



# ESSENTIAL 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 the 11 essential 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 😊.



✓ 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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