



ADVANCED PROGRAMME

QUICK GUIDE

Action Steps & Progress Tracker



...powerful habits to transform your life!

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Quick Guide

Action Steps & ProgressTracker

This guide contains only the recommended action steps and progress tracker for all 22 habits.



Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Recommended Action Steps ~ Summary

Habit 1 ~ Optimal Hydration

- ✓ Start a daily adequate hydration routine immediately, using the recommended list on page 20 as a guideline.
- ✓ Getting into the habit of having water readily available by your side throughout the day (glass or water bottle).
- ✓ Experiment with amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

Habit 2 ~ Earthing

- ✓ Watch the earthing movie at the first opportunity (very inspiring!)
- ✓ I would recommend you do it as often as practically possible every day.
- ✓ Consider purchasing earthing products if circumstances permit.

Habit 3 ~ Intermittent Fasting

- ✓ Start with baby steps, stay flexible and figure out what works best for you.
- ✓ Adopt a consistent **fixed eating window** as part of your daily routine.
- ✓ Try the odd longer fasting period.

Habit 4 ~ Deep Breathing

- ✓ Practise the recommended technique (4 seconds in, 2 seconds hold, 4 seconds exhale), experiment and find out what works best for you.
- ✓ Get into a daily routine of conscious nasal breathing as often as you can, if even if it is just the odd deep nasal breathe, throughout the day.
- ✓ Consider combining it with meditation (habit 9).

Habit 5 ~ Quality Sleep

- ✓ Look at your current routine (around eating, sleeping, and using devices) and adjust your sleeping environment in line with the recommendations.
- ✓ Adjust your daily routine in line with the 5 recommended circadian actions to make it more conducive to quality sleep.
- ✓ Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (read paper-based materials or see habit 11 for inspiration) 😊.

Habit 6 ~ Regular (Daily) Laughter

- ✓ Turn off any daily brainwashing programmes (aka 'the news' 😊).
- ✓ Using the practical suggestions to create an easily accessible file/catalogue (images, videos, books etc) of things that make you laugh and feel great!
- ✓ Make time to have at least one really good belly laugh every day.
- ✓ Create a powerful pattern breaker and to use when needed.



Habit 7 ~ Good Gut Health Regime

- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate gut friendly foods (from the recommended list) into your diet.

Habit 8 ~ Regular (basic) Exercise

- ✓ Do some simple exercise every day to suit your circumstances (walking for 20 minutes daily is ideal).
- ✓ Set a daily target and track your progress.
- ✓ Always walk where practical, instead of taking the car.

Habit 9 ~ Daily Meditation

- ✓ Aim to meditate for at least 20 minutes every day.
- ✓ Use nasal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Experiment with different types and figure out what works best for you.
- ✓ Just let go 😊!

Habit 10 ~ Deep Gratitude

- ✓ Do your own further research to fully understand the benefits of good nutrition and a balanced diet.
- ✓ Review your current shopping/dietary habits.
- ✓ Start to incorporate more **live foods, alkaline foods, brain foods** and **nutritional supplements** into your diet.
- ✓ Regularly check that you're paying attention to each category and cutting down on dead foods.

Habit 11 ~ Regular Orgasm's

- ✓ Do any further research as required to fully understand the divine power of the orgasm and the multiple benefits to your health and wellbeing.
- ✓ Experiment with different techniques, to see if you can enhance your experience.
- ✓ Make time in your routine for as many as you desire 😊.

Habit 12 ~ Taking 100% Responsibility!

- ✓ Do a stock take of your current life circumstances to check if you are playing the victim in any part of your life.
- ✓ Take 100% responsibility for everything you ever do/create from this point.
- ✓ Apologise immediately and accept full responsibility for any actions that cause any problems for other people.
- ✓ Ask yourself at the end of every day, "did I take 100% responsibility for everything I did today?"



Habit 13 ~ Emotional Freedom

- ✓ Let go of everything that bothers you.
- ✓ Unconditionally forgive everyone (past and present) who has wronged you.
- ✓ Detach from all outcomes, and just let them be.
- ✓ Practice the above 3 everyday (don't go to bed with any tension)
- ✓ Acknowledge, accept, and release any negative emotional states that crop up during your normal day.

Habit 14 ~ Emotional Release (Tools)

- ✓ Try all 3 tools to familiarise yourself with each process.
- ✓ Experiment with the different techniques to find out what works best for you.
- ✓ As you notice any emotional tension or negative energy rising up as you go about your day, acknowledge it and release it.
- ✓ Take some time at the end of each day to reflect on your day and release any negative energy from the day. Make it a daily ritual.
- ✓ Use these tools every day to... **Release, Release, Release!**

Habit 15 ~ Authenticity & Values

- ✓ Complete the **Determining Your Values exercise** (stage 1), take your time.
- ✓ Complete the **Aligning Your Values exercise** (stage 2) take your time.
- ✓ Put a **Reprioritising Your Routine action plan** (stage 2) to start aligning your routine with your highest values.
- ✓ **Monitor it all daily**, looking at each value in turn. Adjust, as necessary.
- ✓ Re-evaluate periodically (perhaps annually) with stage 1 and 2 exercises.

Habit 16 ~ Self-Esteem & Self-Confidence

- ✓ **Check out the video resource** (great free resource you can use as many times as you wish).
- ✓ **Create an inner confidence anchor** to have an immediate boost on tap.
- ✓ **Consider building yourself an alter ego** (or multiple alter ego's if you want, there's no limit) ready to use whenever you feel it is to your advantage.
- ✓ **Practise displaying a confident posture.**

Habit 17 ~ Feel Good Now

- ✓ Print off the '**Emotional Spiral**' & '**Happy Chemicals**' illustrations and place somewhere to give you a daily reminder.
- ✓ Create an immediate mood enhancer.
- ✓ Continually focus on going up the spiral and feeling good.
- ✓ Make time every day for enjoyable activities that make you feel really good.
- ✓ Practise smiling and laughing all day long, because you can 😊!



Habit 18 ~ Positive Expectation

- ✓ Practise and develop a positive mindset to always look for and expect the best in any situation.
- ✓ Do a daily “**Wouldn’t it be nice...**” routine to set up your day.
- ✓ Write a regular “**What would it take...**” list for all your desires.
- ✓ Practise and develop a ‘**Sunny side of the street**’ disposition and mentality.
- ✓ Imbue your communications with the vibration of love, joy and peace.

Habit 19 ~ Programming for Success

- ✓ Write down a list of all your dreams and goals. Review regularly.
- ✓ Write out a script for each dream/goal and **continually rehearse** the thoughts, feelings and behaviours as though each one has happened.
- ✓ Do a daily ‘influence your day’ process rehearsal of the following day’s events.
- ✓ Practise getting excited when something is ‘perceived’ to go wrong.

Habit 20 ~ Gratitude & Appreciation

- ✓ Have a gratitude session every morning when you wake and before you go to sleep, for everything about your day (it only takes a minute or two).
- ✓ Develop an attitude of gratitude for **everything** in the world around you that uplifts you or makes your life richer in any way.
- ✓ Practise turning perceived negative experiences in positive ones and expressing gratitude for the (hidden gift) lesson.
- ✓ Look for opportunities all day long to express gratitude and appreciation.

Habit 21 ~ Socially Connecting

- ✓ Make an effort every day to engage with friends and even strangers (virtual and real world). Just to say hello and connect.
- ✓ Make an effort to engage with everybody you come across (at the checkout, at work, on the phone, in the store).
- ✓ Look for opportunities to give someone a genuine compliment, you’ll both feel good 😊.
- ✓ Look for opportunities to give random act of kindness, because it’s a beautiful and soul nourishing thing to do.

Habit 22 ~ Abundance Mindset

- ✓ Have a thorough review of your financial affairs and see what funds you can free up (consider using professional advice).
- ✓ Switch to/set up a percentage-based investment/savings plan that you contribute to every month (make sure you regularly reward/spoil yourself).
- ✓ Use the mindset tools to develop your abundance mindset.
- ✓ Regularly check your finances to make sure they’re working as best as they can for you.



✓ 33 Day ~ Essential Habit Progress Tracker/Checklist

	Hydration	Earthing	Fasting	Breathing	Sleep	Laughter	Gut Health	Exercise	Meditation	Nutrition	Orgasm	
	1	2	3	4	5	6	7	8	9	10	11	
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✓ 33 Day ~ Advanced Habit Progress Tracker/Checklist

	100% Responsible	Emotional Freedom	Emotional Release	Authenticity & Values	Self-Esteem/ Confidence	Feel Good Now	Positive expectation	Programme for Success	Gratitude/ Appreciation	Socially Connecting	Abundance Mindset	
	12	13	14	15	16	17	18	19	20	21	22	
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