

SOUL *food*

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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 welcome you into
this course and excited for you to evolve and become everything
that you already are. Get ready for major shifts. Enjoy the sacred
activities created for you in this workbook. You are infinitely
loved and supported.



MODULE FOUR WORKBOOK

Mindfulness

LISTEN TO MY GUIDED MEDITATION

FIND IT HERE

ACTIVITY ONE

1. It's time to declutter! A sure way to live more mindfully is if we immerse ourselves in a harmonic environment, and often our home is the place where we feel most safe and we spend the most time. So it's time to remove the things that are no longer serving you or no longer making you happy. This energetically frees up space for the things, people and experiences that you do desire to come into this new sacred space.

2. While you do this activity, make a pile of clothes that you will donate to a charity. Go through your clothes and ditch anything that no longer makes you smile. If they don't make you feel naturally beautiful, it's time to say goodbye! The feeling of donating them is an added bonus!

ACTIVITY TWO

1. This week I want you to allocate a portion of your spending money to experiences versus things. Instead of buying the bag/jewellery/pair of shoes/etc., spend on an experience, such as a theme park, the movies, a museum, a dinner date, a comedy show, the theater, etc.

Using your five senses, describe your experience below:

ACTIVITY THREE

This week I want you to pay attention and be mindful about how many toxic things you use and/or consume. Below list the products/foods you use/consume everyday for the entire week.

This can include; dishwashing liquid, cleaning products, moisturisers, candles, soaps, artificial sweeteners, skincare products, etc.

The next step is to make a conscious effort to replace them with products that are less toxic and that will serve you more.

ACTIVITY FOUR

We are creators. We do not hurry through life, we experience life, we enjoy life, we create life.

Today I'd like you to recreate one of your favourite childhood dishes, but the challenge is to keep it clean! Use as many fruits and/or vegetables as possible, no artificial sweeteners, no refined sugar, and nothing toxic. Think earth to plate. But make it fun! Enjoy creating. Write your plan and shopping list below:

ACTIVITY FIVE

This activity involves three parts. We are going on an adventure. I want you to spend some time earthing. Choose your location; any place outdoors. It could be a lake, the beach, the forest, the mountains, even your own backyard. Spend 10 minutes, using your five senses, and describe your experience in your journal. Spend another 20 minutes reading a book. Then again, another 10 minutes, using your five senses, describing your experience in your journal.

Did you notice an elevated sense of mindfulness the second time around?

Reading is a tool that helps us silence our minds.

ACTIVITY SIX

Every meal today, try to consume and enjoy without screens. Sit at the table, eat mindfully, have a conversation or make it a meditation. Enjoy the experience.

How was it?

TIPS ON MAINTAINING MINDFULNESS THROUGHOUT YOUR DAY

Start your mornings with meditation.

Express gratitude throughout your day, for all experiences.

Take three conscious breaths whenever you remember.

Commit to at least 30 minutes of physical activity each day. Be mindful of how your body moves and feels.

Consciously eat your food. Pay attention to the flavours, textures, colours and aromas.

Allow your emotions to exist without judging or labeling.

Accept people and events as they are without trying to change them.

Let go of controlling. Become comfortable with not knowing.

Stop resisting.

Take inspired action daily but let go of expectations.

Don't take anything personally.

Add some of your own tips here:

MORE CREATIVE SPACE



OUR FOOD SHOULD BE OUR MEDICINE AND OUR
MEDICINE SHOULD BE OUR FOOD

HIPPOCRATES

