to see where I had created imbalances in my life.

I faced them. Head on.

Throughout my life, my career, and the journey of the last two years, this is exactly what I've always done. What has NEVER changed is my thirst to evolve, experience new chapters, operate at my highest ability, achieve goals, FEEL abundant in my body, and embody an original, tailored, and high-level lifestyle. In fact, the drive I have today is a force to reckon with. I am constantly seeking, applying, and deepening my habits. This is who I am at my core. NOW, I feel that I have arrived and am inhabiting a profound balance within myself. Body, Mind, Soul, Love & Wealth. I admire myself for being brave and allowing my path to change in order to seek, experience (*dark and light times*), and find modalities that have allowed me to arrive at this very place of



balance, peace, and determination. I acknowledge that I do live a very profound lifestyle. It is unique and bold, and I have earned a wealth of knowledge in this area.

For every email, Instagram message, or ping I receive asking for the old programs & books, I have felt a calling to share my methods 'NOW' in one book (*the one you are currently reading*) from this more balanced and evolved place.

At the same time, I also recognize that I withheld some very epic methods... NOW, I'll share.

From a place of BALANCE...

This is NOW.





MIND



# MIND



'You have to change your mind before you change the way you live and move.'

The mind is a powerful place. We can, quite literally, create anything with our minds: the good and the not-so-good. I can say with confidence that a strong mind is capable of anything. I have worked (and work every day) on creating a VERY strong mind— one that pushes through my own limited ceilings and allows everything to be possible. This is a mind focused on creating what I DO want, the thoughts I WANT to believe, and one that looks to the future instead of repeating the past. Often, we have to overcome our own minds in order to overcome ourselves.

It takes discipline to train our minds to be positive, trusting and sharp. I feel most of the 'work' I have done (and continue to do) on myself is dedicated to training my mind to work WITH and FOR me instead of against me.



The methods outlined in this section of this book make a tremendous difference in the strength of my mind, the discipline it takes to keep a strong head on my shoulders, and the ways in which I ultimately push and challenge myself to move forward each and every day. If you integrate these methods into your own life, you will have the power to do the same!



METHOD NO. 01

## *Routines And Habits*

ANY and every high-achieving human has solid habits and routines. Every book or podcast I have listened to about a successful and inspiring individual who has achieved great things mentions their practices, habits and routines. It's essential, especially if you want to be ever-evolving and growing... which you are. You are reading this right now. You are seeking. You are finding. And it's incredible.

Routines and habits are foundational. They set the premise for how you can show up for yourself. It takes dedication and discipline to actually show up to your daily routines, and the action of doing this day in and day out builds self-confidence and endurance. Plus, when you start integrating the proper habits, they will work WITH you and help push you to even further grow and evolve. I have baseline routines and

habits that I do every day, which are non-negotiable. Sure, I resist them sometimes. I don't always WANT to do them... but I do them anyway. I understand that pushing myself to do these things is a habit that I want to maintain. In addition to my baseline routines, I often like to add new ones into the mix when I need an uplevel, new challenge, or change.

The morning is the most important time to uphold a routine. That first hour of your day sets the tone for the rest of it. Beyond the morning, daily movement, strong eating habits, good work/life flow, and balance are all routine. We are creatures of habit by nature, which is why it is essential to ensure the habits you have in place will SUPPORT you in your own evolution, rather than keep you complacent or not serve you in the best of ways.

Nearly every method in this book can become a part of your routine/daily habits. EVERY



method you will read here IS a habit, routine, and a major part of my personal everyday life.

Looking for inspo? Below I have bullet-pointed MY current morning routine. Take what you like from it— this is simply a visual representation to help you create your own list.

*\*Note: Everything I refer to here has its original method number next to it in case you need to locate the method it stems from to gather more information and/or utilize the links to apply.*

6:15–6:45AM: Wake, wash face, drink water.

7:00 AM: I put my red light mask on my face (No. 16), sit on my dedicated meditation cushion, put headphones on, and do an 11-minute Wim Hof Breathwork session (No. 12). After the session of breathing, I will take a moment to close my eyes and pray. I pray to God, and for me, that means praying to something greater than me.

Instead of carrying everything on my shoulders, I like to hand it to a greater force with the trust that this greater force has my back and has a plan for me. This gives me the freedom to let life unfold with certainty and to know that all will be as it should be.

7:20 AM: Dry brush my body, cold shower (No. 12), ice roll my face (No. 16).

7:35 AM: Hair, skin, makeup/face, get dressed. I usually get straight into activewear, as most days I work out in the morning. However, if my workout is in the evening, I will go straight into my daily outfit. I listen to a podcast or Audible book on personal development, business growth, or something that inspires me and expands me during this time. I keep this audio on from now all the way through making my breakfast.

8:00 AM: Make breakfast & coffee (No. 13).



8:10 AM: Eat breakfast, and drink coffee while checking in online. I look over my work emails, respond to anything pressing, and do a round of social media postings, repostings, and responses for my businesses.

9:00 AM: About four days a week, I go to my Pilates class (No. 14). If I am not going then (*& doing movement later in the day*), I continue to work from breakfast onward.

10:00 AM: My work day officially starts and goes until the mid-to-late evening.

## METHOD NO. 02

### *Boundaries*

I know. Boundaries... shocker! How many quotes have you read about setting boundaries? How many podcasts have you heard where people speak on the importance of healthy boundaries? I am going to cut to the chase here. You must be mindful of who you share your

energy with. I observe SO many people living for others to the point where it makes them unwell, and they are not even conscious of how unhealthy it has become to their own well-being.

I hope I don't come off as cold-hearted by saying this (*and most don't know this about me, but I am a DEEPLY sensitive and caring person*). However, putting myself first and cutting energetic cords with anything that does not make me FEEL good IS how I can live a high-level, ever-evolving, and abundant life.

I have always been one to not 'hold onto' people and to 'set boundaries' when needed, but I used to always try to find a reason to validate myself. If there was no known reason, I would make one. This was all so I could explain to MYSELF (*and others*) why I had to take a step back or couldn't be as engaged. The list goes on. I have begun to live based on my







FEELINGS—even if it doesn't 'physically' make sense. This means I have set strong, energetic boundaries with certain family members, taken a step back in particular friendships, and leave work relationships that feel heavy without making a story around it, pointing fingers, or trying to explain myself.

I listen to my gut and heart while leading with kindness, but not feeling the need to explain myself. I know that the space I am setting between myself and another FEELS right. Each time I watch myself do this, my life catapults to a higher, more profound level.

I say all of this with ZERO bad blood inside of my body. Although true, I wish it were more 'normalized' to outgrow and move on from relationships when necessary. It doesn't mean that someone is 'bad' or that you did this, or she did that. Sometimes, you simply outgrow people. Connections can come

in and out, and they can serve a season of your life but not serve the rest of it. It's ok if the season with that person ends, or if it's no longer in line with where you are going. It's normal to outgrow people and places.

Remove the pressure you place on yourself to actually hold onto people, places, and situations that don't make you feel good. Instead, be kind and loving but firm about your boundaries when something doesn't feel right anymore. Then you can watch your growth SPROUT straight up into the sky.

METHOD NO. 03

### *Overcome Resistance*

Resistance is something that every person experiences. I don't know why this happens, but by default, we resist taking action towards the things that make us feel good. Productivity, starting new projects, all that we want most out of life... the list



goes on. This can be as simple as waking up and immediately thinking of why you shouldn't meditate, or it can be as extreme as never starting the book you want to write. It's odd how we have the power to resist things we want, and I know I am not the only one who experiences this. There is this \*moment\* right before taking action toward furthering various areas of life, work, or routines in which my mind tries to tell me not to do it. Instead, I'm telling myself to stay where I am, in a place that's comfortable, in a place that's of the past. This feeling always exudes low energy and makes me feel out of balance with myself.

The key here is to NOT listen to the resistance, but at the same time, be able to know that the resistance is there. It's good to be aware and even allow that to drive you forward. But do not let it drag you down and do not feel the need to respond to it. We would never get very far if we responded to our resistance

and let it overcome our every move.

If you find yourself feeling constant resistance, it's time for a breakthrough! I highly recommend reading the book 'The War Of Art' (*click that link*) by Steven Pressfield. This is a great book to keep in your space, and whenever you feel the resistance arising, open it and simply read one page.

Overcoming resistance is the same as overcoming **OURSELVES**.

I always FEEL amazing when I push through that moment of resistance and take action instead of numbing, ignoring, scrolling online, or succumbing to that sinking feeling of disappointment and discomfort within me.

We have a choice at every moment of every day. That choice is to put one foot in front of the other and make thoughtful decisions that push



us further along the path of what we want to become. The alternative is to stay complacent, and remain smaller versions of ourselves. It's you vs. you... but the brilliance is that YOU have a choice. Only YOU can overcome yourself at any given moment.

METHOD NO. 04

### *It's Okay To Not Be Okay*

So often, we are trying to \*push\* to reach a place where everything we have always wanted is present and perfect. Here's the thing. None of us will ever arrive at that destination, because this place does not exist. As long as we're alive, we will always have to go through temporary pain, relationship hardships, emotions, financial struggles and more. This is all part of life. However true, there's good news. If you can survive the temporary pain, you will soon meet another version of yourself.

I have started to LIVE fully, and I strive to LIVE an abundant life every single day... even if everything doesn't feel completely 'ok' at all times. What has helped me the most is the act of simply allowing myself BE there for the parts of myself that don't feel okay. I realized that my life does not have to stop whenever I feel knocked down. It's okay for things to be hard and for you to still show up for yourself. This act in itself can be empowering, because you're the one creating the next step, finding happiness in where you are, and being fully present.

Here is what I tell myself during these difficult times:

*"It may be hard, but I am okay. I have so much to be grateful for. Everything happens for a reason. The parts of myself that are not okay right now will play a role in what I am evolving into next, so I can feel this discomfort and pain while continuing to show up and create my life."*







## METHOD NO. 05

### *Listen To Fatigue*

Ever feel low vibes and completely 'exhausted' with zero explanation as to why? You're eating well and exercising, and nothing out of the ordinary has happened to you. Have you considered that maybe you've been hit with a lack of lust for life?

I have found waves of this exhaustion pour over me when something is OFF. We sometimes ignore these signals and try to push through them. However, this type of exhaustion can be THE tool you can use to tap into your intuition. It can come in many forms— a que to address, cut ties, or modify an area (*or areas*) of your life where you are doing something that is not aligned with you.

I have gotten very in tune with this type of fatigue, and I have curated a lifestyle where it does not arise as it used to. I give

credit to myself for listening to these signals and making adjustments immediately. We speak about the compound effect quite a bit in this book, and listening to this signal repeatedly while also taking action to adjust it has compounded into a lifestyle where I feel energized by my own life. I have let go (*and continue to let go*) of anything that feels heavy and weighs me down.

No explanation is needed. If it makes you feel depleted, something is off and needs to be corrected. AKA— something needs to go.

## METHOD NO. 06

### *Become Your Future Self*

Have you heard of Dr Joe Dispenza? (*click that link*) He is an extraordinary human who has a wealth of knowledge when it comes to evolving into the best version of yourself. I highly recommend checking out his



work and doing a deep dive search on Apple Podcasts or on Spotify to listen to every episode that he has been featured on. I listen to him often, and I always come away with new knowledge, meaning, and understanding. He is also a great person to search for on YouTube, as he has many videos available that provide depth and understanding. Check him out!

Last year, I committed to doing a Dr Joe Dispenza meditation (*one where you visualize, feel, and embody your future self*) every morning for six months straight without skipping ONE single day. This played a key role in bringing one of my new businesses to life, which is called BRÛLÉ. We all have our own limited ceilings, fears, and doubts. Even if we don't realize it sometimes, we have the power to subconsciously limit and trap ourselves within that space. In order to evolve fully, I had to recognize those places where I was getting "stuck" and move through my own blocks

in order to believe that I could create that business. And along with that new business, a completely new lifestyle.

I love using meditation as a tool to empower myself in whatever areas of life I am needing it the most. This method can give you such strength and help to calm the mind, body, and spirit. While creating BRÛLÉ, I knew that I would have to teach myself to believe that I COULD make a new reality. I then had to harness that belief and take it on as my truth... and I did. Whatever it is that you want to do, know that the power you need to do it already exists within you.

These meditations are life-giving and strengthening—you can use them to regenerate yourself and become new. Many people use them to heal chronic illness, create new financial outcomes or goals, embody and receive love, or start a business. The opportunity here is endless. It's best if you are able



to wholeheartedly commit to doing them on the regular, as meditating in this way has a compounding effect that works better over time.

Here (*click that link*) is a link to the meditation that I did (*and still do*). I love the morning version for starting the day right, and I will often do the evening meditation before bed to relax my mind and prepare for rest.

METHOD NO. 07

### *Blinders On*

This one is pretty straightforward: stay in your lane. Keep YOUR blinders on. Don't watch others, compare yourself to others, or worry about what people think of you. The list goes on and on! You KNOW what I am talking about. Put your head down and tap into YOURSELF, your life, and work on YOU.

The less you watch what other people are doing, the more

authentic you will be. I know this is not easy in today's world, with all the social media that we're surrounded by and outside pressure. However, learn to cultivate some self-control and mute any accounts that cause you to spend precious time and energy on comparing yourself and your life to others. For every minute that you spend watching what other people are doing, or what they may be thinking of you, instead recognize that you could be using that time to push yourself forward towards your goals and dreams. Time is a resource that we cannot get back... once it's gone, it's gone forever! Don't waste your hours comparing yourself, instead of harnessing your inner power.

Your life isn't yours if you always care what others think.

PS: I'm not trying to burst your bubble here, but no one is actually watching you. No one cares what you are doing in the way that you may think they do.



I literally changed my career and my entire image four times publicly, all while moving around to various states five different times in one year. I felt like everyone in the world thought I was confused, chaotic, and completely all over the place. This anxiety was making me SO self conscious and affecting me tremendously. Although true, the moment I found clarity and dug my heels into what I was doing and where I was going, the more I realized that no one even noticed what I was doing or what changes I was making. It was a massive waste of time and energy to worry about what others were thinking, and I promise you that I would have found clarity a hell of a lot faster if I didn't spend my time worrying about what other people 'may' or 'may not' have been thinking about me.

METHOD NO. 08

*Be The 1%*

Have you ever heard of being

the '1%'? This is the type of person who achieves the extraordinary—the person who makes it all the way to the top. No matter what the deck of cards may be throwing, this person stays in it to win it. Of course he or she also has doubts and fears just like you and I do, but this is a person who has strength and clarity of mind, so they don't listen to the noise. Instead, they just decide to do it anyway, despite the fear.

Here are a few things that make up that specific secret sauce, further allowing these people to be in the 1% (*IMO*):

- WHEN IT GETS HARD AND OTHERS QUIT, YOU PUSH THROUGH.
- IF YOU GET KNOCKED DOWN, YOU ALWAYS GET BACK UP.
- YOU USE YOUR HARDSHIPS AS FUEL TO CATAPULT YOURSELF FURTHER.
- YOU'RE ALWAYS HONEST WITH YOURSELF, AND YOU UNDERSTAND THAT YOU'RE NOT PERFECT. YOU ALLOW YOURSELF TO ADMIT IT WHEN YOU FUCK UP.
- YOU NEVER PLAY THE VICTIM.



– IF YOU SAY YOU WILL DO IT, YOU ALWAYS DO IT.

– YOU ALIGN YOUR ACTIONS WITH YOUR WORDS. IF YOU CAN'T DO THIS, YOU STAY QUIET.

– A LEADER TAKES THE HIGH ROAD. IF YOU CAN'T PUT YOUR EGO ASIDE, THAT'S OK. BUT, YOU DON'T TRY TO HOLD A POSITION YOU CAN'T FULFILL.

– YOU STOP WATCHING TV AND LISTEN TO A PODCAST OR PICK UP A BOOK THAT TEACHES YOU SOMETHING YOU DON'T YET KNOW (I CAN'T REMEMBER THE LAST TIME I HAD THE TV ON JUST TO PASS THE TIME).

– IF YOU GET A NO, YOU KEEP INNOVATING UNTIL THE NO TURNS INTO A YES. (IN MY BOOK, NO ALWAYS MEANS YES).

METHOD NO. 09

## *Deadlines Are Healthy & Necessary*

If you say you are going to do it, you actually do it. First of all, it is good to be kind and soft with yourself. Honor your body. Rest your mind. Take care of your needs and well being.

However, if you don't set goals and deadlines, how do you

expect anything to get done? I am sure you know what it is like to be in school or to be working for someone. You have projects that are 'due' on specific dates, so you have to ensure that you're able to get them done successfully.

While you're working to create YOUR life, you need to take full accountability for the life that you create. It's YOU vs. YOU. No one will hold you accountable in the same way that you can do for yourself. Set deadlines, and push yourself to reach your goals, whatever they may be, by that specified deadline.

Rain or shine, NOTHING will boost your confidence more than following through on what you say you will do. This builds trust within yourself and allows you to feel empowered because you're able to achieve what you've set out to do.







METHOD NO. 10

## *Surround Yourself With The Right People*

Have you ever heard the saying: You are the sum of who you surround yourself with? Well, it's true. Think about it this way.

The people that you spend significant amounts of time with SHOULD bring something to the table when it comes to your life. In return, you should do the same for them. Guess what? You get to choose your friends and your life partner.

Look for people who do these things:

*Have passion. Respect you. Value you. Energize you. Add value to your life. Inspire you. Are there for you. Make you laugh. Hold you when you cry. Inspire you to reach higher. Value honesty. Respect your time. Practice kindness. Have dreams and ambitions. Support you to follow your own dreams.*

What you look for in another person is what you should also be able to give them in return. Stay close to the people who make YOU want to embody these qualities.

What is present in your life today will grow into tomorrow, which turns into the next month, year, decade. Don't fall into the quicksand— instead, take ownership of your life. If you are someone who thinks the small things don't matter and that you can get away with allowing the wrong people in your circle, I suggest that you take some time to reflect. Everything matters, and it's important to recognize that you are affected by the people you choose to let into your life.

Surround yourself with the right people.



METHOD NO. 11

## *Choose Your Fighter*

This method has recently changed my life the most. I truly mean it when I say that it has changed my life. Everyone's path is different, and I understand that some may relate to my story more than others. However, evolving and moving forward is something that we've all experienced in one way or another. It's important to apply some of these methods into your life so that you can do so in the best way.

I have been very independent for most of my life. I have also been financially responsible for myself from the age of 12. I left 'home' at 18, and I then took on MANY more responsibilities. From a young age, I have always felt the weight of the world on my shoulders. My life has had a very serious and intense undercurrent that I didn't always comprehend. I often felt like I was the only person who

could 'support' me, be honest with me, and understand me. There were so many times when this burden felt very heavy to carry alone.

I repeated this cycle within my business endeavors, too. I am a hardworking person with big dreams and goals, but **EVERYTHING** I was doing felt so **HEAVY**. I knew there had to be a way to attain more joy and lightness. Of course, I always knew there was power in partnership, but it was a foreign concept to me until very recently. And, now that I have experienced and understand it on a deeper level...wow! That's all I can say.

I have had to teach myself how to feel comfortable with 'receiving' and **SHARING**. In turn, I have unlocked this newfound level of life by partnering in business with my best friend. Before this, I was very closed off to any sort of business partnership, and I thought that I needed to do it all



on my own. It was almost as if I had to prove something to myself. Even though I was doing the work, I was so miserable! Now that I have opened myself up in this way, my world has completely changed. My relationships have deepened— even my relationship with MYSELF feels lighter. I no longer feel so weighed down or trapped.

Another great aspect of this change is that my relationship with my best friend is SOLID. She holds me when I cry. She laughs when I laugh. She's there for me no matter what time I call, and I do the same for her. At any given moment, I would drop everything for her. She's my fighter. I chose her. I have her support and give her mine. If something goes wrong, I can OPEN up, lean on her, and not carry it all alone. Because of this, my business(s) are taking off like never before. I actually feel excited to wake up and 'work' each day, and I am thrilled to see what else begins to keep

opening up in my life.

Obviously, I am speaking about 'one' relationship and giving an example through the lens of a best friend and business partner. I don't want to get TOO personal, but what I do want to drive home is to CHOOSE YOUR FIGHTER. Make sure you have the one that you can RIDE out life with. One that will fight for YOU, and you'll fight for THEM.

By reading this book, you can tell I work on myself daily. Our results are a compound effect of the things we do daily. Because of my dedication to growing and harnessing the willpower to meet myself, I have arrived at a place where I am now able to do it fully. When you can meet yourself, you'll see that who can meet you in return will change in the very best of ways.

If you don't have this person in your life yet, don't worry! Go through all of the pillars in this book, and start working on them



in a big way. As you make changes, you'll start opening yourself up to higher possibilities. Your fighter will meet you there, when and only when you can meet yourself.

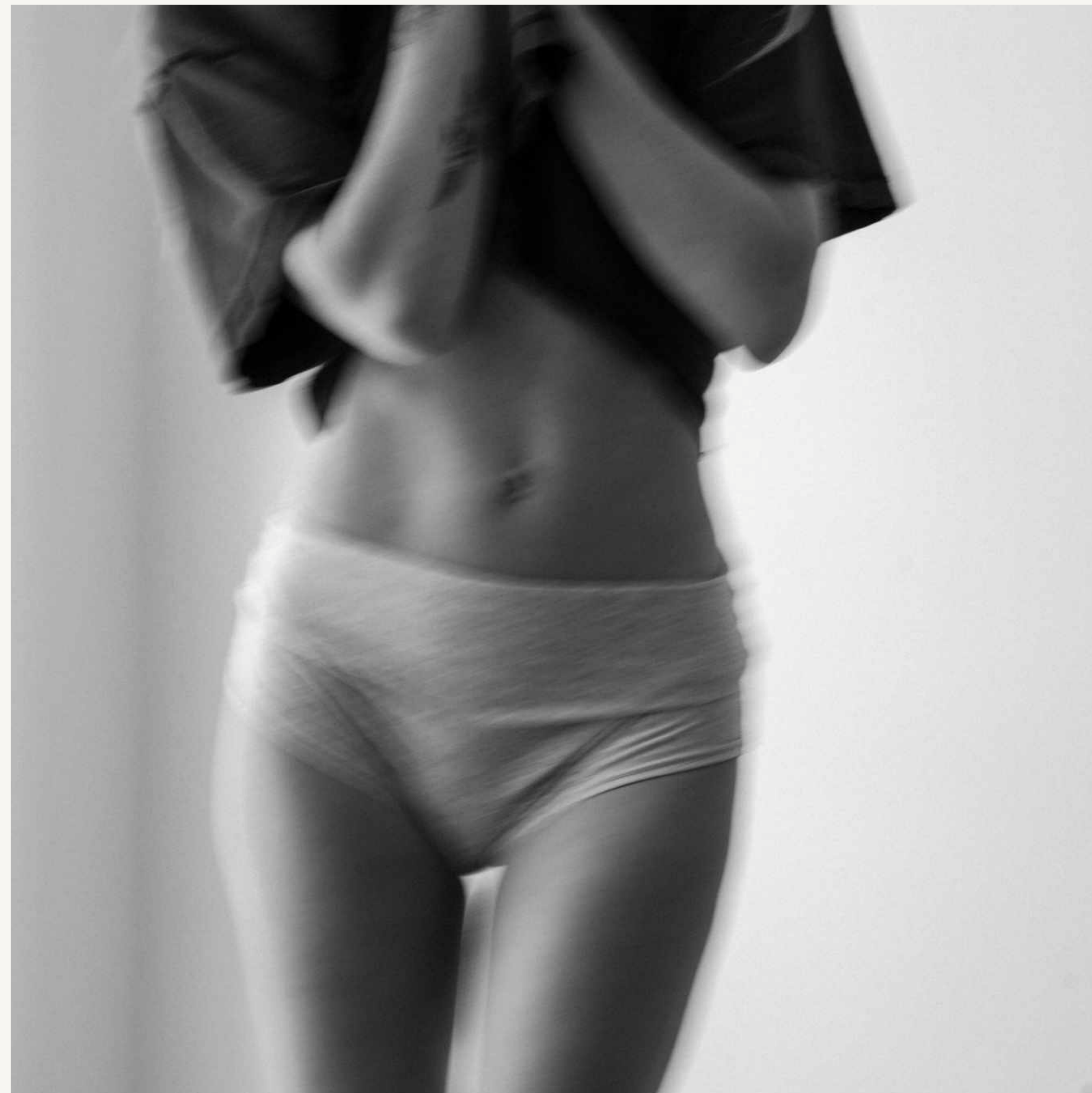




**BODY**



# BODY



The BOD. Okay, here is the thing... the body matters. It's a top priority. Your body is your home. I care about my body immensely. I care how I feel IN my body. I care about how I feel in my skin. I CARE about all of the aspects of it and want to be my healthiest. Because of this mindset, I have arrived at the happiest place that I have ever been in terms of my body this past year. I can tell you that this is such a powerful feeling!

I feel extremely 'light' right now. I eat very well and choose to take in clean foods in a minimal way in order to give my body what it needs to feel and look its best. Of course that plays a big role in my health. But at the same time, it's completely possible to eat nothing and if your physical, emotional, and mental health are not well, your body will be unwell. It's a natural law, and I am sure you have heard it before... But, stress will consume you and take over your body's health if you let it.



EVERY method and category that is in this book is something that has played a role in the evolution of my physical body. I find my body to be light and in flow because of the LIFESTYLE that I live, the \*weight\* (both mental and emotional) that I have let go of, and the routines that I apply and practice every single day.

In this pillar, 'THE BODY,' I have outlined all the modalities that I use daily to assist my physical body in maintaining a prime and abundant state. A state that makes me FEEL confidently rooted and keeps ME in MY body. I won't go into detail about my diet, because one of the massive changes I have found with myself is not listening to anything but my own intuition regarding food. I have not let any book, social media video, or article about food into my sphere of interest. I eat how I want to eat, and no one's instagram post can sway me. I simply don't care, because I know what's up. My body and I have a relationship, and I swear by that.

I want the same for you. Therefore, I will NOT tell YOU how to eat.

By reading this book and applying any and all of the methods that call to you, I know that you will be able to find a deeper sense of self. In turn, I hope that this information will assist you in tuning into yourself, your own needs, and into eating in a way that feels natural for you and your own body.



## METHOD NO.12

### *Balanced Nervous System*

Nothing is more uncomfortable or unsettling than living in a body that feels unbalanced and with high levels of cortisol. I have often felt that I was living out my days in fight or flight mode. It is challenging to \*feel good\* and operate from an abundant space when you have this constant feeling of anxiety and stress internally.

You can be at your ideal weight, have the skin of your dreams, be growing thick and beautiful hair...the list goes on! You get where I am going. However, it simply does not matter if you don't feel grounded, calm, and peaceful in your body and your mind. I know that this topic is deep and has many elements and factors that play into it. I also understand that severe cases of 'anxiety' need proper attention and support, and I am not here to compete with that or tell you otherwise. Instead, I am

speaking from the lens of having high cortisol levels myself and sharing just a few tools that have assisted me in bringing them down.

01. Eat breakfast. It sounds simple... I know. I went through a phase of pushing breakfast until 11am or 12pm daily. While I thought I liked this and enjoyed the 'primal' feeling it gave me in the morning, I don't think it was the best thing for my body or for my ability to perform at my peak. I believe food grounds us and roots us into our bodies, which is essential for feeling a sense of peace.

Every BODY is different. Personally, I do love the power of intermittent fasting, and I think it is AMAZING for most men. However, the female body is a bit more sensitive, complex, and hormonal. Therefore, we often need a little extra love and attention. From my overall research and experience, I have found that eating breakfast



within 90 minutes of waking up has helped my body bring down its own cortisol levels, which are at their highest early in the morning.

02. Have coffee WITH food and not on an empty stomach. ONE cup of coffee per day is best, and it's not rocket science. To be honest, I have abused coffee in the past and then wondered why I felt like I could not regulate my body. I am a black coffee drinker, and I would often have a strong cup first thing in the morning. I'd then wait to eat and have another one or two with my breakfast around 11 AM or 12 PM. Because of this pattern, I often felt like I had no control over my own nervous system. I recognized this and made a pact with myself on January 1st, 2023 that I would ONLY have coffee WITH food. I also decided to limit myself to one cup per day. On the weekends, I allow myself two cups every once in a while for a treat... but again, only with food. This shift

has made a tremendous difference for me.

03. Breath-work. I have been practicing THIS (*click that link*) 11-minute breath-work practice every morning upon waking up. This is a breath-work practice by the legendary Wim Hof. I have linked the free one that I do daily via youtube. He also has an APP if you are interested in learning more about his concept. I like to sit down and do this before my body has a chance to fully wake up in the morning. AKA: before my cortisol tells me everything that is *\*wrong\** and starts to catapult me into fight or flight mode. I honestly swear by this practice, as it has made a PROFOUND difference in my life, my nervous system, and my ability to *\*feel\** calm. Plus, it moves any stagnant energy out, and that feels pretty damn good.

04. ICE COLD SHOWER. After I do my breath-work, I jump in the ice-cold shower. If you have any fears, worries, or



or doubts, this will zap them right out of you. At least for a moment! Truly though, this process awakens me and gives me an instant refresh. Getting in is NOT fun, and I NEVER want to do it. However, by forcing myself to do this first thing every morning, I can definitely feel the difference that it has made. First of all, ice-cold water is a powerful stimulant that can give you an energy boost. This means practice not reaching for that black cup of coffee right away. Cold water can make you feel alert, boost your metabolism, promote mental health, and can be great for your lymphatic system.

Jumping in cold water is a short-lived discomfort that is WORTH the FEELING of alertness and mental resilience.

As a side note, if I had an Ice Bath, I would definitely be in that. If you have that as an option, GO FOR IT. Showering in cold water is a great

alternative.

METHOD NO.13

### *Digest*

Unsurprisingly, I have to touch on food. You know, that stuff we put into our bodies a few times every day? Food is essential, and eating in a way that makes you feel abundant, grounded, strong, and proud of your body is the key (*IMO*). There is SO much information in the world about how to eat, what works, and what doesn't. I don't think there will ever be a perfect answer to this question, or one that is all-encompassing for everyone. You have to find out what works for you and your own body, as we're all unique and different. Work to figure out what makes you feel secure and what feels right for your body.

I will bullet point a few food methods for you that I love and incorporate. See if any of them call to you.







01. Fruit for breakfast. Having fruit for breakfast, eating light to heavy, and being mindful of what is eaten together in one sitting. A few years ago, the book 'Fit For Life' (*click that link*) by Harvey Diamond inspired me immensely, and the methods in the book changed my view on how to eat. Look at the book and see if it resonates with you— it is a good read. Something that has stuck with me for four years is eating fruit for breakfast (*I eat fruit for breakfast every single day*), eating light to heavy, and being mindful of the types of food I am eating together in one sitting.

This way of eating has become second nature to me, and it's something that I naturally and intuitively do now. If you are interested in this method, it is called '*Food Combining*,' and you should read the book *Fit For Life*. You can use this method to make adjustments and try out whatever parts of it call to you. From there, see how these

changes affect your body's ability to perform at its very best. I eat in a way that feels natural to me, and I am sharing this method because it helped me start implementing rituals around the foods that I love. Fruit for breakfast has been the main takeaway for me.

02. Eating with the seasons. This simple method has been a game changer for me regarding digestion, bloating, and **FEELING** properly nourished and sustained. In the summer, I can eat fruit and **LIGHT** vegetables the entire day and feel **AMAZING**. However, I notice as soon as it gets cooler, my body wants something different. If you have access to a farmers market or can take note of the 'in season' produce at the grocery store, this is an easy way to apply the method.

For example, a breakfast I love to make in the winter is a baked Japanese sweet potato with sautéed apples in coconut oil and cinnamon, with a dollop of



coconut cream (*or a CLEAN & simple coconut yogurt*) on top. It is warming and feels grounding.

I love peaches, cherries, papaya, and berries with coconut and spirulina powder on top in the summer. However, in the fall, I get into persimmons, plums, pears and other seasonal fruits of that nature. Do you see the pattern here? I am eating foods that are ripe and current with the seasons. I do this with vegetables, too.

There is no rule here, and it's not something to go crazy over. Just keep in mind that it's okay to need or want more grounding foods like roasted potatoes, squash, and warm cooked meals that feel heartier for the winter months. At the same time, it's also ok to feel sustained by lighter salads and fruits in the summer. This change is totally normal, because your body is flowing with the seasons. Always keep an eye on nature, because it will show you what you should be eating and when

simply by the growing calendar of what is currently available.

03. Let all of the unnecessary go (*if you don't mind*). There is so much extra sh\*t we consume that we don't need to consume (*IMO*). Now, I am not saying to cut everything that you love out of your diet, especially not if that feels jarring to you. Instead, remind yourself to be mindful of things such as the various milks you throw into your coffee that are loaded with gums, the sauces that go on top of your salads, other additives that contain sugar, and \*extras\* that quickly add up. I love to make my OWN sauces for flavor at home, rather than getting store-bought versions. I also love to use simple and clean spreads to ADD flavor to my food, while also keeping it minimal. Mustard, balsamic, olive oil, lemon—I often add these to my vegetables and meals, as they are also effortless to request when you are eating out. Additionally, you'll learn to love the simplicity of



ingredients over time by consuming less of the extras. You will also begin to feel lighter, clearer, less bloated, and more sustained. As I said, this is a simple and small change, but it adds up. Trust me.

04. I keep myself on a food schedule. I eat breakfast, lunch, and dinner around the same time every day. This keeps my metabolism regulated, helps me to think about food less, and allows me to properly nourish my body vs. randomly grabbing for food all day long. I do not find myself over-indulging late at night or overeating. Of course I am not perfect, but eating this way allows me to develop healthier habits. The overeating and overindulging simply doesn't happen anymore... ever. I credit some of this to my body being on a schedule and knowing when it will get fuel and how to use it. This may or may not call to you, and that's totally ok! You may be a snacker and need small meals throughout the day. However,

this is essential for MY own mind, performance, and body.

METHOD NO.14

### *Move Your Body*

Since I am sharing these methods from the lens of what I have personally discovered, I will also tell you more about the movement method that I have been exclusively doing for the last year. This has changed my body, posture, and nervous system completely. It's called **CLASSICAL** Pilates, which is the original method that Joseph Pilates created.

Most are familiar with the popular and mainstream pilates classes that are offered online and in studios. Usually, these classes are more fusion based and integrate some elements of Pilates, while also incorporating other movement techniques and methods. While they can be good, these classes move away from the **TRUE** methodology



of Pilates. I did not realize this until a year ago, which is when I decided to dive into the original pilates method. Since then, I have not looked back.

What is this original method that I am speaking about? It is a method of exercise and movement designed to stretch, strengthen, and balance the body. Through a series of precise, controlled movements, it targets all muscle groups in the body while improving posture, functionality, and flexibility. It's also one of the ultimate mindful training practices, aiding stress and anxiety relief through breathing exercises, which is one of the key principles of Classical Pilates. Multiple levels build on each other; beginner, intermediate, and advanced. The progression of a workout starts in a horizontal position lying down, where gravity helps activate the core connection, and that progresses into a vertical sitting or standing position. The Classical Pilates

method centers on the 6 principles: Centering, Concentration, Control, Precision, Breath, and Flow.

It's something that you must try for yourself— simply writing or reading about it does not do the practice justice. I have found a CLASSICAL pilates studio that I go to daily. If this calls to you, and you want to know more, look up “Classical Pilates near me.” Make sure they offer CLASSICAL pilates. Ask. And, ask again.

Alternatively, if you are looking for an online platform that you can do in the comfort of your home, I recommend [Pilates By Bryony](#) (*click that link*). Her program originates from this original method and gives instant results. Before I found my in-person studio, her platform was all that I did. I recommend incorporating a class of hers daily, and see how that makes you feel.







Some benefits of this practice are:

- TONING OF THE MUSCLES AND BALANCING MUSCULAR FORCE AT THE JOINT LEVEL
- CORRECTING MUSCULAR IMBALANCES AND IMPROVING POSTURE, COORDINATION, BALANCE, STRENGTH, AND FLEXIBILITY
- INCREASING BREATHING CAPACITY AND ORGAN FUNCTION
- STIMULATING CIRCULATION BY FACILITATING MUSCULAR FLEXIBILITY, JOINT RANGE OF MOTION, AND PROPER MUSCULOSKELETAL ALIGNMENT
- PROMOTING NEW NEUROMUSCULAR PATTERNS, HEIGHTENED BODY AWARENESS, AND MORE PRECISE COORDINATION

This is the method I am currently into and fully enjoying. ANY movement counts and SHOULD be something that you do for yourself and your body daily. Carving out time for my body and myself is a special moment in the day for me.

No phone, no work, no distractions.

I get out of my head and into my body. Find a method of movement that you love and make a point to do it every day. Take 15 minutes, 30 minutes, or an hour. It does not matter how long you move. It just matters that you show up and do it.

## METHOD NO.15

### *Cleanse*

Sometimes, we need a fresh start. It feels good to clean the slate and begin anew. Ten months ago, I did a cleanse that changed my life. This cleanse was the actual catapult that pushed me forward into creating the body I live in now.

The cleanse I did was intense, and I watched parasites, mucus plaque, and gallstones leave my body. I actually couldn't believe all of that was inside of me, and ever since that experience, I now try to maintain this cleansed state. It helps me to live without a build-up of that



junk inside of me. I mentioned this before, but I feel very light (*in a good way*) and credit some of that to constantly moving unnecessary garbage out of my system.

I learned so much about my body throughout this cleanse, and it showed me that I don't *\*need\** to eat as much as my MIND often *\*wants\** to tell me to eat. (*Of course there are times when I will want to eat more than normal, or instances when my body will need extra food for grounding. I listen to the profound signals that it gives me when this is needed*). However, my portions are now very balanced, and I am eating what my body NEEDS. No more, no less. And that feels good.

The cleanse is called the ZenCleans RAINBOW 7-day detox by [Zen Cleans](#) (*click that link*). I am also here to tell you that this cleanse is not easy. If you are not very comfortable with the idea of a cleanse like this yet, I don't recommend it

until you feel it's something you could do with ease. I also would only do it if you have a week to dedicate your entire days and nights to being present with the cleanse and your body's elimination.

If the research you did on this cleanse does not seem like it is something for you, that's fine! You can always find a re-set that feels good to you and matches your intention. Additionally, you can do a two or three day water fast, but only do this with proper research, supervision and knowledge about what you're getting into. You can also choose to do a simple seven-day whole-foods and home cooked meal cleanse filled with fruits and veggies. Whatever you feel is best and would 'challenge' you to reset your system, choose that option for yourself. I have been very into wellness, food, and health for years which is what made it very natural for me to jump into the RAINBOW ZenCleans.



When I did this cleanse, I made a few goals for myself. One was to finish the cleanse fully, with no excuses for half-way doing it. The other was to change part of my daily routine upon completing the cleanse. For me, that meant committing to doing a Dr Joe Dispenza meditation every morning when I woke up for six months without skipping a day. I set an end date six months out, and I fully achieved it.

When I came out of the cleanse, it ended up changing how I ate. I cut so much out of my 'diet' purely because I felt alive from the fruits and vegetables I had been eating while on the cleanse. I'm not saying that you need to do this method if it doesn't work for you—I am simply sharing this information because it had the power to reset me. Find something that YOU can use to reset YOURSELF. When the time is right, when you have the space, and when you are ready. Only cleanse if you are serious about

it.

## METHOD NO.16

### *Skin*

This method is for the skin, as I often get asked what products I use. First of all, I use very minimal products on my face and skin. Those that I do use are natural products with minimal ingredients. I used to have very troubled skin, and I would put ANYTHING and EVERYTHING on it to try to make it better. Instead of healing it, the products always made it worse. The more I left it alone (*topically*), the better it became. For me, I find that less is more. I rarely feel like I should speak about the products I use, because I don't think my skin looks the way it does from topical products. Your skin reflects what is happening inside of you, which comes down to the food you eat, the health of your internal system, and the way you care for your



body.

There are a few things I do that I know contribute to my skin and its vitality.

01. The way I eat. I don't eat processed foods or sugars, and I instead eat an abundance of fruits and vegetables. I enjoy fish and feel that the omegas contribute to my skin's glow. I am incredibly mindful of what I put into my body. It shows on the outside... it's that simple.

02. Colonics & Enemas. I get frequent colonics and do at home-coffee enemas. I will talk about this more in Method (No. 17). In short, this tool cleanses your colon, detoxes, and removes toxins and heavy metals from your body. As mentioned, your internal health shows on the outside, so naturally, this has improved my skin. I have rarely experienced any breakouts since incorporating this method into my life. Knock on wood.

03. Sun & Red Light. The sun thing is not 'professional' advice... don't @ me. But it is something I love! I also believe it makes my skin thrive. In the summer (*when the sun is out & it's warm enough for me to sit outside*), I get direct **MORNING** sunlight for 20 minutes on my face/skin. I will do my morning meditation while sitting in the sun to take out two birds with one stone. Sunlight is highly healing, disinfecting, and energizing. Not to mention, you will **FEEL** the glow radiating throughout your entire being. The outer glow you receive from the sun's rays is unlike any other.

In the winter, when the sun is not an option, I opt for a Red Light Mask. I use [THIS ONE](#) (*click that link*) from Higher Dose. This mask works better than any product I have ever tried, and it's a fantastic substitute for sunlight. Light therapy is a gentle, non-invasive treatment that mimics low-level



rejuvenating wavelengths found in natural sunlight. This effective treatment warms the skin, boosts your mood, and enhances your natural glow.

04. Ice rolling. I know! It's all the craze. Although true, it is actually one of the best things to do for your skin. Of course, I use my friend Lauryn's (*The Skinny Confidential*) ice roller. This roller IS the Rolls-Royce of ice rollers. It stays SO cold and feels AMAZING on your face. I roll my face after I put on the sun/red light mask. The benefits include an instant reduction in puffiness and redness, a boost to circulation, shrinking the size of pores, and assisting in lymphatic drainage. I highly recommend it. You can use the code KBROUTINE for 20% off [The Skinny Confidential](#) (*click that link*) ice roller.

These are my skin swear-bys. Again, focus on the inside. Those efforts will show on the outside.

METHOD NO.17

## *Colonics And Enemas*

I mentioned this one before while speaking about healthy skin. I am here to tell you that if reading the words 'Colonic and Enema' does not resonate with you, don't read this method. I know this is not for everyone.

Personally, I love them. What is a Colonic vs. an Enema? A colonic is something you will need to find someone to do on you, whereas an enema you can do on yourself at home. I do both.

In short, colon cleansing involves flushing the colon with fluids to remove waste. This is a practice that has been around since ancient times, and it assists in eliminating digestive waste that can become a toxin to the body. This encourages the release of parasites, as well.

Colonics RELEASE the OLD (*including old stagnant energy*)



out of the body. I have noticed massive changes in my body and health since I started the journey of doing this very frequently. As a result, I have seen improved digestion, less (*nearly zero*) bloating, clearer skin, increased energy, sharper thinking, and a robust immune system. Additionally, I feel that it has helped me release any energy that does not serve me from becoming stored in my body. Therefore, it plays a large role in the way I have been able to grow at an accelerated pace.

I suggest you research this method first. I am not saying to do it, because it isn't for everybody. It works for me, but **DO YOUR OWN RESEARCH!**

If you can find Colonic Hydrotherapy offered somewhere local to you, look into the method and see how you feel about it. If an at-home enema calls to you, I use [THIS KIT](#) (*click that link*) and [THIS COFFEE](#) (*click that link*) — (*I do*

*a coffee enema*). I am not going into further detail, because I don't want to act like a professional. I personally do this, and I swear by it (*for me*). If you feel like it's right for you, start doing some of your own research and try it out!

What to research:

—*Colonic Hydrotherapy*

—*Coffee Enema*

—*Water Enema*

METHOD NO.18

*Sweat It Out*

Well, you've made it this far in the book! It's pretty obvious that I am all about letting the unnecessary shit go, while living in a **CLEANSED** body. Because of this mindset, I will wrap up the body methods with this one.

Sweat it out, baby. Ahem—detox.



I LOVE heat. We have a love affair. Therefore, this method is one I adore. Insert: the sauna. The Infrared sauna in particular. Sweating is one of the body's safest and most natural ways to heal and maintain good health. In addition, spending time in the sauna has a wide range of unmatched benefits that include the things listed below.

- DECREASED INFLAMMATION
- INCREASED CIRCULATION
- RELIEF OF PAIN
- BURNING OF CALORIES
- SLEEPING BETTER
- IMMUNE ENHANCEMENT & PROMOTION OF OVERALL HEALTH AND WELLNESS
- MITOCHONDRIA SUPPORT AND ENHANCED ENERGY
- INCREASED NATURAL LEVELS OF NITRIC OXIDE AND REDOX MOLECULE PRODUCTION
- ANTI-AGING BENEFITS SUCH AS COLLAGEN PRODUCTION AND CELLULITE REDUCTION

I can't recommend spending time in the sauna enough. I have one in my house, and they are not that expensive. It's the [Therasage Portable InfraRed Sauna](#), (*click that link*) and you can use the code KBLIFE for over \$100 off. This sauna is one of the healthiest ones on the market, and they ensure that there is no exposure to harmful EMF's, ELF's and RF's.

Sweat it out! Sleep better, burn calories, decrease inflammation, and improve your wellness. *You are welcome.*









SOU  
L



# SOUL



I am going to share some insight about the soul from my own perspective. Let's look further into how I view the soul, what it means to me, and how I have tapped into it to evolve and find more peace and power.

To me, the soul is comprised of all things energy. It's the matter we cannot physically touch, but it is the larger picture, the destiny we are each going to attain, and the purest form of who we are. The soul is our most authentic self. By tapping into the methods of this section, I hope they bring you a more profound sense of peace and understanding so that you can let your life unfold with ease and grace.



METHOD NO.19

## *You Are Not Your Thoughts*

You are not your thoughts. You are not stuck. You can change. Some may read this and think, 'duh,' and others may doubt every word I write. From early on, we were never told that we are not the voice inside of our heads. Sure, there is a voice in there that often speaks to us. But that voice also holds onto words, actions, and moments that we later metabolize as the truth. Then, that voice continues to speak to us with what elements we have metabolized. Regardless if it's the truth or not, we hold onto such things in our minds. In turn, this can hold us back, create limitations, keep us feeling stuck, and make change feel far-fetched and foreign.

When you TRULY realize that your thoughts are simply a voice inside of your head and YOU can choose what you do with those words, only then can you unlock an entirely new life.

My mind often RACES. It speaks to me constantly. I am very headstrong and have to work extremely hard to get OUT of my head and into my heart. It's an everyday practice for me, and I have not mastered the art of calming my headstrong thoughts. Even so, I am aware.

Our thoughts say the same damn thing to us ALL DAY LONG. They are often cyclical stories recycled over and over. Become the observer of these thoughts, and don't allow yourself to be consumed by them. Observe when they are taking place, but don't hold onto them as the truth. YOU are not stuck. YOU can change ANYTHING about yourself that you want to change. It all begins with ensuring you know that the voice inside your head doesn't have to be in charge all of the time.

If you have yet to read '[The Untethered Soul](#)' (*click that link*) by Michael A. Singer I highly







recommend it. He is also a fantastic guest on podcasts, so be sure to look his name up on Spotify and do a deep dive into all the episodes he has been on. His work changed my life. When I realized that I was not the voice inside my head, my entire world opened up.

METHOD NO.20

### *Don't Be The Victim*

Last year, I had a very profound moment while I was working through a very specific family matter. Unfortunately, I've carried a lot of resentment in regards to a certain relationship for many years, and for so long, I was constantly playing the victim. I found myself often asking "why me?" This 'why me' was present in the back of my mind for my entire life, and I recently recognized that it was time to set myself free from this mentality.

There was a profound moment

where everything shifted. In that space of change, these are the thoughts that were going through my mind.

*"You chose this life. You chose your parents. You chose to be you. You can spend your energy resenting this person that your soul chooses, or you can understand that you chose this person as yours. What can you learn from this relationship? What is it here to teach you? How can you take responsibility for the fact that you picked this person? You picked this life."*

This mantra and thought process completely set me free. I could spend my time upset, angry, and resenting. Or I could take accountability and know that I did pick this person. I picked this life. It is much more empowering to take responsibility than it is to play the victim.

I have my dharma and karma to learn from within this life that my soul chose—and I can look for the ways and reasons it is







now forcing me to grow and transform through its lessons, or I can remain stuck in resentment. I have now let go of the victim mentality and take full accountability for the life my soul chose and is choosing.

This is my life. I am here. What can I do with it now? What can I learn? What can I transmute?

Own the fact that your soul chose this life. From THAT space, decide what kind of life you want. Then, make the changes YOU need for YOURSELF. Remember that you can not control or change other people; instead, you only have control over yourself.

Pinpoint your triggers. What changes can YOU make for yourself and for those triggers? This may be stronger boundaries, taking full ownership of the reflections of yourself being shown to you through another, or overcoming the deck of cards you have been dealt that feel unfair.

Pinpoint the triggers. Make the changes. Do this consistently. That's it. Don't play the victim.

METHOD NO.21

*Let Life Unfold; Do Not Force*

This one is challenging for me, but I am practicing it daily. Through my actions, I love to try to forge forward at full speed (*and sometimes a bit forceful*). However, I now have a deeper understanding of how we need to let our lives unfold, because our entire life path is already written in the stars.

Trying to force relationships, jobs, and homes (*ect.*) when life shows you that this person, place or thing is not working for you right now is going against the greater picture of our lives.

Perhaps you are trying to force a romantic relationship with someone who is not showing that they are available for you



and your needs, wants, or desires. Recognize that something is off. You want it to work but he/she is clearly not available. This is most likely because that person is not meant to be your lifelong partner. This person was here to catapult you into the next level of your life, teach you something, or to play a role within your own path towards true evolution. There is someone else out there for you.

This mentality should make you take a big breath of relief. I know that I just did as I'm writing this now. Being able to understand the ebb and flow of life, and the fact that we can't force things to play out a specific way, also allows us to relinquish some of the control. Essentially, knowing this can help us to 'let go' of the hold and stop gripping things so tightly. It can also set us FREE. I love working through this and practicing the art of letting go. The more that I do it, the more I am able to see how life is

unfolding FOR ME. I can then relax and enjoy the ride.

METHOD NO.22

*Life Is Simply A Game;  
Enjoy The Ride.*

Think about it this way. What are we doing here? We have heads, arms, and legs. We drive cars on the freeway. We stand in lines. We talk in different languages. It's actually crazy.

It's wild that we are even here. Life is a game. It's not that serious. Have more fun with it. Play the game of life as best as you can. Enjoy the ride.





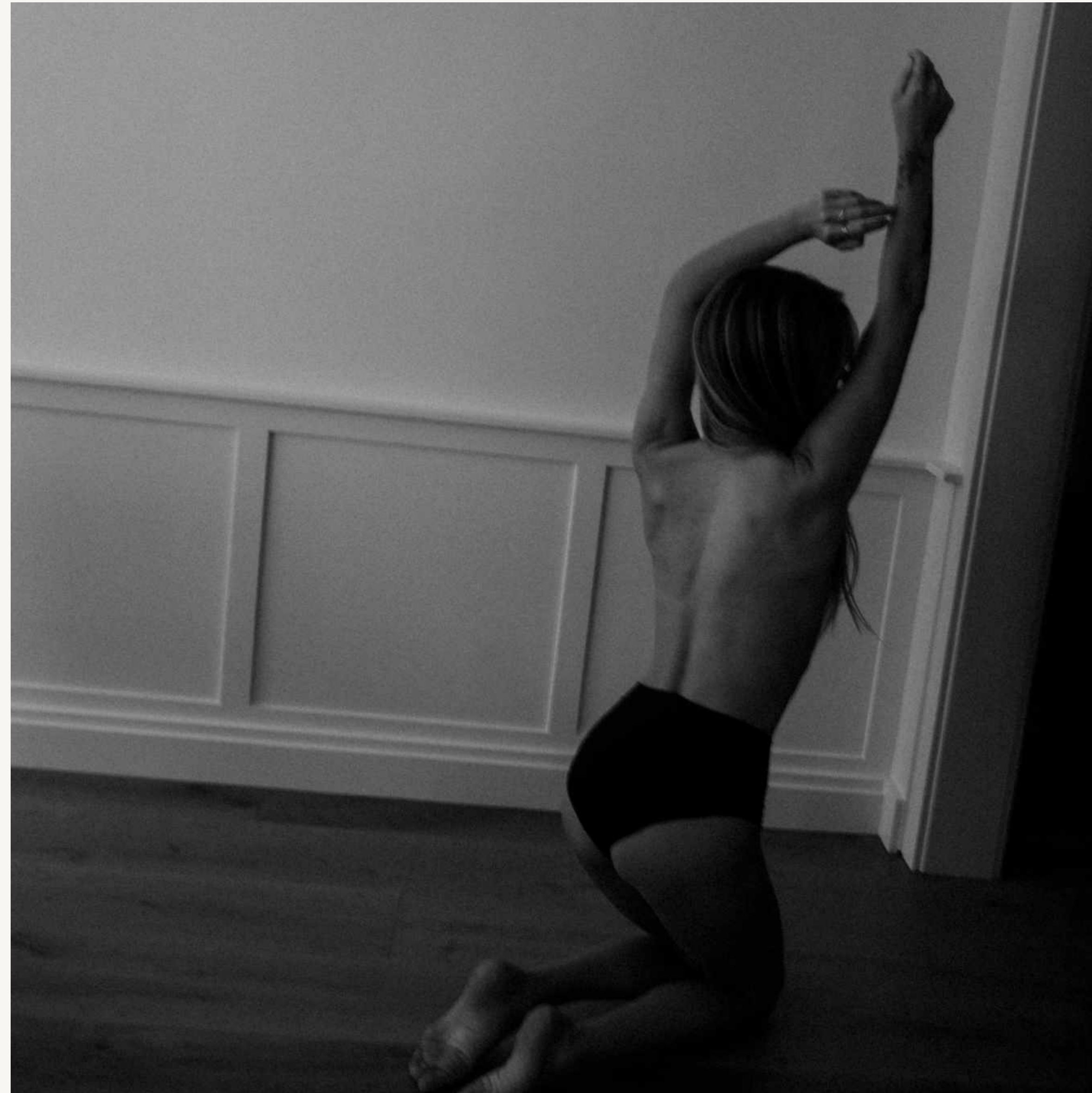




LOVE



# LOVE



We hear the word 'love' all of the time. Love yourself, love your life, love your friends, love your job, love your body... the list goes on. It's a word often used with no backbone to support us on HOW we can love.

It's no surprise that I will talk about going inward with the topic of love. After all, love starts from within. Love is a ripple effect, and it begins with YOU. You must feel secure within yourself to feel secure in and with love.

If you don't feel worthy of love, how will you truly be able to receive love from another? Sure, it will feel good. I am not saying it won't. But there will be a certain level of insecurity deep down under there that you won't be able to shake. To me, love begins with self worth and feeling like you are ENOUGH. You are enough for the romantic relationship you desire, the friends you have, the home you live in, the life you create, and the money you make.



If you have ever done any 'inner child' work, the subject of 'not being enough' has most likely come up. Unless I am crazy, but I don't think I am! Deep down, most of us have this feeling that we are not worthy. Finding where this feeling first began and working on changing your belief system around this subject will unlock a world of possibility for you.



## METHOD NO.23

### *Love For Me*

Hold yourself up to the highest degree of love and respect. Everything will trickle down from there. You have to love and respect yourself as your ultimate baseline. If you don't hold a high standard for yourself, you will not be able to make life decisions that honor the respect you deserve. Before you love anyone or anything properly, you must know how to love yourself.

Love the decisions you have made. Love your mistakes (*they brought you here to this moment*), love your journey, love your soft heart, find love and compassion for the parts of you that feel broken. Love yourself for the strengths you have.

How you love yourself is how you teach others to love you. Therefore, every decision you make in life should come from the space of your love for

yourself. When you practice this, your life will begin to feel RICH (*and I am not talking about money*). Operating from a place of SELF-love, it's easy to see how your decisions become more straightforward. You don't need to complicate your life. Don't play games. Instead, you need to respect yourself, which compounds into feeling respect reflected back to you.

When you feel upset, drained, or stressed and find yourself pointing fingers or falling into a state of judgment, you must return to YOU. Find compassion for yourself, breathe, and fill your soul with love.

It's you. You are your home. You are your heart. No one will ever be able to fulfill this space for you in the ways that you can fulfill it for yourself.

You show yourself love by the ways in which you take care of yourself. This is why any and every method that is inside of this book (*the methods that call to*







*you*) are important. I care for my body. I work on myself. I push to create the life that my heart yearns for. I set boundaries that are necessary for the sake of me feeling WELL. These practices are my top priorities every single day. This is how I show myself love and respect. As a result, I have a strong backbone and foundation set for myself and boundaries for what I put into my life.

It's simple— if it doesn't respect me back, I disengage. This is how my entire life has found alignment.

#### METHOD NO.24

### *Love For The Journey*

The 'outcome' that we are always reaching for lasts only a second. Then, it's onto the next thing. That's why you have to fall in love with the process of life. We are ALWAYS in process. It's important to separate from the gratification of momentary

outcomes and find PASSION for every moment that's actually getting you there. Love the journey, and you will love your life much more.

#### METHOD NO.25

### *Love For Those Around Me*

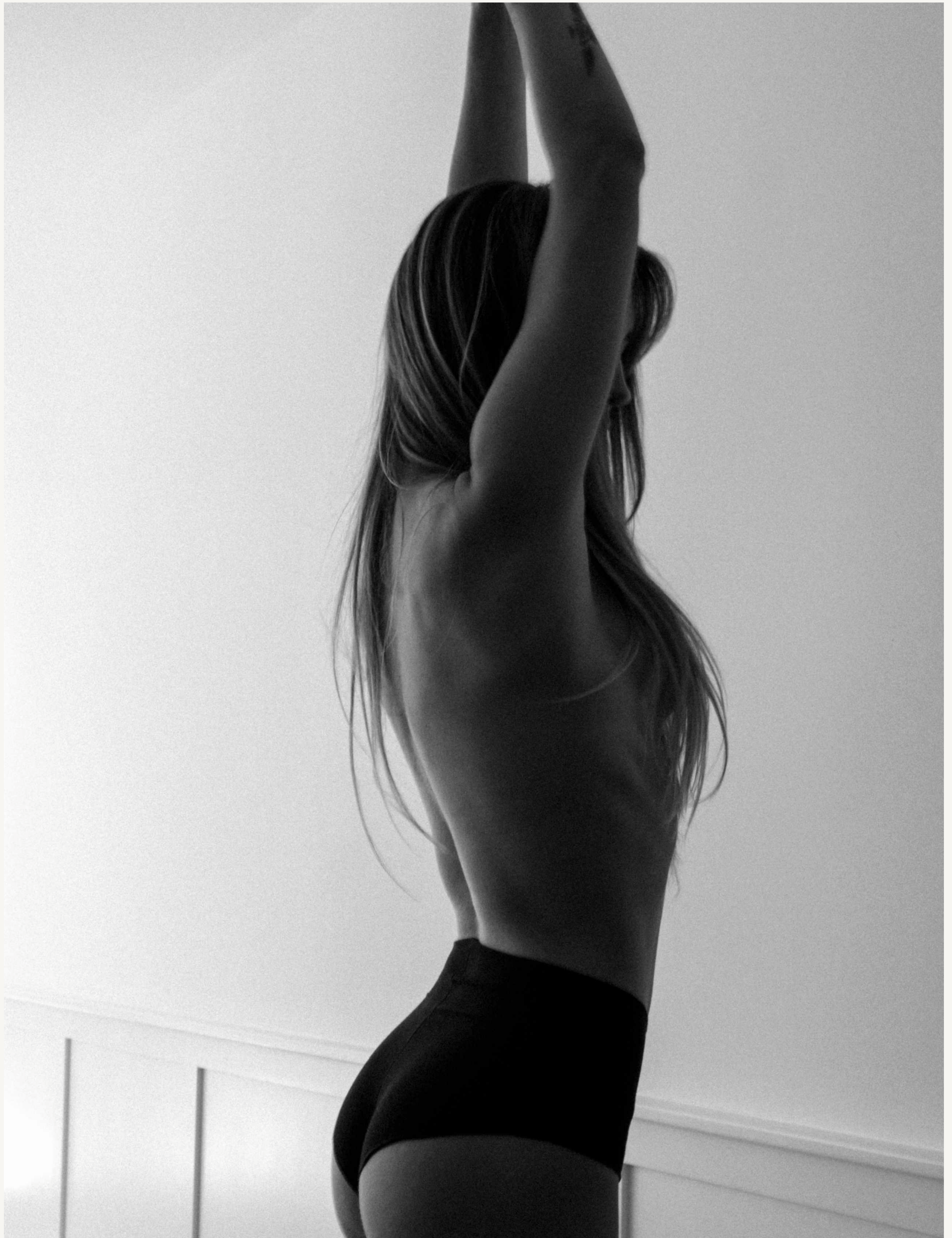
Trust that there is goodness around you. I know it's not always easy. We have all been hurt before, and opening our hearts is an extremely vulnerable thing to do. However, the more you form a deep relationship built on love and respect for yourself, the more you can TRUST that you have put in the work and the love will return to you.

Decide that the hurt games have ended. Put your foot down and don't accept belittling, drama, or situations that create those kinds of games. When you sever ties with that type of energy, you will make room for goodness.



Be soft with yourself. We all get hurt, and it's okay. Don't live in fear of having your heart broken. Instead, love with everything you have. Be your very best. Love your best. Show them your best. Love the people around you. Wholeheartedly. And then trust that it will all come back to you.





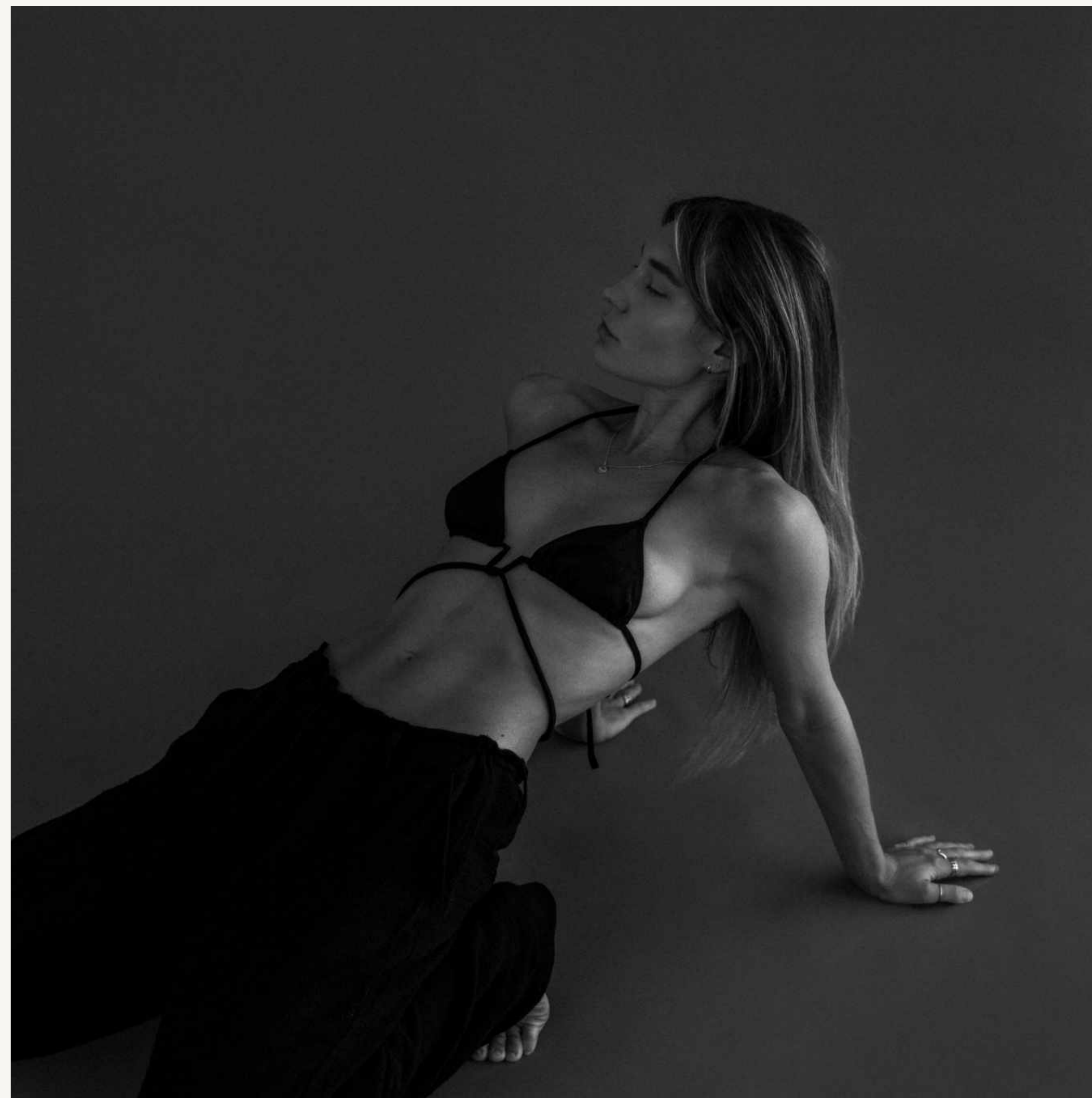




WEALTH



# WEALTH



What is wealth? Most think it's the amount of money that someone has or doesn't have. Of course it can be, but let's be real. You are not wealthy if you have a sick body, no self-respect, and poor relationships. Even if you have millions of dollars in the bank, that doesn't amount to anything. Wealth is energy. It's much easier to create wealth (as in money) when you already FEEL wealthy.

What does wealth mean to you? The definition of wealth is the state of being rich. I want you to ponder that statement. You could have all the homes, boats, and private planes in the world, but, if you have absolutely zero foundation on what true abundance is, you will NOT feel rich. True abundance is a body that works, and a mind that feels powerful. It's being surrounded by people that you love and who love you back. It's attaining a job that you don't dread every day and having a reason to wake up every morning. THAT is wealth. When we work on those assets, everything else will follow.



You have to build a foundational life. That foundation has to make you feel abundant, no matter how much money you have. Only then will you have space to create a CLEAR path forward to actually attain financial wealth. It is tough to build a life that does not have solid roots. "If the roots are stable, the tree will grow" is one of my favorite mantras. Your number one priority should be making sure your roots feel solid. From there, create all the (monetary) wealth you desire.



## METHOD NO.26

### *Your Choice*

Choosing to be wealthy is exactly that—it's a choice. Rich is a number in the bank account. Wealth is a mindset, an energy, and a way of living. The most pivotal moment in my life was when I decided to not place my own value and self identity within the context of the number of dollars that I was making. Instead, I empowered myself to go out into the world and embody an energy of **ABUNDANCE**, meaning that I began seeking out the 'richness' that only comes from fully and truly living. I have put a lot of energy into my health, in the ways that I show up in my business, in the type of friend I am, and in how I go about scheduling my day. I wanted to take my life to the next level and decided to **FULLY** embody the energy of abundance and make choices that **ONLY** \*feel\* abundant to me in every category of my life... and it's

working.

Have you heard of the saying fake it till you make it? I'm sure you have! Sometimes, in the processes of manifesting and creating, you have to **MAKE IT HAPPEN** by becoming what you want to become, or by creating the outcome that you want to create. For example, I am wealthy because I am choosing to be. As a result, it is **SHOWING** in everything that I am creating. I can see this within my body, my energy field, and my overall mindset. Because of this embodiment of 'wealth' in various aspects of my life, I can be confident that the universe around me **IS** and will **CONTINUE** to respond to my output.

You have the choice of embodying wealth for yourself.







## METHOD NO.27

### *Get Creative*

Yo. You have to get creative to attain wealth... and now I am talking about money. People think that money should just come to them for no reason, but it doesn't work like that. If it has for you, then bravo! But that's not my experience. Most people have to get creative and put the work in. The abundant assets I have created in my life have been those that I received because I pushed myself to think outside the box, take a shot in the dark, and put some **INTENT** and **GRIT** into the creation.

We live in a world where everyone is trying hard all the time. We also live in a world where anyone and everyone can have a platform and a voice. Because of this, everything becomes so saturated with content all the time. Our social outlets, our minds, our surroundings—we're inundated with information all day long. In

order to really say something meaningful and unique, you must get creative. What hasn't been done? What do you desire that has not been offered to you? How can you innovate? The most successful assets are the simple ones. In a fast-paced world, everyone wants simplicity. Therefore, don't break your back while trying to do this. Get creative, think of something simple and powerful, and **MAKE IT HAPPEN**. Stand by it every single day. Be interesting and engaging in your outreach, your messaging, and your presentation. Don't be afraid of showing the world what you've got and why it's special.

And don't ever give up. Not every day will be a good sales day. Not every month will be a slam dunk. What will separate you from another is that **YOU** do not give up. Instead, you continue to stand strong and push forward. Success is **CREATED** in consistency—always be consistent and hold



the line.

METHOD NO.28

## *From Debt Mindset To Wealthy Mindset*

As mentioned, wealth is a mindset. I did not grow up in a household with a wealthy mindset, but I have always pushed to have one. I had (*and have*) to do a lot of work on myself in this area. I will not speak on this process with the tone of having it figured out, because I am still learning. However, this topic is extremely important to me and one I am ensuring that I learn, apply, and embody. For myself, my life, and to infuse into my future children.

It's important.

If this topic calls to you and you want to learn more about creating a life of financial wealth, I highly recommend

reading the following books:

—Rich Dad Poor Dad (*click that link*) by Robert T. Kiyosaki

—The Compound Effect (*click that link*) by Darren Hardy

—Think And Grow Rich (*click that link*) by Napoleon Hill







## CLOSING STATEMENT

Every word of this book has been an absolute pleasure to write. You now hold a piece of my heart, my life, my keys to success, and my life secrets.

Being healthy is the ultimate thing that you can attain in this life. If you have health, you sincerely have it all. Think of these as pillars of life: mind, body, and soul. Attaining health is more than just a simple diet and exercise plan. It's about diving deeper into our emotions, beliefs, thoughts, and actions. Each and every day that we wake up, we have a choice to make. We can choose what we put into our bodies, how we move, who we surround ourselves with, what we want to believe in, and the actions we take that follow suit.

My wish for you is that you will choose to live your best life. Nurture your heart. Live to the fullest. Reach for the sky. **GO OUT THERE AND GIVE IT YOUR ALL.**

My love to you.

X,

K



# NOW

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