

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 THREE WORKBOOK

Moving Your Vessel

ACTIVITY ONE

1. Move your vessel.

Every day for the next seven days I want you to move your vessel in a different way.

Below are some examples of ways to move your body. Make your choices for each day and then schedule them in.

(You have 100% control - you can change your mind about the activity and time but I highly recommend that you stay committed to completing this activity for the entire week)

SOME EXAMPLES

Gym workout

Gym class

Pilates

Yoga

Swimming

Running

Riding a bike/Cycling

Walking

Dancing

Dance class

Playing a sport

Rollerblading

Skipping

Boxing

Aerobics

Intense Housework

Shoveling

Hiking

Rock climbing

Karate (and other similar sports)

Gardening

Zumba

Surfing

And any other moderate or vigorous activity you can think of

ACTIVITY ONE

Choose your seven activities and schedule them in for each day:

DAY ONE

Activity: _____

Time: _____

DAY TWO

Activity: _____

Time: _____

DAY THREE

Activity: _____

Time: _____

DAY FOUR

Activity: _____

Time: _____

DAY FIVE

Activity: _____

Time: _____

DAY SIX

Activity: _____

Time: _____

DAY SEVEN

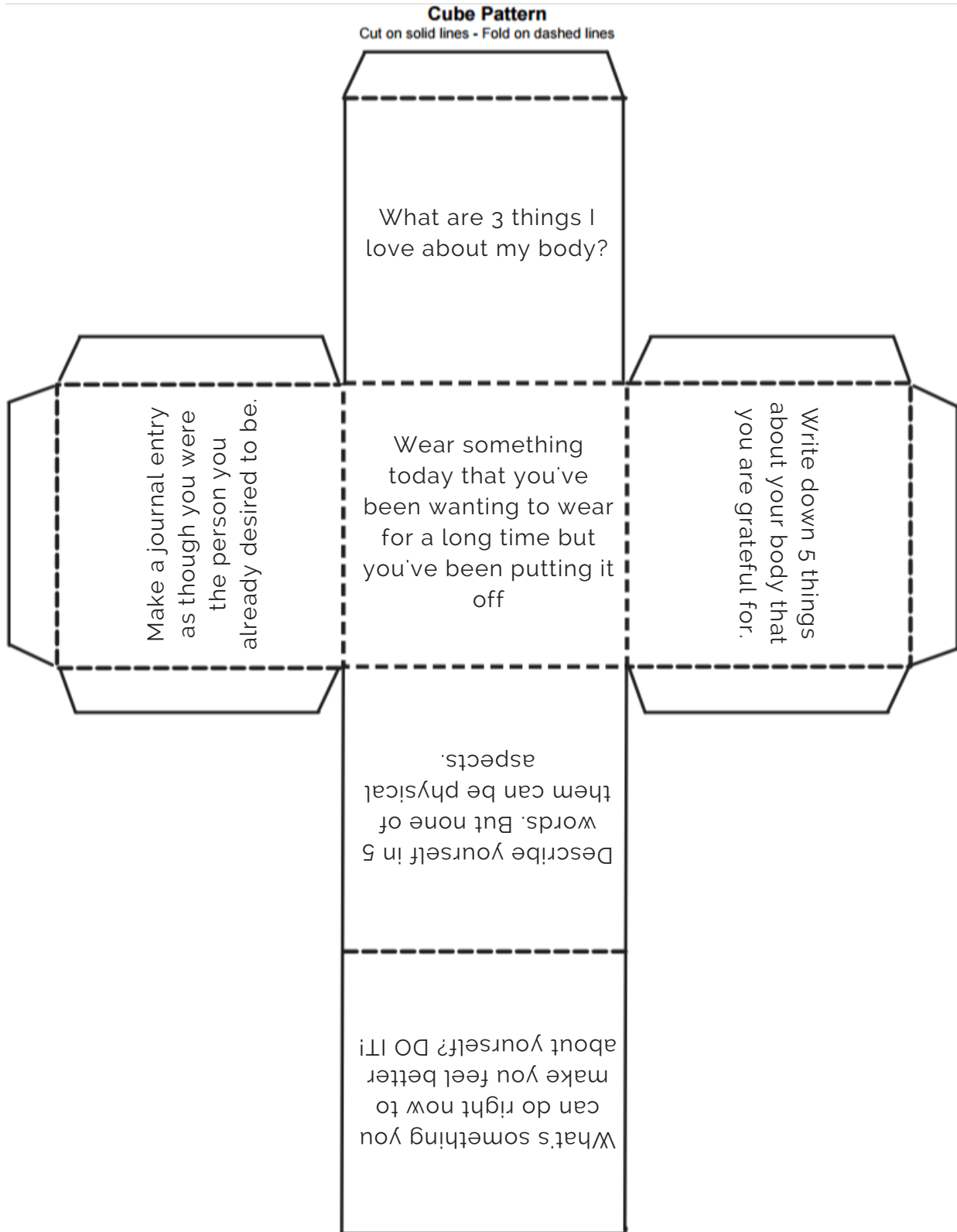
Activity: _____

Time: _____

ACTIVITY TWO

1. Every day I want you to commit some time to working on body empowerment and nurturing your vessel.

Below is a template for a cube, cut it out and stick it together to make a cube, alternatively, use a cube you can find at home and rewrite the activities/questions/prompts on each side.



ACTIVITY TWO

Roll the dice once a day and complete the activity that appears on top.
Use the space below to answer questions if you need to.

ACTIVITY THREE

What is one activity that you love to do, that when you do it, you forget about everything else? You forget about other people, you forget about your appearance, you forget about your career, you forget about your financial situation, you forget about your relationship status.

How many times can you schedule that activity in in the next few weeks? (Aim for at least 5 times)

What other activities could you try, that may have that same affect on you?

ACTIVITY FOUR

Journal Entry:

Today I want you to sit down with your soul and have a deep intimate conversation.

Your prompts are:

Where am I feeling discomfort or pain in regards to my physical appearance?

What would my ideal feeling and result be?

How can I move towards feeling that way?

What parts of me are my favourite?

How can I embody those feelings for the parts of me that I try to avoid?

Am I willing to do the work to heal myself?

ACTIVITY FOUR



ACTIVITY FIVE

Touch the parts of you that you often abuse (through thoughts, words or actions).

Repeat after me:

I love you, my sacred vessel. I honour you. I appreciate you. I move you. I care for you. I respect you. I am so grateful for you. Moving forward I will see you as you truly are - an expression of love. And through my acts of self-love (in the way I move my vessel), I will acknowledge that I am doing my part in honouring you. You are perfect as you are and nothing needs to be fixed. I am on my path. All is well.

MORE CREATIVE SPACE



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

HIPPOCRATES

