

30-Day Plan

to

Jump Start Your Life!!!

What follows is an outline of what a month could look like, if you want a way to jump start your life. I did not choose 30 days randomly. It takes 30 days to change a thought pattern. If you take the actions listed below for 30 days you will give yourself a firm beginning to a new life. If you want a change, if you want to grow, if you want to become more and have more, try this on. I promise you dramatic and undeniable change and growth in your life. The time of day given to perform all the actions does not have to be rigid. So long as you accomplish these things during a day you will fulfill the energetic requirement.

DAY 1 – WEEK 1:

MORNING –

- a) Meditation: 5 to 7 minutes

Close your eyes.

Center yourself.

Clear out your thoughts and your mind.

Imagine a beautiful purple energy.

Put it in your hand.

Tell yourself you are going to throw this purple

energy and it will land anywhere in your space, in

your life, where you have energy holding you back
from having what you want in your life.

Throw the energy at your spiritual body.

See where the purple energy lands.

Don't worry about what it means or where it lands,
just watch it.

Then release the purple energy (down a grounding
cord) to the center of the planet.

- b) With your eyes still closed, imagine how you would
feel if you had the life you wanted. What would that
feel like? Would it be a certain job, a relationship,

improved family relations, a healthier body? Pick one or several areas. Feel what it would feel like if you had that/those experience(s) in your life now. Bask in the feeling that what you want is yours now.

- c) When you complete that process, imagine a big gold ball of brand new energy drenching your spiritual body, filling up every cell of your body. When you feel full, open your eyes.
- d) Create or say the following affirmation:

I EMBRACE GROWTH AND CHANGE
FOR MY HIGHEST GOOD.
I AM STRONG, INTUITIVE, AND CONFIDENT
IN MY CHOICES.
I AM OPEN TO MY ANSWERS
AND MY TRUTH.
I AM HAPPY AND PEACEFUL AS I ALIGN
MYSELF WITH SOURCE.

Go about your day...

MORNING – MID MORNING

Work on something. Put your creative energy into some project. Contribute to your life or to the life of someone else. Go to work, volunteer, be of service. Help someone cross the street. Contribute to the betterment of something or someone outside of yourself. It could be a kind word to a co-worker; it could be donating some old clothes or furniture. Give, and contribute to something outside of yourself. Go above and beyond your normal routine. For instance, if your normal routine is to go to work, make sure you include at least one act of kindness or generosity to someone at work. Give an additional tip to the service attendant at the coffee house. Make sure you include at least one additional act of service or contribution.

EARLY AFTERNOON –

Keep a journal and write down your experiences and your thoughts about the day so far. How you feel? Where do you notice resistance? What fears do you notice? What progress or insight have you made or are on the cusp of grabbing?

Your journal entry does not have to be limited to the 30-Day Jump Start Plan, but it should include your meditation experience and chronicle your additional contributions.

You may find yourself thinking or feeling any number of thoughts. You may want to record those so that you can be a witness to your growth. You will enjoy reading these entries after the 30 days is complete.

EARLY AFTERNOON –

- a) Remind yourself of 10 reasons you should be grateful for your life and write them down.

- b) Admire yourself and the essence of who you are. Remember that you chose, and you were chosen, to come to the planet at this time. You came to help and contribute to saving the planet. Your contribution, whatever it looks like, is important to the bigger plan. Spiritually, you are a hero for coming here in this constrained environment for the betterment of others. Admire the true nature of who you are and where you came from.

MORNING, AFTERNOON, EVENING –

- a) Eat three nutritious meals per day. If you need more information about health and well being, visit the website of Dr. Andrew Weil. He is considered an expert in health and nutrition known for marrying western medicine with alternative medicine. He offers sound advice on healthy eating.

Be certain your body receives proper nutrition.

Take the time to make that right for your body.

Don't skimp. Give it to yourself. Prioritize it into your day. Make time for your body. Give to your body.

DAYS 1, 2, 3, 4, 5 -

Exercise or move your body for at least 30 minutes.

Exercise, dance, walk, jog or do yoga. Move your body.

It wants and needs to be active. The more sedentary you are, the more sedentary you will want to be. The more

active you are, the more you will recognize the need your body has to move.

Our bodies serve us daily and provide us the opportunity to have this experience of growth and love. Although bodies are temporary vehicles, they deserve all the care and compassion we can muster. When your body is content, your spiritual growth will progress more rapidly.

Mentally commit yourself to a healthy lifestyle. Consider this affirmation. Say it daily, or create one of your own to insert in its place:

I APPRECIATE MY BODY,
IT SERVES ME WELL.
I FEED MY BODY ALL THE FOODS THAT
ARE PERFECT FOR IT.
I EXPERIENCE WELL BEING IN MY BODY
AND I AM GRATEFUL.
MY BODY IS HEALTHY, STRONG,
AND I LOVE IT.

Personal Questions and Considerations:

- a) Ask yourself what you can do today to be more healthy
- b) If you are a smoker, find a smoking cessation plan, today. Visit www.smokefree.gov for tools to effect that change. Take one step toward smoking cessation
- c) Limit your alcohol intake
- d) Are you moving your body?
- e) Are you making time for your body in your life?

DAYS 1, 2, 3, 4, 5 -

Learn something or do something new –

You may want to purchase a new book at the beginning of this cycle, buy some new music, or you may want to take a new route, or different form of transportation to work. Everyday insert something new into your experience. It doesn't have to be huge, just something intentional. This process will open up your energy. It will prepare you to receive more.

Personal Questions and Considerations:

- a) Read a book
- b) Recite an affirmation
- c) Listen to some new music
- d) Take a new route to work, or a different form of transportation
- e) Shop at a different grocery store
- f) Look up a website for more information on a subject of your choosing

DAY 2 – WEEK 1:

Visit your personal goals and dreams –

- a) What are your personal goals and dreams?
- b) Do you give them your time and attention?
- c) Are you moving toward them? If not, what are 5 steps you could take to start to make your dreams a reality?
 - 1) Identify your first step. This could be as simple as smiling at yourself in the mirror each morning and admiring the courage you are showing by changing your life.

- 2) Write down your steps in your journal. Make four of them easily achievable and one step, a little more difficult to reach, but attainable.
- 3) Outline your plan for implementing your first step.

DAY 3 – WEEK 1:

Visit your personal goals and dreams –

- a) Implement your first step. Follow through on your own good advice. Write about it in your journal.

DAY 4 – WEEK 1:

Camaraderie –

Visit with friends; join a group, or a sports network to experience camaraderie and/or friendship. Develop a sense of belonging to something greater than yourself. Share that sense of belonging with others. Even if it feels uncomfortable do it anyway. Push through the energy and allow yourself to receive camaraderie.

Camaraderie can sometimes occur in the workplace. Shared goals and imposed, close physical proximity can cause this to occur. Make sure you bring camaraderie out of the work place as well. Go out for dinner or a movie, or out to discuss a book or movie. Make a group social event.

DAY 5 – WEEK 1:

Clean out and clean up your environment. Throw out, give away, and check your living space for old, outdated junk. Even if you take one area at a time, take time to create a sanctuary for yourself. Clean out and clean up your energy in your living space. Clutter can slow down our energy and is often related to some emotional issue surrounding control. Begin to clean out your closets, give away old clothes you never wear, and bring space to your environment.

If you begin to experience a lot of feelings and/or anxiety around this, write about it in your journal. If it is severe, you can use the meditative space and throw purple energy at it, and refill the spaces with gold energy. Always remember you are working with energy. The “feelings” you experience while

undergoing change are not the truth about who you are. They are they physical reaction your ego and personality have to change. Do all you can to step away from the judgment about your feelings as you undergo this process. Comfort is not the only emotion and vibration worthy of experience. Allow other vibrations to enter your experience if you want change. Acknowledge them, feel them, and then release them.

Consider all the people who surround you. Take an inventory of how they affect you in your life. Write your thoughts in your journal. If you find you have toxic people, thoughtfully consider how you could talk with them about certain impacts they have on you. Do not use confrontation or accusation as a tool for communication. Use communication with the basis of “I” statements and a genuine desire for healing. If the toxicity does not dissipate then simply separate yourself for the next 30 days so that you can have this program. Write your experiences in your journal and you can revisit releasing toxic people again at this again at the end of the program if necessary.

DAY 6 – WEEK 1:

Have fun and appreciate -

Do something that is pure fun to you. It can be alone or with others. You may enjoy going to the movies, or dining out, going to the beach, or to garage sales. Do something that brings you pleasure. When you're done, write about your pleasurable experience in your journal. Appreciate the work you have done throughout the week. Honor your experience and growth. Be aware of the specific feelings of joy and fun you brought into your life and be grateful for them.

DAY 7 – WEEK 1:

Rest. Do whatever you want with your time and your energy. Be free flowing with your thoughts and your behavior. There are no rules on this day.

The following are tables created to help you visualize what 30 days will look like. It is separated into four weeks and one 2-day week.

Week 1 - 7 days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditate	Meditate	Meditate	Meditate	Meditate	Meditate	You Choose
Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well	
Learn Something New	Learn Something New	Learn Something New	Learn Something New	Learn Something New		
	Visit Your Personal Goals & Dreams					
	Implement Your First Step					
			Camaraderie			
				Clean Out		
					Have Fun & Appreciate	

Week 2 - 7 days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditate	Meditate	Meditate	Meditate	Meditate	Meditate	You Choose
Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well	
Learn Something New	Learn Something New	Learn Something New	Learn Something New	Learn Something New		
	Visit Your Personal Goals & Dreams					
		Review your progress from your 1st step, implement your 2nd step				
			Camaraderie			
				Clean Out		
				Document similarities in journal	Have Fun & Appreciate	

Week 3 - 7 days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditate	Meditate	Meditate	Meditate	Meditate	Meditate	You Choose
Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well	
Learn Something New	Learn Something New Visit Your Personal Goals & Dreams	Learn Something New	Learn Something New	Learn Something New		
		Review your progress from your 2nd step, Implement your 3rd step				
			Camaraderie	Clean Out		
				Document similarities in journal. Identify one thought pattern for release	Have Fun & Appreciate	

Week 4 - 7 days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditate	Meditate	Meditate	Meditate	Meditate	Meditate	You Choose
Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well	
Learn Something New	Learn Something New	Learn Something New	Learn Something New	Learn Something New		
	Visit Your Personal Goals & Dreams					
		Review your progress from your 3rd step, Implement your 4th step				
			Comaraderie	Clean Out		
				Release identified thought pattern	Have Fun & Appreciate	

Week 5 - 2 days

Monday	Tuesday				
Meditate	Meditate				
Eat Well Move Work/ Contribute Admire Yourself Journal	Eat Well Move Work/ Contribute Admire Yourself Journal				
Learn Something New	Learn Something New				
	Visit Your Personal Goals & Dreams				
<p>Review your progress from your 4th step, implement your 5th step. If you need to go over any of your previous steps, do that. After you implement your 5th step, construct the next 5 steps in reaching your goal. With each evaluation, move on to another step, until you reach your goal!</p>					
<p>Review your journal. See who you are now, and who you were at the beginning of this 30-day plan. Take what worked the best for you in this plan and build from there. You may have already started to see that some relationships may need to transform or you may need to leave them behind. You may find that you feel very differently about how to live your life than you did before this plan. You have a sound outline of how to construct your life. Now that you have some energy with you, you are free to create more from this place. You have new thought patterns, and new skills. Use them, and keep going to create more of the life you want!</p>					

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Epilogue

I trust this experience has been beneficial to you. I welcome your letters or stories about your experience with the 30 day plan. Additionally, I am always interested to know the hearts of others. I appreciate the time you have taken to absorb the energy of this book, in the hope it would impact your life positively. I hope that in this sharing you have indeed found an opportunity to enrich your life.

Thank you for allowing me in your heart and your mind. I wish you all the love, wealth and personal happiness your life can hold.

In good spirit,
Phyllis King

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