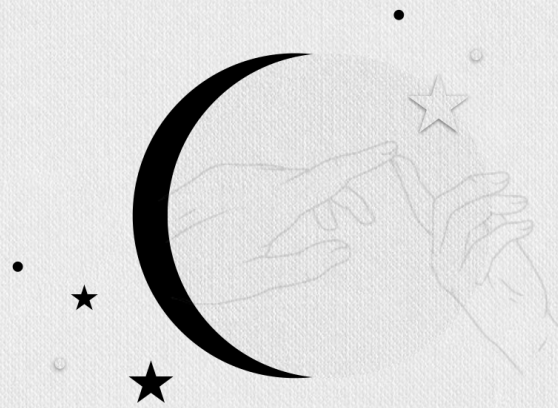


WORKBOOK



THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

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A NOTE FROM GEE

You are always in control. You are of The Source, and therefore harness the power of all things. Tapping into that power is possible at all times when you allow for it. All that you need came with you into this time and space. Together we can co-create a conducive environment for you to realise all that you are and all that exists within you. Get ready for major shifts. You are infinitely loved and supported.



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ABOUT THE SOUL CONTRACT

So how did this course come to life?

I spoke to God.
He gave me a task.
I followed through (I always listen to my intuitive nudges)
I birthed this course, offering intuitive lessons that I have accumulated
along my journey
I was told it needed to be for FREE
This is because I asked for a way that I could serve more people, even
those who couldn't afford my services
And so I've made access to this course FREE for EVERYONE
An entire course.
10 Modules.
ALL FREE.
This course is:
To understand what we are really here to do
To understand the human experience
To understand why we feel pain, discord and resistance
To understand how to live fully

The course is modeled on the Wheel of Life.
The themes are: Alignment, Self-care, Self-Love, Contrast and Expansion
This is for MEN and WOMEN and THEY (we are all-inclusive and not
gender-specific)

If you're here right now, you made a commitment to me and to yourself;
this course is worth thousands of dollars (if I were to price it relative to
my other paid offerings). And so to honour this work, I need you to make a
declaration that you will commit to the work. You'll watch every video, take
notes, read the workbook, do the activities, and follow through. Because if
you don't, then I can't serve you, and that's what I'm here to do.

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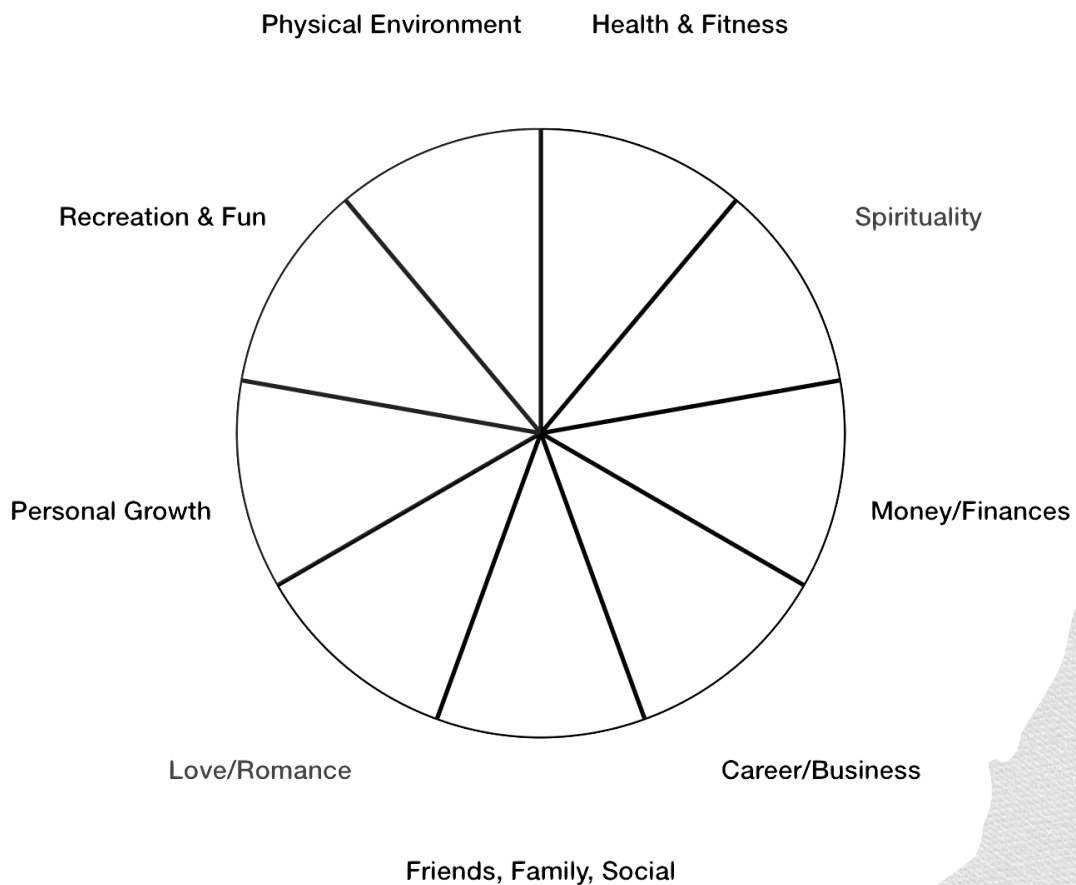
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ABOUT THE SOUL CONTRACT

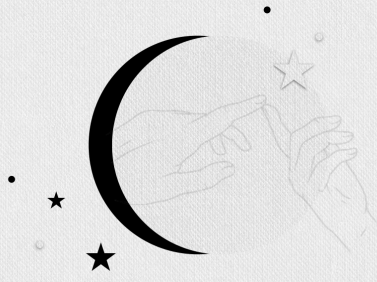
Before we begin, I want to acknowledge that this course is based off the wheel of life. If you are unfamiliar with the wheel of life, it is the premise that our life is comprised of a number of main areas, and a fulfilling life is having each segment individually working at its prime.

Here is the wheel of life, please provide a rating for each segment on how satisfied you are with that area of your life. 1 being not at all, and 10 being completely satisfied and fulfilled.



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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module one

the soul contract

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THE SOUL CONTRACT

ACTIVITY ONE

Write a list of self-care practices, that resonate with you (so they feel good to you), that you can start incorporating into your life:

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THE SOUL CONTRACT

ACTIVITY TWO

Make a declaration to yourself to show up every single day and do the work required to live an expansive life:

I, _____, declare to commit to the work that it takes to expand. I am willing to make myself feel temporarily uncomfortable so that I can return to my natural state of being - alignment. I will see through the eyes of love and I will honour the Divinely guided path that led me here.

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THE SOUL CONTRACT

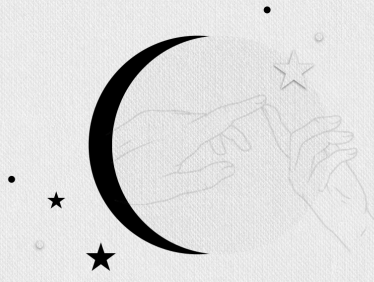
ACTIVITY THREE

Set your intentions for this course. What would you like to experience and feel after taking in the wisdom that will come from this course?

How willing are you to listen to the intuitive nudges that come through in between your consumption of this wisdom?

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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module two

health & fitness

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HEALTH & FITNESS

ACTIVITY ONE

This week we are going to commit to honouring and nourishing our vessel. We chose this sacred body and for it to work to its highest capacity we need to keep it clean; that includes our insides, our chakras, our mind, our energy field, our skin, everything. So here I have created a ONE WEEK exercise and eating plan to help you honour your vessel.

Please note, that you don't have to follow this specific plan. Do what feels good to you, even feel free to alter the plan provided. But prioritise movement and nourishment, in all forms this week.

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ONE WEEK CHALLENGE

EXERCISE. EATING. ENERGY.

A NOTE FROM GEE

What an incredible vessel we have been given. Every single cell in your body works solely on keeping YOU alive. Imagine that for a moment... There's approximately 35 TRILLION cells in your body who only focus on you! That is their Divine Purpose. And we chose this particular vessel long before we embarked on this physical journey, and we knew that it was the perfect fit for our souls. And it's important that we keep our sacred space full of beautiful harmonic energy. It's a rebellious act of self-love to nurture your vessel. But that's why you're here... To honour it the way it deserves to be honoured - inside and out!





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PLANT-BASED MEAL PLAN

People often think that exercise is the hard part - but once you get started and have someone guiding you, it becomes easier and easier. The real hard part is what goes in your mouth when you're not training.

Food is easy to consume and hard to burn off. So what we are going to do is make it as easy as possible to eat delicious nutritious food that fills you up and satisfies you WHILE making it as easy as possible for your body to digest the food and use the nutrient rich ingredients to fuel your body.

In this **EATING PLAN** we have provided you with a variety of breakfast, lunch, dinner and snack options for you to try. The day before you start, plan out your meals for the week and go supermarket shopping and prepare what you can in advance (this saves a lot of time and keeps you accountable). I have provided you with a shopping list also to make this as easy as possible for you.

Your meals should include: breakfast, snack 1, lunch, snack 2, dinner and snack 3 (optional).

Your liquid intake should include: 2-3L of water daily PLUS additional water intake while working out. Feel free to add a herbal tea (not caffeinated), kombucha and lemon/ACV/mint water if desired.

Feel free to use the same ingredients and make a different meal to suit your taste.

Please note that all recipes and the entire meal plan is PLANT-BASED. This is the only diet we recommend for truly cleansing your body. Food is medicine and all plants provide the means to nourish you in a sustainable way.



MEAL IDEAS

BREAKFAST IDEAS

Overnight Oats: oats, almond milk, maple syrup, chia seeds, banana, berries, vanilla, cinnamon (alternatively, replace the berries and banana with apple and walnuts OR grated carrots and sultanas)

Warm Oats/Porridge

Toast with smashed avocado and tomatoes

Smoothie: banana, spinach, berries, dates, chia seeds, hemp seeds, almond milk

Tofu scramble: extra firm tofu, tumeric, salt, mushrooms, spinach, asparagus, tomatoes

LUNCH/DINNER IDEAS

Naked burrito bowl: black bean chilli (recipe on another page), corn, quinoa/brown rice, avocado, lettuce, salsa, jalapenos

Loaded sweet potato: baked sweet potato (or potato if you prefer), spinach, chickpea sauce (tinned chickpeas, pasatta, chilli powder, spinach, parsley, basil, kale - cook on stove), hummus, avocado, peas, corn, pineapple (if desired), beetroot

Buddha Bowls: any variety of grains, veg, fat source and protein (image attached)

Hummusphere Burger: grilled mushroom, tabbouleh, hummus, grilled peppers, healthy bun

Creamy pasta: brown rice/lentil/chickpea pasta, pasatta, mushrooms, zucchini, spinach, cashew sauce (raw cashews blended with vege stock). (Feel free to add vegan sausages if desired, "Vegie Delights" brand is great)

Lentil & Veg Soup: (Fakes), but add a lot more veggies; carrots, celery, onions, potatoes, kale, silverbeet, parsnips, split lentils (or brown lentils), vege stock, crushed tomatoes (if desired), herbs & spices

Quinoa Salad: quinoa, cucumbers, tomatoes, carrots, zucchini, capsicum, mushrooms, spinach, corn, peas, dress with lime/lemon juice

Falafel salad bowl: falafels, tabbouleh, cucumbers, tomatoes, hummus

Black bean pasta: black bean spaghetti, pasatta, spinach, mushrooms, zucchini (feel free to choose your favourite vegetables), parsley, basil, enjoy with a side salad (lettuce, cucumbers, tomato and avocado)

Curry with rice (recipe attached)

LUNCH/DINNER IDEAS CONT.

Veggie stirfry: rice/brown rice/cauliflower rice, peas, corn, carrots, spinach, kale, capsicum, tamari/soy sauce, tofu

Chickpea "tuna" sandwich: bread, desired salad (lettuce, tomatoes, cucumber, avocado), chickpea tuna (tinned chickpeas smashed with hummus added)

SNACK IDEAS

Bliss balls: blend together 11 dates, 1 Tbsp cacao powder, 1/4 c almonds, 1/4 c cashews, 1/4 c walnuts, 1/4 c desiccated coconut, water if necessary. Roll into balls and cover in coconut

Banana icecream: blend frozen bananas, cacao powder, peanut butter. Top with cacao nibs or chia seeds and fruit

Green smoothie: blend kale, spinach, frozen mango, frozen pineapple, almond milk. Top with coconut flakes and hemp seeds

SOME RECIPES

BUDDHA BOWLS

CHOOSE 1 BASE:

Brown rice
Quinoa
Lettuce mix
Black rice

CHOOSE 1 DIP:

Hummus
Sweet Potato Dip
Avocado (Guacamole)

CHOOSE 3 Veg:

Peas
Corn
Mushrooms
Tomatoes
Cucumber
Red Cabbage
Eggplant
Sweet Potato
Sauerkraut
Kale
Broccoli
Zucchini
Pumpkin
Spinach
Cauliflower
Carrot
Beetroot
Capsicum

CHOOSE 1 FRUIT:

Rockmelon
Watermelon
Strawberries
Kiwi
Pear
Apple
Orange



CHOOSE 1 DRESSING:

Tahini & lemon
Lemon & lime
Olive oil & balsamic

CHOOSE 1 PROTEIN:

Lentils
Chickpeas
Beans
Black beans
Edamame
Falafel
Spiced chickpeas
Tofu
Tempeh

CHOOSE 1 CRUNCH:

Walnuts
Almonds
Peanuts
Cashews
Sunflower seeds
Peitas
Linseeds
Sesame seeds

BLACK BEAN CHILLI

INGREDIENTS:

Onion
Garlic
Green capsicum
Mushrooms
Diced Tomatoes (can) x2
Tomatoe paste
Black beans (can)
Four mixed beans (can)
Spices: chilli powder, paprika, tumeric, salt, pepper, cayenne pepper

Saute onions, followed by all other veg.
Add diced tomatoes and tomato paste. Let simmer.
Add spices.
Add desired herbs (recommended: parsley, oregano)

Let cook on low for 20 mins.

CURRY

INGREDIENTS:

Spices: chilli powder, garlic powder, tumeric, cumin, curry powder
Coconut cream
Chickpeas (can)
Pak choi
Cauliflower
String beans
Sweet potato
Kale
Extra firm tofu

Cook spices with 1 Tbsp of coconut oil.
Add coconut cream (from can), and 1 cup water. Bring to boil.
Add veggies, chickpeas and tofu. Allow to cook.
Add 1 Tbsp soy sauce.
Serve with basil/parsley/coriander
Add to a bed to rice/quinoa

MEAL PLANNER

SAMPLE WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Cooked Oats with Berries	Quinoa Salad	Chickpea Curry	Bliss Balls Veggies & Hummus
TUESDAY	Cooked Oats with Berries	Quinoa Salad	Chickpea Curry	Bliss Balls Veggies & Hummus
WEDNESDAY	Overnight Banana Oats	Falafels with Tabbouleh Salad	Black Bean Pasta with Sauce	Rice Cakes & AB Green Smoothie
THURSDAY	Overnight Banana Oats	Falafels with Tabbouleh Salad	Black Bean Pasta with Sauce	Rice Cakes & AB Orange
FRIDAY	Smoothie / Smoothie Bowl	Lentil & Vegetable Soup	Buddha Bowl	Plain popcorn with salt Bliss Balls
SATURDAY	Smoothie / Smoothie Bowl	Lentil & Vegetable Soup	Buddha Bowl	Plain popcorn with salt Berries
SUNDAY	Tofu Scramble with Grilled Tomatoes	Lentil & Vegetable Soup	Hummusphere Burger	Banana Icecream Herbal Tea

FILL IN YOUR OWN MEAL PLANNER IF DESIRED

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

SHOPPING LIST

SHOPPING LIST

Tick off the items you wish to buy from the supermarket before you go!

PRODUCE

Cucumber		Mandarins	
Lettuce		Bananas	
Tomatoes		Apples	
Avocados		Pears	
Zucchini		Strawberries	
Mushrooms		Watermelon	
String beans		Melon	
Snow peas		Blueberries	
Cauliflower		Raspberries	
Broccoli		Blackberries	
Spinach		Oranges	
Sweet Potatoes		Lemons	
Pumpkin		Dates	
Onion		Celery	
Red Onion		Eggplant	
Garlic		Kale	
Carrots		Capsicums	
Asparagus		Salad Mix	

PROTEINS

Red Lentils		Bean Mix (can)	
Soup Mix		Black Beans (can)	
Lentils (can)		Falafels	
Chickpeas (can)		Tofu/Tempeh	

GRAINS

Rye Bread		Oats	
Wraps		Granola	
Quinoa		Chia Seeds	
Brown Rice		Brown Rice (Basmati)	
Brown Rice Pasta		Black Bean Noodles	

NON-DAIRY

Almond Milk		Hummus	
Vegan Cheese		Coconut Milk	

SNACKS

Almonds		Rice Crackers	
Trail Mix		Rice Thins	
Cashews		Lentil Chips	
Dates		Pepitas	
Seed Mix		Crackers	
Peanuts		Macadamias	
Pistachios		Cacao Nibs/Chips	

PANTRY SUPPLIES

Olive Oil		Peanut Butter	
Coconut Oil		Nut Butter	
Balsamic Vinegar		Cinnamon	
Lemon Juice		Maple Syrup	
Honey		Coconut Flour	
Almond Meal		Protein Bars/Powder	
Cacao		Cacao Butter	
Shredded Coconut		Vegetable Stock	
Crushed Tomatoes (can)		Tomato Paste	
Pasta Sauce		Coconut Sugar	
Other herbs/spices			

FROZEN

Berries		Vegan Icecream	
Peas & Corn			

BEVERAGES

Peppermint Tea		Juice	
Matcha Powder			

EXERCISE GUIDE

WHAT YOU NEED

We recommend that you have access to at least these bits of equipment:



YOGA MAT



DUMBBELLS



SKIPPING ROPE



WEIGHT PLATE



LOOP RESISTANCE BANDS

WARM UP & COOL DOWN

Before each training session it's important that you warm up your muscles (to prepare them for the resistance they are about to endure as well as to avoid injuries).

After each training session, it's important to allow your muscles to stretch out (to avoid cramping and injuries), as you have just spent an entire workout tensing your muscle, we must now soften the resistance and allow our muscles to stretch.

Below are some exercises that we recommend you begin and end your workouts with everyday.

DAILY WARM UP (PRE WORKOUT)

15 high knees
20 jumping jacks
10 jump squats
10 knee push ups
50 straight outward punches (25 each arm)
1 minutes of skipping

REPEAT THREE TIMES

-

DAILY COOL DOWN (POST WORKOUT)

30 secs - bend down and touch toes
30 secs - stand straight and grab one foot with one hand and hold it as close to your buttocks as possible (repeat for each leg)
30 secs - grab your elbow over your head with your opposite hand and hold the stretch (repeat for each arm)
30 secs - lean over to one side and hold your arm out straight over your head (repeat for each side)

REPEAT TWICE

NUMBER OF SETS

Each day you will be provided with a list of exercises to complete. The sets will be dependent on your fitness levels. Please use the guide below as a reference, but please make sure to listen to your body and adjust accordingly.

Beginner = 3 sets (i.e. repeat all exercises 3 times)

Intermediate = 4 sets (i.e. repeat all exercises 4 times)

Advanced = 5 sets (i.e. repeat all exercises 5 times)

We recommend that you complete all exercises on the list in order and then repeat the entire round for the desired number of sets. Try to rest for no more than a minute in between sets. (But again, please listen to your body).

MONDAY: [CLICK HERE TO WATCH THIS WORKOUT](#)

Please refer to "Number of Sets" page to determine how many sets of each exercise you should be completing.

Each exercise in each round should be completed one after the other, no rest time, only to transition/change equipment if needed. After each set, rest for 60 seconds, then complete the exercises again (for allocated number of sets). Once you have completed all exercises in the Round, rest for 90-120 seconds then move onto the next Round of exercises and repeat the process.

ROUND	REPS/TIME	EXERCISE
1	12	JUMP SQUATS (WITH WEIGHT PLATE)
	10 (E/L)	LUNGE TWISTS (WITH WEIGHT PLATE)
2	10	BURPEES
	10	PUSH UPS (ON KNEES OPTIONAL)
3	15	CRUNCHES (WITH DUMBBELL)
	60 seconds	PLANK

TUESDAY: [CLICK HERE TO WATCH THIS WORKOUT](#)

ROUND	REPS/TIME	EXERCISE
1	12	SQUATS (WITH WEIGHT PLATE)
	12 (E/L)	LUNGE PULSES (WITH DUMBBELLS)
2	20 (10 E/A)	BICEP CURLS (WITH DUMBBELLS)
	20 (10 E/A)	FRONTAL RAISES (WITH DUMBBELLS)
3	30 (15 E/S)	RUSSIAN TWISTS (WITH WEIGHT PLATE)
	40 (20 E/S)	TOE TOUCHES

WEDNESDAY: [CLICK HERE TO WATCH THIS WORKOUT](#)

ROUND	REPS/TIME	EXERCISE
1	12	GOBLET SQUATS (WITH DUMBBELL)
	12	ROMANIAN DEADLIFTS (WITH DUMBBELLS)
2	20 (10 E/A)	LATERAL RAISES (WITH DUMBBELLS)
	12	BENT OVER ROWS (WITH DUMBBELLS)
3	10 (E/S)	STANDING SIDE TILTS (WITH DUMBBELLS)
	12	SIT UPS (WITH WEIGHT PLATE)
4	45 seconds	SKIPPING

THURSDAY: [CLICK HERE TO WATCH THIS WORKOUT](#)

ROUND	REPS/TIME	EXERCISE
1	15	SQUAT TO SHOULDER PRESS (WITH DUMBBELLS)
	40 (20 E/L)	MOUNTAIN CLIMBERS
2	15	LEG RAISES
	40	PULSE CRUNCHES (WITH WEIGHT PLATE)
3	12 (E/S)	SIDE PLANK DIPS
	20 (10 E/A)	HAMMER CURLS (WITH DUMBBELLS)
4	60 seconds	SKIPPING

FRIDAY: [CLICK HERE TO WATCH THIS WORKOUT](#)

ROUND	REPS/TIME	EXERCISE
1	20 (10 E/L)	WALKING LUNGES (WITH DUMBBELLS)
	20 (10 E/S)	WALKING SQUATS (WITH WEIGHT PLATE)
2	15	BENT OVER TRICEP EXTENSIONS (WITH DUMBBELLS)
	12	ARNOLD PRESS (WITH DUMBBELLS)
3	15	REVERSE CRUNCHES
	40 (20 E/S)	BICYCLE CRUNCHES

FINISHER

ROUND	REPS/TIME	EXERCISE
1	30 seconds	TREADMILL SPRINTS
	30 seconds	TREADMILL WALKING

SATURDAY: [CLICK HERE TO WATCH THIS WORKOUT](#)

ROUND	REPS/TIME	EXERCISE
1	20	PULSE SQUATS (WITH WEIGHT PLATE)
	12 (E/L)	ONE LEGGED DEADLIFTS (WITH DUMBBELLS)
2	12	CHEST PRESS (WITH DUMBBELLS)
	10	FRONTAL RAISES (WITH WEIGHT PLATE)
3	40 (20 E/L)	FLUTTER KICKS
	20	LEG RAISE PULSES
4	60 seconds	SKIPPING

FINISHER

ROUND	REPS/TIME	EXERCISE
1	30 seconds	TREADMILL SPRINTS
	30 seconds	TREADMILL WALKING

SUNDAY: [CLICK HERE TO WATCH THIS WORKOUT](#)

ROUND	REPS/TIME	EXERCISE
1	15	JUMP SQUATS (WITH WEIGHT PLATE)
	30	CALF RAISES
2	20 (10 E/A)	BICEP CURLS (WITH DUMBBELLS)
	12	OVERHEAD TRICEP EXTENSIONS (WITH WEIGHT PLATE)
3	20 (10 E/S)	KNEE TO TOE TOUCHES
	20 (10 E/S)	PLANK TWISTS
4	60 seconds	SKIPPING

FINISHER

ROUND	REPS/TIME	EXERCISE
1	20 seconds	SQUAT PULSES
	20 seconds	JUMPING JACKS (WITH DUMBBELLS)



VEGAN AF

REAL F#\$%ING FOOD

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WARM OATS WITH BERRIES

SERVES 1 | PREP TIME 5 MINS



YOU NEED

1/4 cup Quick Oats . 1/2 cup (or more) Boiled Water .
1/4 cup Unsweetened Almond Milk (only if desired) . 1 Tbsp Flax Meal .
1/2 tsp cinnamon . 2 Tbsp Maple Syrup . 1 Tbsp Powdered Peanut
Butter . 1/4 cup fresh or frozen Berries

All berries are great sources of fiber, a nutrient important for a healthy digestive system.



DIRECTIONS

Add boiled water to oats. Let sit for 2 minutes. In a separate bowl add powdered peanut butter and maple syrup. Stir to combine. To oats add flax meal and cinnamon. Stir to combine. Here add milk if desired. Add peanut butter and washed berries to top.

OVERNIGHT BANANA OATS

SERVES 2 | PREP TIME 20 MINS



YOU NEED

1/4 cup Quick Oats . 2 Tbsp Chia Seeds . 1 tsp Vanilla Paste* .
2 Tbsp Maple Syrup . 1/2 tsp Cinnamon .
1/4 cup Unsweetened Almond Milk . Water to cover Oats .
1 chopped Banana . 2 Tbsp Natural Peanut Butter . Maple to drizzle

* Can substitute for Vanilla Essence/Extract or Vanilla Bean Seeds

Chia seeds are rich in fibre, omega-3 fats, protein, vitamins and minerals. Chia seeds also contain essential fatty acids and are very beneficial for gut health and digestion.



DIRECTIONS

Combine oats, chia, cinnamon and vanilla. Stir to combine. Add milk, water, maple, and stir to combine. Make sure oats are completely covered in liquid (as they will expand overnight). Add chopped banana and peanut butter. Stir loosely (don't over stir). Cover. Place in fridge to set overnight. Ready to consume in the morning. Choose to add a drizzle of maple syrup if desired.

T O F U S C R A M B L E

S E R V E S 1 | P R E P T I M E 2 0 M I N S



Y O U N E E D

250g Firm Tofu . 1/4 tsp Cayenne Pepper . 1/2 tsp Garlic Powder . 1/2
tsp Turmeric Powder . 1/2 tsp Salt . 1/2 tsp Pepper . 2 Tbsp Nutritional
Yeast . 1 Chopped Tomato . 1/2 cup Spinach . 1/4 cup Chopped
Mushrooms . 1/4 Avocado . Lime Juice

Nutritional yeast is one source of complete protein and vitamins, in particular B-complex vitamins. It contains folates, thiamine, riboflavin, niacin, selenium and zinc, making it a great superfood! It's low in sodium and fat, gluten-free, and doesn't contain any added sugars or preservatives.



DIRECTIONS

Press firm tofu to reduce water. To a hot pan add crumbled tofu (if desired add small amount of olive oil/coconut oil, I just add a splash of water if necessary). Cook for 1 minute. Add cayenne, garlic powder, turmeric, salt, pepper, nutritional yeast. Stir to combine. Add tomatoes and mushrooms. Stir until cooked. Add spinach until wilted. Serve with avocado and a splash of lime juice. Feel free to add a piece of toast, rice cakes or a bed of rice.

SMOOTHIE BOWL

SERVES 1 | PREP TIME 10 MINS



YOU NEED

2-3 Frozen Bananas . 1 Tbsp Vegan Protein Powder . 1 tsp Cacao Powder
. 1 cup Spinach OR 1/4 tsp Super Greens Powder . 1 Tbsp Cacao Nibs . 1
Tbsp Activated Buckinis (Buckwheat) . 1/4 cup berries . 1 Tbsp
Powdered Peanut Butter . 2 Tbsp Pure Maple Syrup

Low in fat and even lower in cholesterol, spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese. In other words, it's loaded with good things for every part of your body!



DIRECTIONS

Add frozen bananas, protein powder, cacao powder, spinach/greens powder and a splash of water into a high speed blender. Blend until combined. If blender is struggling, stop and give it a stir around, add more water if desired (note this will give it a thinner consistency). Once smooth, add to a bowl. In a separate bowl, combine powdered peanut butter and maple, stir to combine. Top smoothie bowl with peanut butter, cacao nibs, buckinis and berries (feel free to alter these toppings to suit your preferences).

*This recipe can also be made into a smoothie (just omit the toppings and only add 1-2 frozen bananas).

QUINOA SUPER SALAD

SERVES 2 | PREP TIME 35 MINS



YOU NEED

1 cup Cooked Quinoa . 1/2 cup Peas and Corn .
 1/2 cup 4 Bean Mix (canned) . Handful Spinach .
 1/2 cup Baked Pumpkin . 1/2 cup Raw Carrots . 1/2 cup Cucumber .
 1/2 cup Tomatoes . 1 Tbsp Pepitas . 1 Tbsp Sesame Seeds

DRESSING

Juice of half a Lemon . 1 Tbsp Tahini . 1/4 tsp Himalayan Pink Salt

Quinoa is relatively high in protein compared to other grains, and provides all the essential amino acids. Quinoa also contains some resistant starch, which escapes digestion and feeds the friendly gut bacteria.



DIRECTIONS

Cook quinoa on the stove (follow packet instructions: 1 part quinoa, 2 parts water, bring to boil, then reduce to low heat until all water has been absorbed). Bake pumpkin in the oven - season with any herbs and spices you desire. Combine cooked quinoa, peas, corn, carrots, cucumber, tomatoes, beans and spinach - stir with a spoon. Once combined add baked pumpkin on top, along with pepitas and half the sesame seeds. To make the dressing, mix tahini, lemon juice and salt until combined, if necessary add water to thin out the dressing. Then add the remaining sesame seeds to the dressing. Add desired amount of dressing to each serve of salad. Enjoy!

*Highly recommend adding a spoonful of hummus to your salad also - you'll thank me later!

FALAFEL SALAD

SERVES 1 | PREP TIME 25 MINS



YOU NEED

3-5 Falafels (if making them yourself, use this recipe here) . 1 cup Flat Leaf Parsley . 1/2 cup Cooked Quinoa . 1 Chopped Tomato . 1 Chopped Cucumber . 1/2 Chopped Red Onion (if desired) . 2 Tbsp Vinegar/Lemon Juice . 2 Tbsp Hummus

Parsley is an all-natural and safe plant to include in your diet in order to act as a free radical scavenger, heart protector, brain protector, antidiabetic, antibacterial, antifungal, and even a digestion soother for its ability to help regulate bowel movements and decrease bloating.



DIRECTIONS

If making homemade falafels, start with the directions included in the link from the previous page. If using store bought falafels, use a sandwich press/oven to warm them up. Combine your cooked quinoa, tomato, cucumber and onions (if desired). Add vinegar or lemon juice as dressing. Serve warm falafels on a bed of salad with a serve of hummus.

LENTIL & VEGETABLE SOUP

SERVES 4 | PREP TIME 60 MINS



YOU NEED

1 cup Red Lentils . 1 Chopped Onion . 3 Cloves of Garlic . 2 Chopped Carrots . 3 Chopped Stalks of Celery . 2 Chopped Potatoes . 3 cups Chopped Kale . 2 cups Chopped Silver Beet . 1 cup Chopped Broccoli . 2 cups Vegetable Stock . 1 Jar Passata Sauce . Handfull of Chopped Parsley & Basil . Salt & Pepper

Red lentils are much easier to digest than it's legume counterparts. The health benefits of red lentils include; lower cholesterol (they have virtually no cholesterol and aid in decreasing existing cholesterol), help regulate heart health, are great for digestive health, stabilise blood sugar, are a great source of plant protein and help to increase energy.



DIRECTIONS

Saute onions in large saucepan. Saute with splash of water. Once golden, add onion. Saute for 1 minute. Add all chopped veges (except kale and silver beet). Add 1/2 cup of water, cover lid and let steam for 10 minutes. Add lentils and stir to combine. Now add vegetable stock, passata sauce and an additional 3 cups of water. Reduce heat slightly, cover lid and let simmer for 30 minutes. After 15 minutes, add kale and silver beet. Stir occasionally. Add herbs and spices. Stir. Check to see all vegetables are tender. If necessary, cook for an additional 10 minutes, otherwise turn off heat.

RED CURRY

SERVES 4 | PREP TIME 45 MINS



YOU NEED

2 heaped tsp Red Curry Paste (highly recommend brand "Chef Na's") . 1
Tbsp Coconut Oil . 1 can Coconut Milk/Cream . 1 can Chickpeas . 500g
chopped Butternut Pumpkin . 1 cup Chopped Pak Choi . 1 cup String
Beans . 1 cup Baby Corn

Chickpeas help to increase satiety, boost digestion, keep blood sugar levels stable, increase protection against disease and more. Chickpeas nutrition is a potent package of protein, vitamins and minerals, which is why they are often included in many healing diets.



DIRECTIONS

Fry Curry Paste with Coconut Oil in a Large Pan. Add coconut milk/cream and 1 cup of water. Bring to the boil. Add all vegetables, stir, cook until tender. Add chickpeas, cook for a further 5 minutes.

Serve on a bed of brown basmati rice or quinoa.

BLISS BALLS

SERVES 10 | PREP TIME 15 MINS



YOU NEED

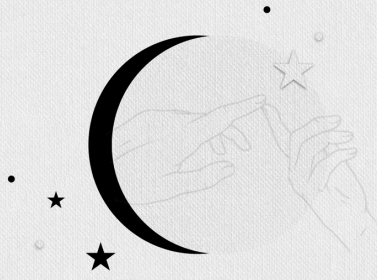
12 Medjool Dates . 1/4 cup Raw Cashews . 1/4 cup Raw Almonds . 1/4 cup Raw Walnuts . 1/4 cup Desiccated Coconut . 2 Heaped Tbsp Cacao Powder . Extra Desiccated Coconut

Raw Cacao Powder is known to; Lower insulin resistance, protect your nervous system, shield nerve cells from damage, cut your risk of stroke, lower blood pressure, reduce your risk of cardiovascular disease, guard against toxins, boost your mood and provide minerals: Magnesium, iron, potassium, calcium, zinc, copper and manganese.



DIRECTIONS

In a food processor bliss nuts, cacao and coconut until they form a fine meal (a few chunks are ok). Add 6 dates, bliss. Add the other 6 dates and bliss. If mix does not stick together, add a tablespoon of water at a time and bliss, until mix sticks together when pressed in your hand. Roll into small balls and cover in coconut. Refrigerate for at least 3 hours.



THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module **three** spirituality

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SPIRITUALITY

ACTIVITY ONE

This week we are going to use the journaling technique to intend through our written words. Journaling is like writing out spells, the process of writing evokes emotion which alters the vibrational frequency we are emitting, aligning with the frequency we are intending for, coming to the realisation of it faster.

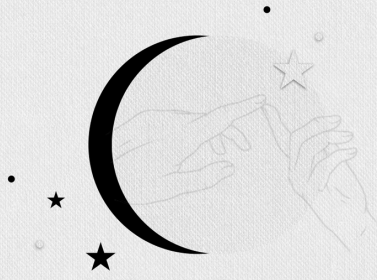
So today, write until it no longer feels natural to write (so as much or as little).

Your prompt question is:

If nothing was off limits, how would I choose to show up?

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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module four

money/finances

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MONEY/FINANCES

ACTIVITY ONE

I love a good manifesting technique. And by manifesting, I just mean, allowing what already is. Or more so, coming to the realisation of it. And so this week we are going to do a 5 Day Manifesting Challenge!!

I want you to intend for a specific thing or money amount. Nothing you can't get your faith behind, but slightly more than feels comfortable for you.

Have fun with it!! But remember, that you have to show up, you have to believe, and you have to align with the frequency of having it already.

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FIVE DAY

Manifesting

CHALLENGE

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A NOTE FROM GEE

You are all that you believe you are.
You are the ocean. You are the sun. You are the leaves on a tree.
You are connected to everything. And everything is here to work
in your favour. You intended for it to be that way long before you
made your journey here. I'm so honoured to be a part of this
journey with you and excited for you to evolve and become
everything that you already are. Get ready for major shifts. You
are infinitely loved and supported.



DAY ONE

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STEP ONE

Write a list of everything you'd like to manifest right now. Nothing is off limits.

From your list, choose ONE thing to manifest over the next 5 days, something that you feel connected to as you review the list.

At the bottom of this page, write what it is up the top, just the description of it, don't add "I desire" or "I want".

E.g.

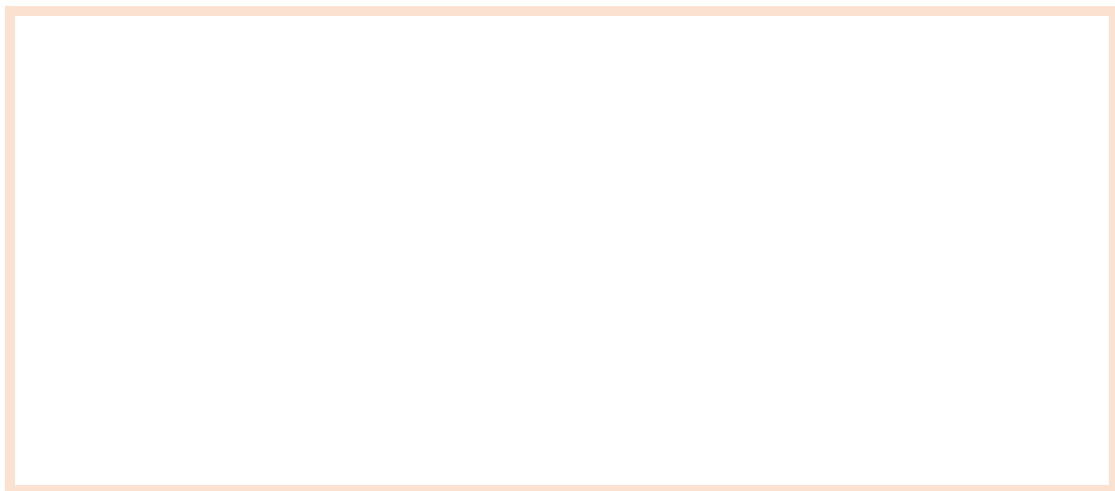
\$10,000 income for the month of September

OR

3kg weight loss

OR

The work promotion



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STEP TWO

We are going to choose a manifesting technique to use. Here are a list of possible techniques. Choose the one that resonates with you the most and would be fitting for your desired outcome.

MEDITATION FOLLOWED BY VISUALISATION

Start by finding a comfortable position, then close your eyes and start your Mindfulness Meditation. It doesn't have to go longer than 5 minutes, but feel free to make it as long as you desire. Focus on your breath, on your pulse or on a particular sound. Release any thoughts or feelings. This is an opportunity to remove any stimuli, no tastes, feelings, sounds (unless using it to focus), smells or distractions. Once you feel completely relaxed and you have no resistant thoughts enter your consciousness, you can begin your visualisation. Think of your desire and the best possible outcome. Now visualise yourself experience the fulfillment of that desire through your eyes (as though you're living the experience). What do you see, who are you with, what do you smell, what do you taste, what do you say, what are you wearing, what is the temperature, where are you, etc. Add as much detail as possible. Don't hold onto a particular element of the visualisation, just let it flow. The aim is to feel good. When you're ready open your eyes. Let the vibration of that practice flow into your day or evening.

ACTING AS IF

Imagine that your desire has already manifested, now what? How would you act? How would you walk? What would you wear? What would you eat? What would you share? What would be next for you?

Act as if it's already happened. Your mind's eye does not know the difference between what you see and what you imagine. So acting as if means that your feelings, and hence your vibrational frequency is now one of having what you desire, and so your physical reality will have no choice but to match that frequency.

VISION BOARD

This is great for goals that have a visual element to them, such as an ideal body or a particular bag, etc. Create a vision board (either digital or on paper) with images and representations of your desire. Feel free to add phrases or words that evoke your desired feelings. Keep it in a place where you will see it everyday and spend 5 minutes really taking it all in. Stop at each element and imagine it being real for you. Imagine that your vision board is like your photo album, memories of your life. Imagine them as done, and now take a moment to enjoy them.

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2 CUP METHOD

Grab 2 cups/glasses. On one of them, add a sticky note describing your CURRENT reality, e.g. \$1000 income per month. On the other cup, add a sticky note with your DESIRED reality, e.g. \$10,000 income per month. Now pour water into your CURRENT reality cup. As you pour the water and hear the sounds of the water, feel what it feels like to experience your current reality. Now take a moment to hold the cup and visualise your current reality. Now pour the water from that cup into your DESIRED reality cup, listen to the sounds of the water pouring, and as you pour, visualise what it would feel like to experience your desired reality. Take a moment to hold the filled cup and spend some time imagining it and really feeling it. Then drink all the water from the cup, every last drop. Now remove the sticky notes, dispose of them and put the cups away. This process is known as jumping dimensions. As though two realities are happening simultaneously and now you've just jumped into a new dimension.

AFFIRMATIONS/MANTRAS

Choose 1-5 affirmations or mantras that resonate with you and your desire and read them aloud throughout your day, in the mirror. Speak them with conviction. Try and memorise them if you can. Whenever you find a resistant thought pass your consciousness, replace it with your affirmations. Affirmations are great for releasing limiting beliefs and replacing them with new beliefs.

PIVOTING

When you find yourself thinking a resistant (i.e. bad-feeling) thought, take a moment to be aware that you're thinking the thought and then flip the switch by replacing the thought with a better feeling thought. So when you are experiencing something you don't want, replace it with the thought of what you DO want. Once we change our thoughts, with it we change our emotional state (and hence our vibrational offering).

THE PLACEBO EFFECT

Just like in medical testing, we are going to choose something and create a placebo effect. This technique is good for attracting an ideal body or even money. Choose something that will be your placebo, then in your mind imagine that it causes your desire to manifest. E.g. every time you eat a cucumber, you lose weight. Or every time you fill your car with petrol, you attract more money. A good way to make it more believable is to do some research. Do a google search for "ways to lose weight" for example, don't read any articles, but whatever comes up, take it at face value and use it as your placebo.

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\$100 BILL

Keep a crisp \$100 bill in your wallet and every time you are out and about, visualise you spending the money over and over again. Say to yourself, "I can buy that, and I can buy that, and I can buy that." So your mind thinks you are spending thousands of dollars on the things that you want. This activity helps to feel abundant and attract abundance. As a bonus, I recommend carrying cash on you at all times. Cash that you don't spend, but high bills that make you feel rich and abundant.

JOURNALING

Journal your desire into existence. Write what you're grateful for, write a positive affirmation or mantra, write in detail what you desire and how it feels, write how you embody those feelings in your life already, write out your resistant thoughts and how they are NOT truth, write out your appreciation for how far you've come and how so much has already shown up in your life.

SCRIPTING

Write out your desire as if it has already happened. So write in past tense. This is the process of DESIGNING your life and your reality. Write out in detail how you want your life to be, What your relationships are like, how much money you earn, what your body looks like, how you feel, etc. This process is also effective if you use the present tense, as though it's happening now. It is VERY important that you infuse EMOTION in your scripting process, if you don't feel the words that you write, then you won't experience them, you aren't writing a story, you are writing a diary entry, imagine having already experienced the reality and relive the experience (and with it the feelings attached to the experience) right now. Use emotive words in your script, e.g. "I'm filled with so much joy because I got to experience flying in my private jet." Things to include as you're writing; emotion, gratitude and description. When you are descriptive with your desire and how it looks and feels, you are focusing on those elements and they become your point of attraction.

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VISION STATEMENT

Write out your perfect day, from the moment you wake up to the moment you go to sleep. Every single element of your day. As though it were your perfect day. Everything you felt, wore, ate, smelt, experienced, where you were, who you were with, everything. At the end add this statement:

I, INSERT YOUR NAME, promise to stay true to my vision and values no matter what. If I ever lose confidence in myself, doubt or start to fear, I will reread this document to remind me of how powerful and valuable I truly am, and how important it is for me to always be my true self, the self that I am vibrationally.

Then follow that statement with your core values, mine are:

Love . Freedom . Health . Wealth . Growth . Expansion . Energy . Passion . Joy . Happiness . Wholeness . Oneness . Light . Courage . Humility . Inspiration . Fun . Charisma . Enlightenment . Empowerment . Contribution . Trust . Authenticity . Abundance . Awareness . Self-Awareness . Success

Read it to yourself, and as you read it (aloud is better), truly feel the feelings of that perfect day experience.

MANIFESTATION BOX

Find/buy a box, decorate it any way you desire. Now write on small bits of paper what you desire. And as you place your "order" (and put it in the box) visualise the fruition of that desire coming to life. Once it's in the box, it's up to the universe as to how it comes to form, you've made your intention, asked and now you need to TRUST that it's on your way to you. The same way you would buy online, add to cart and wait for it's arrival.

DESIRE INFUSED WATER

On a bottle of water write an affirmation that includes your desire. For example, "I am so grateful and happy for my beautiful new car." As you take sips throughout your day, read your affirmation and visualise the water flowing through your body and with it you are attracting and allowing your desire to manifest. This allows you to FOCUS on what you do want throughout your day while also adding a powerful vibrational frequency to your water.

-

Once you have selected your technique, you are to dedicate some time right now to perform your technique. Don't allow for distractions, be completely present and believe that this method will work for you.

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DAY TWO

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STEP THREE

Now it's time to choose a MENTOR. Someone who has already achieved what you desire or who is a teacher/leader in the area you are focusing on.

You are to absorb their content today. Their YouTube videos, podcasts, articles, blogs, interviews, books, posts, any material you can get your hands on.

You are to mimic their approach and take their advice. Their success is irrefutable proof that you can succeed too.

-

YOUR MENTOR:

How will you absorb their content?

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DAY THREE

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STEP FOUR

Now we are going to choose a powerful Mantra to aid in reprogramming your belief patterns.

Your mantra should resonate with you. Use Pinterest, Instagram or Google for inspiration, but create a mantra that feels aligned with your desire.

If it's money, you could say something like, "Money runs in. I have complete financial freedom, and I know that there are unlimited ways money can come to me."

If it's about your body and self-love, you could say something like, "I completely love and accept myself, I nourish my body with healthy foods and healthy thoughts, and I am so grateful that my body works so hard for me."

Once you have created your Mantra, you are to repeat it 3 times every hour, for all the hours you are awake today. Every time you repeat it, feel the feelings of that statement being true. What does it feel like?

To take this step a notch higher, repeat your Mantra while holding a glass of water, and as you affirm your statement, visualise your energy being transferred into the water molecules. Then after you have repeated your Mantra 3 times, drink your water while visualising yourself absorbing that powerful energy.

-

YOUR MANTRA:

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DAY FOUR

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STEP FIVE

Today is all about FEELINGS. How would it feel to have manifested your goal/desire? Write a list below of all the feelings you would feel.

Example: If I'm attracting extra income, I would list feelings like; Abundance, Freedom, Richness, Happiness, Wealth, Expansion

Write at least 5-10 feelings.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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STEP SIX

Now I want you to write a list of ACTIONS you could take to feel those feelings NOW.

Example, next to Abundance, you could write; go grocery shopping, donate money, carry cash on me, wear my best jewellery and clothes, take a bubble bath with essential oils, sending gratitude messages to all your friends, buy yourself some fresh flowers, go on a day trip around your city/town, treat yourself to a decadent dessert and savour the entire experience, practice gratitude for the things that have already shown up in your life.

Or next to Healthy, you could write; go to the gym, make healthy food choices, meal prep, drink 2L of water, dance, cleanse my skin, exfoliate, choose essential oils over perfume, go for a walk, etc.

Then ACT. Perform some of those actions and truly FEEL the feelings you wrote down. You will be feeling the same feeling you desire to feel BEFORE the manifestation - that's how you get into alignment and vibrational harmony with your desire.

What are some actions that would bring you those feelings now?
(Select your feeling, and then follow it by at least 3 actions, choose at least 4 feelings in total) (If you need more space, use the extra page at the end of this workbook)

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DAY FIVE

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STEP SEVEN

Surrender. Today, we are going to relax and know that the Universe is doing her part. We asked, we intended, we took action, we felt all the feelings and now we are going to take the day to be completely present and be grateful for the way life has unfolded so far. All is well and you are on your path, everything is happening exactly as it should.

I want you to write a reflection below on how you feel right now in the present moment and what you are grateful for.

-

MY REFLECTION:

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MORE CREATIVE SPACE

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RESULTS

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WHAT DID YOU NOTICE FROM THE LAST FIVE DAYS?

What shifted? What manifested? What aligned? Did you feel resistance or were you in a state of flow?

If you felt resistance, I recommend performing the challenge again, until you BELIEVE that you will allow your desire to flow to you.

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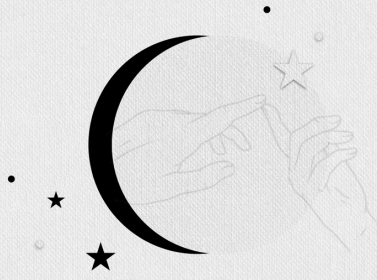
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THERE ARE NO HAPPIER PEOPLE ON THIS PLANET THAN THOSE WHO
DECIDE THAT THEY WANT SOMETHING, DEFINE WHAT THEY WANT, GET
HOLD OF THE FEELING OF IT EVEN BEFORE IT'S MANIFESTATION AND
THEN JOYOUSLY WATCH THE UNFOLDING AS, PIECE BY PIECE, IT BEGINS
TO UNFOLD. THAT'S THE FEELING OF YOUR HANDS IN THE CLAY.

- ABRAHAM HICKS

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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module **five**

career/business

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CAREER/BUSINESS

ACTIVITY ONE

The simplest way to move forward is to be clear with your intended outcome. We acknowledge that we are open enough for the outcome to evolve as new opportunities present themselves, but having a direction keeps us accountable and moving forward. Often it's hard to determine if we just don't know what we want or we are resisting that which we are certain that we do want. So now it's time to reveal which one it is...

When it comes to your career or business, in no more than 3 sentences (the less, the better), tell me what you desire to experience:

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CAREER/BUSINESS

ACTIVITY ONE

If you had trouble writing it down, then your road block is lack of clarity. If this is the case for you, take the time to create a mind map of the physical things you wish to have, the experiences you desire and the feelings you want present in your experiences (when it comes to career/business).

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CAREER/BUSINESS

ACTIVITY ONE

If you didn't have trouble writing it down, and you aren't currently experiencing that reality, then your road block is that of resistance. So make a list of all the reasons you CAN'T have what you wrote down.

This list will bring to the surface, misguided beliefs that live in your subconscious mind. Once aware, you can use the technique I provide on the next page to move through the limiting beliefs.

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CAREER/BUSINESS

ACTIVITY ONE

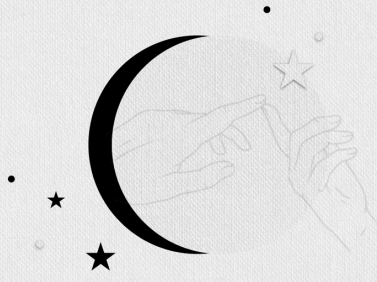
Eliminating Limiting Beliefs:

This is not my process, I had found it in a book by Kathrin Zenkina and LOVE the simplicity of the process!

1. Identify the limiting behaviour (teh behaviour attached to one of the things you wrote on your list of why you can't have what you desire) that's holding you back.
2. Isolate the underlying limiting belief. What do you have to believe to be true to keep repeating the same limiting behaviour?
3. Go back in time and find when you first developed the thought that led to your belief. Did you see something as a child? Did someone tell you something? Did you experience something that you assumed was the way that the world worked? What is the source of this belief?
4. Ask yourself what the benefits have been of holding onto this belief. How has holding onto this belief served you?
5. Ask yourself what the consequences have been of holding onto this belief. What have you missed out on because of this belief? How painful are these consequences to you and how ready are you to change?
6. Is there any ultimate truth to this belief? Or is it just a story? Find as many reasons as you can to prove to yourself the falsehood of your limiting belief. Dig into your experiences for this and see what you can dig out.
7. What would the Universe/God tell you about this belief? Can you see how this belief is doing nothing but limiting you from living your truth? From aligning with your true self? What is the actual truth about this?
8. Choose a new thought, and create a new story that empowers you. Formulate a new belief based on your answers from (7). Start acting as if you believe your new beliefs. Your subconscious doesn't know the difference between make believe and actual reality. To your subconscious, everything is reality. The new reality that you choose WILL manifest before you know it!

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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module **six**

friends, family & social

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FRIENDS, FAMILY & SOCIAL

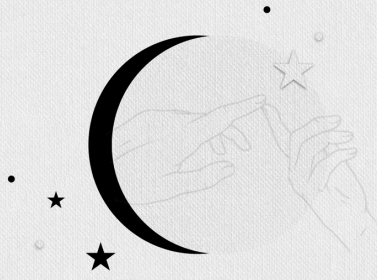
ACTIVITY ONE

As an introvert, its important that I sometimes challenge myself to be social and meet new people, because without uncomfortable experiences, I don't allow for the room to grow, expand and meet kindred spirits. So this week I challenge you to talk to 3 strangers AND give them something (it could be a small gift, a quote, a letter, a compliment, a hug, anything you desire).

Reflect on each experience and how it made you feel below:

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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module **seven**

love/romance

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LOVE/ROMANCE

ACTIVITY ONE

One of my favourite manifesting techniques is utilising a Vision Statement; essentially writing down, in past tense, what I desire to experience, filled with emotive language and detailed description, so my mind can paint a clear picture.

Today we are going to do this with our significant others. Whether you are in a relationship, desire to be in one, or are content with your relationship status right now, this activity will be serving.

I want you to write an entry below on the type of person you see yourself with. List all of their qualities, their features and how they make you feel. Nothing is off limits.

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LOVE/ROMANCE

ACTIVITY ONE

Now I want you to describe what kind of person is with the person you just described. How do they show up? How do they meet the other person in the relationship? How do they feel within themselves?

You are essentially describing the person you need to be to attract the person you described on the previous page.

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LOVE/ROMANCE

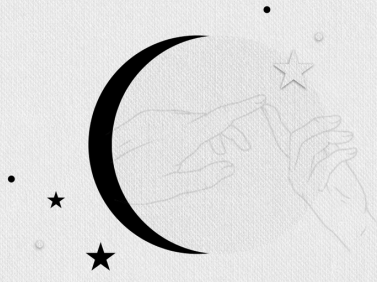
ACTIVITY ONE

Now decide if there is a gap between the person you are right now and the person that attracts the person described initially. If there are gaps, how can we fill them? How can we become the person described on the page before this one?

How do work on myself to then attract the most aligned person for me (as a byproduct of the new frequency I emit)?

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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module eight

personal growth

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PERSONAL GROWTH

ACTIVITY ONE

Years ago I created a technique that changed my life. I stopped asking for what I wanted, and started declaring that they are already mine. It was a simple shift in perspective, but it changed the frequency I was emitting, and so what I mirrored back to me also shifted.

And it goes; we are going to make a declaration of everything we desire to be, do, have and experience.

Following the statement:

"I have decided..."

For example; I have decided that I am in a loving relationship with my King who sees me and honours me as his Queen.

Write your list, with conviction and gratitude. And reread your statements as often as you need to until you believe them, and then act on that belief, acting as though their realisations were inevitable.

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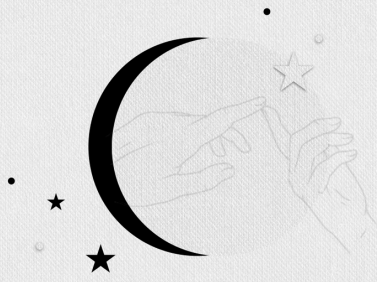
PERSONAL GROWTH

ACTIVITY ONE

I have decided..

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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module **nine**

recreation & fun

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RECREATION & FUN

ACTIVITY ONE

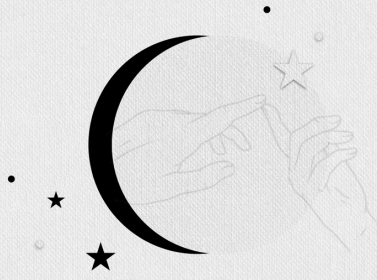
Fun gets us there faster. Today you are to write a list of all the things you love to do, that bring you joy.

Then you are to schedule at least one different thing into your schedule, everyday this week.

On my list, would include: baking, gym, meal time with family, designing, writing, reading, walking, smelling the flowers, trampolining, beach time, etc.

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THE SOUL CONTRACT

WHAT ARE WE REALLY HERE TO DO?

module ten

physical environment

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PHYSICAL ENVIRONMENT

ACTIVITY ONE

Energy is everything, and everything is energy. And so, just as in Module Two we worked on cleaning our vessel and the energy that it carries, today we are going to focus on clearing the energy in our physical environment.

I want you to choose one room in your house that you will clear out. Clean the space, throw out the things that no longer serve you, move things around so they are more conducive to the experience you desire, add some elements such as crystals, candles, sage, art, plants (high frequency objects and totems). Say some prayers in the space and set an intention for how this space is to make you feel every time you're in it.

Maintain the clean energy of the space by prioritising to keep it clean, both in clutter and in energy. Let air flow and let love move through the space. It is a container for your vessel, so let it be one of love.

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GUARANTEE

Guarantee Policy: Like anything in life, you will get out of this what you put into it. This experience will be different for everyone. I don't guarantee or warrant results or any change of circumstance. But I can say that this will be a transformational experience and you will leave a different person than you were when you came into it. And if you commit to the practices outlined, you will start to be in control of your own shifts and thought processes. That should always be the goal. As mentioned earlier; treat this as experimental and allow it to be what it is without expectation, so how well this works for you is dependent on how much you allow it to.

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NEXT STEPS?

Proud, doesn't begin to explain how I'm feeling right now. A more fitting description would be, I am seeing you. I see you fully, I see you show up, I see you do the work, I see you with a deep willingness to shift, I see you taking the Divinely led action, I see you moving through the contrast into expansion, I see you wanting more. And so, when I received the message from God to create this course and offer it for free, it came with another message, that those who will invest their energy to complete the course, the by-product will be expansion, and that expansion will lead to a desire for more expansion, and so I was told to offer, those of you who are ready, my 1:1 Coaching Program, "The Sacred Wisdom Within". We do all of this work, but on a deeper level.

But I'm going to be real with you, I gave everyone access to this course, valued at THOUSANDS of dollars (if I was pricing it comparatively to my other courses and offerings) for free, because I was guided to and because I knew I needed to serve, but the next stage of the process is an investment.

The Sacred Wisdom Within is a \$5000 USD investment.

It is only for those of you who are truly ready to continue this journey. I won't be offering a consultation call, but my intuitively inspired letter to you can be found by clicking the button below, and you can purchase from that page too. So if you feel the call for more, click the button below:

THE SACRED WISDOM WITHIN

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IT IS NOT WHAT YOU SHOUT OUT TO THE
WORLD THAT DETERMINES YOUR LIFE...
IT IS WHAT YOU WHISPER TO YOURSELF THAT
HAS THE MOST POWER.

- ABIGAIL HORNE

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