



## CRASH COURSE WORKBOOK 2.0



CLUB THRIVE  
GLOBAL

# CIRCLE SYMPTOMS OF INFLAMMATION

## IN YOUR BODY...

Fatigue

Stubborn belly  
fat/cellulite/man  
boobs/spare tires

Difficulty sleeping

Excess body weight

Feeling  
stuck/heavy/stagnate/dull

Tongue coating

Joint Pain, stiffness upon  
arising

Poor digestion: belly  
bloat/irregular stools/loose  
stools/constipation/heartburn  
/indigestion/bad breath/

Skin issues - rashes/ hives/  
acne/ psoriasis/eczema

Allergies

Cravings for processed foods  
(poor nutrient density)

PMS, fibrocystic breasts, and  
hard periods

Puffiness/water  
retention/sinus  
congestion/lymph  
congestion/snot/mucus/post-  
nasal drip

Emotional eating/Overeating

Headaches

Susceptibility to  
illness/viruses/flu/candida  
or fungi

High blood pressure

Lack of sex drive

## IN YOUR MIND...

Overwhelm, anxiety

Chronic low-grade  
stress

Depression

Irritability

Brain fog

Difficulty sleeping

Feeling stuck/  
heavy/stagnate/dull

Difficulty making  
decisions

Poor willpower,  
unmotivated, low  
ambition

Headaches

Mental confusion

Poor concentration,  
difficulty focusing

## IN YOUR SOUL...

Lack of drive

Lack of direction

Complacency

Hopelessness

Overwhelm

Unclear direction

Disconnect from  
meaning in your life

Feeling trapped in  
consumerism



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# WHAT IS WINNING NEXT?



IN YOUR BODY...

IN YOUR CALENDAR...

IN YOUR RELATIONSHIPS AND ENVIRONMENT/LOCATION...



# WHAT ISN'T WINNING... NEXT

WHAT ARE YOUR OUTDATED HABITS?



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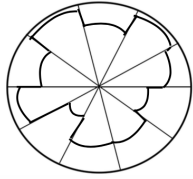
IN YOUR BODY...?

IN YOUR CALENDAR...

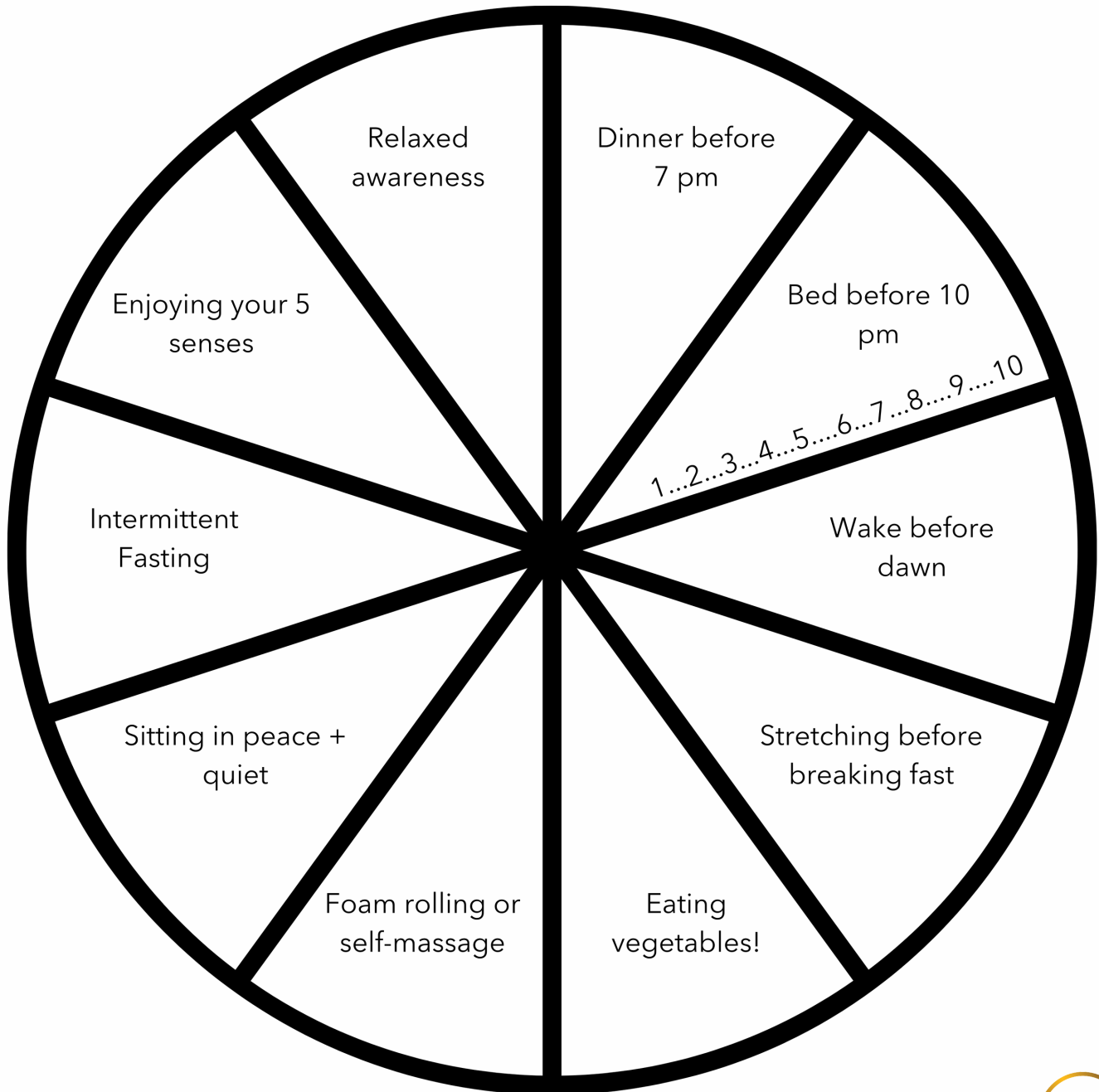
IN YOUR RELATIONSHIPS?

# CIRCADIAN RHYTHM WHEEL

INSPIRED BY YHC CATHY MINES



BODY THRIVE IS BASED ON THE 10 DAILY HABITS THAT ANCHOR YOU IN THE ANTI-INFLAMMATORY EFFECTS OF LIVING IN CIRCADIAN RHYTHM. RANK YOURSELF AT EACH HABIT AND CONNECT THE DOTS. THEN, WE'LL TALK.




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# WHICH OF THESE HABITS ARE YOU MISSING?

Which habits do you already have? Which ones are you missing? Put a check in that box. What stands out the most? Thrive is found in the missing habits.


**1. Earlier, Lighter Dinner**  
Closing your kitchen after 6:30 pm gives your body time to digest before sleep, leaving your body refreshed in the AM.




**6. Self-Massage**  
Giving yourself a 5 minute body massage awakens your cells and reestablishes your connection to your body.




**2. Early to bed**  
Creating a soothing evening routine allows your body to slow down and unwind more efficiently. Going to sleep earlier gives you time to recharge to feel energized for the next day.




**7. Sitting in Silence**  
Sitting in silence and doing nothing allows the brain to release stress and anxiety. Don't worry if you're doing it right. Just sit and let the world to by - starting with 5 minutes per day.




**3. Start the Day Right**  
Beginning your day with the sun, warm water, and a proper poop allows you to move forward through your day with clarity.




**8. Healthier Eating Guidelines**  
Eliminating snacking between meals stabilizes your mood and makes your metabolism more efficient. Drink water between meals and notice the changes in your body, energy, and mood.



**4. Breath Body Practices**  
Moving and breathing in the morning allows energy to move more freely before the mind takes over. Endorphins before coffee.




**9. Come to Your Senses**  
Inviting awareness to your 5 senses anchors you in your present moment. Cultivating presence reduces your stress levels as a result from living too much in the past or the future.

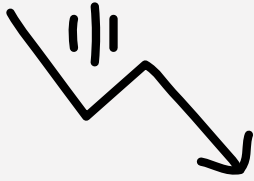


**5. Plant-Based Diet**  
Eating more plants makes you feel more alive. Emphasizing plants in your diet gives you nutrient diversity and improves all body function.



**10. Easeful Living**  
Focusing on ease instead of stress gives you access to new levels of your relationships, profession, and passions. Imagine what it would be like to live in ease - it is possible for you.



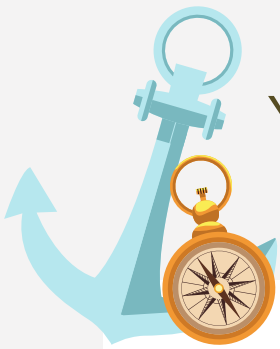


# TRAJECTORY EVALUATION



IF I CONTINUE THESE HABITS...  
I'LL PROBABLY EXPERIENCE THIS IN 10 WEEKS:

IF I CONTINUE THESE HABITS... IN 1 YEAR I WILL EXPERIENCE:



# YOUR WHAT, YOUR WHY + YOUR ANCHOR



LIST THE OUTCOMES YOU WANT TO SET IN MOTION:  
THIS IS YOUR WHAT

Ex. I want to sleep better. I want to live well-rested.

LIST WHY YOU WANT THE OUTCOMES ABOVE.

Ex. I want to sleep better so that I can perform better at work. I want a promotion and a raise.

CREATE YOUR ANCHOR STATEMENT

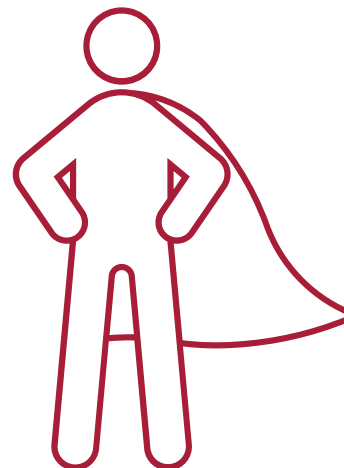
Your anchor statement anchors your future potential in your present consciousness and in your emotional body.  
ex. I rise and shine.

Write your anchor statement:



# SUPER HERO

Who do you want to become next? Give yourself a superhero name relevant to the outcome. What are your power ups - that which moves you to your new identity, and what are your bad guys - that which moves you away?



GIVE YOUR NEXT **IDENTITY A WORTHY NAME:** \_\_\_\_\_

POWER UPS

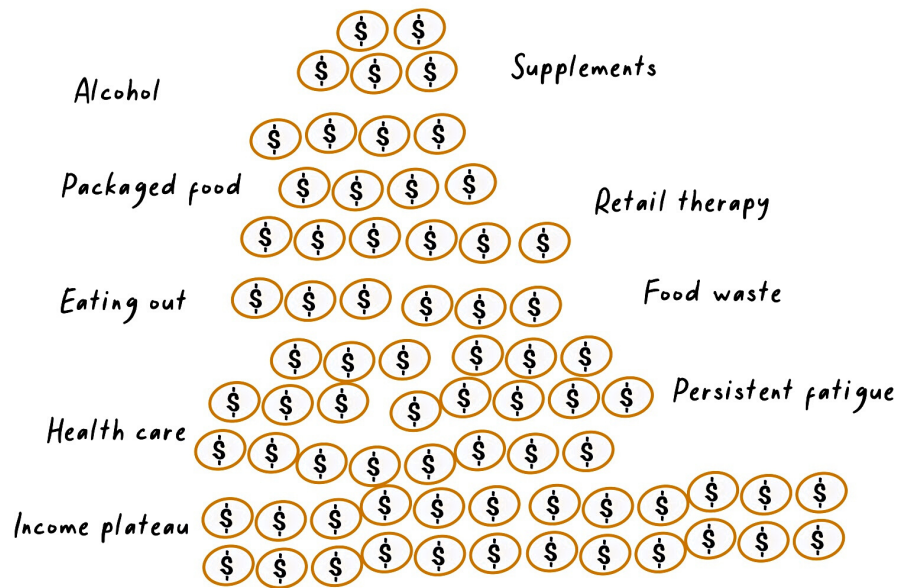
BAD GUYS

# Inflammation Calculator

Habits that work against the circadian rhythm are packed with hidden costs. The issue is these hidden costs seem like necessary expenses, even though the hidden costs are actually a long-term investment in inflammation. Want to find your hidden expenses?

Our BODY THRIVE members find the course pays for itself many times over due to the drastic decrease in hidden costs accompanied by breakthroughs in feeling great!

## COST OF INFLAMMATION



### MONTHLY COST:

SUPPLEMENTS: \_\_\_\_\_

PACKAGED FOOD: \_\_\_\_\_

ALCOHOL BEVVIES: \_\_\_\_\_

SUGAR/CAFFEINATED BEVVIES:  
\_\_\_\_\_

EATING OUT: \_\_\_\_\_

HEALTH CARE \_\_\_\_\_

### OPPORTUNITY COST:

RETAIL THERAPY: \_\_\_\_\_

FATIGUE: \_\_\_\_\_

LOW ESTEEM: \_\_\_\_\_

INCOME PLATEAU: \_\_\_\_\_

# Inflammation Analysis

What you're buying	Current monthly expense	Desired monthly expense (ex. \$0, or \$50)	Happy, neutral, sad: Emotion when you buy it 😄 😐 😞
Caffeinated drinks			
Alcoholic bevies			
Clothes			
Packaged food			
Eating out			
Supplements			
Health books/courses			
Netflix			
Retail Therapy (ex. Tech gadgets)			

# Inflammation Analysis

Opportunity Costs of Inflammation	Current annual expense	Desired annual expense (ex. \$0, or \$50)	Happy, neutral, sad   
Food waste			
Health care			
Lack of peak performance			
Not getting promotion (\$9000 USD/ 15 lbs or 7 kilos)			
Medical expense (holistic or allopathic)			
Making decisions out of alignment with values			
Avoiding decisions to change			

# 5 Essential Strategies for Success



Print + Post to your fridge. I've grounded my five best personal and professional success strategies with the five elements.

## CLARIFY SUCCESS FOR YOUR NEXT CHAPTER (FIRE)

Clarify what winning looks like to you by when. In your body. In your calendar. In your investment accounts. In your relationships. What by when. Once you know what you want, align your actions. Step into the fire.

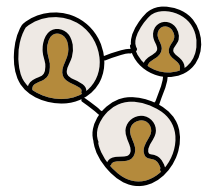


## HIRE A GUIDE (AIR)

Do it alone and the journey becomes drudgery. Invest in your relationships with people who already have what winning looks like to you. The right time to invest in your growth through smarter relationships is always now, not later. Air connects through conversations over time.

## BECOME PART OF THE RIGHT COMMUNITY (WATER)

Put yourself in the culture that will pull you forward into aligned action. Seeing your peers succeed bolsters your faith that you too can do it. Processing challenges with a peer that has broken through releases your inertia.



## SCHEDULE SOLITUDE (SPACE)

Architect your space to heighten your consciousness. Optimize every space you have control over (your home, office, car, computer, web browser bookmarks, project management tool, your fridge, your nightstand) to meet your evolving needs. Your spaces require constant improvement with your attention. Owning your space pays back in spades by freeing up blocks of time.

## ROOT YOUR IDENTITY EVOLUTIONS (EARTH)

As the seasons change, so should you. At your next level of success you use space differently. Time differently. Money differently. You even use your cell phone differently. Live like your future self. Now. Don't delay.



Schedule a call with us and find out more!  
<https://clubthrive.global/bgcc-session/>

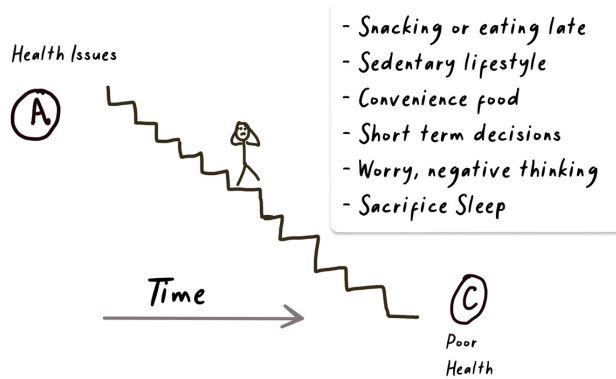
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Live your potential in real time.



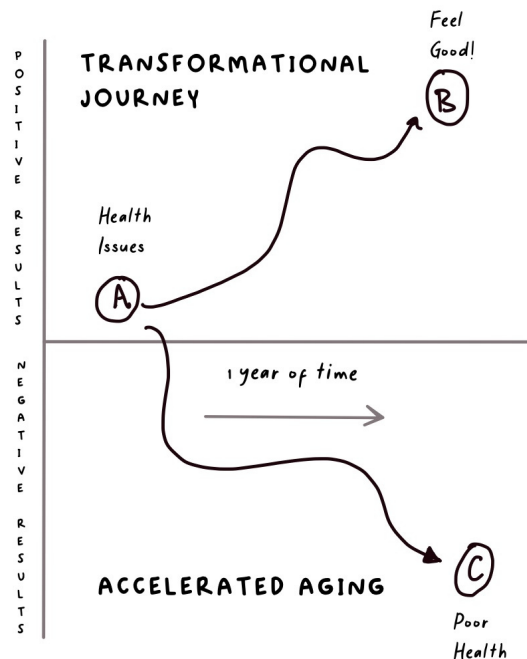
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## DEGENERATIVE HABITS of CHRONIC INFLAMMATION



We guide you with dynamic support and a proven track record to reverse the habits of chronic inflammation.

**CLUB THRIVE**  
For people who want to heal their bodies, and free up their time, their energy and their purpose for what matters.

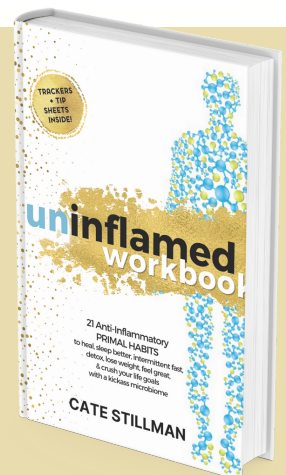


## ABOUT CATE STILLMAN

Cate Stillman empowers people to uplevel their health, their careers, and their lives in real time. She teaches wellness pros to grow their impact and their income and live their best lives.

Cate created Yogahealer.com in 2001 and has since helped thousands of people thrive in their health, their families, and their communities.

Cate lives the freedom lifestyle she represents - surfing in Mexico and skiing in Wyoming with her husband and daughter. She is the author of Body Thrive, Master of You, Wild Habits, and Upcycle Your Pee - innovations on the ancient wisdom of Ayurveda. She podcasts at Yogahealer and Yoga Health Coaching.



<https://clubthrive.global/bgcc-session/>

# CLUB THRIVE

## Club, Community, Curriculum



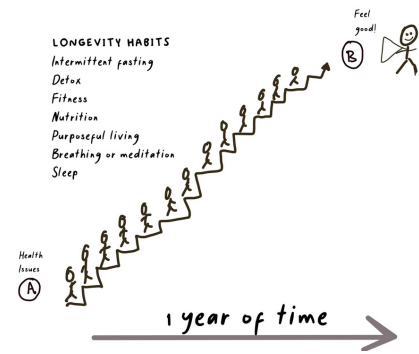
Our guess is you have already tried to change on your own. You've probably purchased the self help books and read all the articles. We've been there.

### Why CLUB THRIVE works: we have partnered ancient body wisdom with the resources of modern society.

The habits help you tap into the intuitive rhythms of your body and our network of individuals just like you helps keep your supported and on track. You are welcomed into a community of mentors, wellness professionals, coaches, and self healers who want to help YOU!

However. The habits won't work if you don't do the work. We are here to make the work as easy and enjoyable as possible!

### POSITIVE STRESSORS



## But don't just ask us.

I am excited by the possibility of knowing that I can provide myself with my own powerful medicine. I'm really overcoming my aversion and so grateful and excited. Loving the Habits, everything I've done at one time or another but stacking them and staying committed within the community is gold. So grateful.

-Tracey Cerchiara

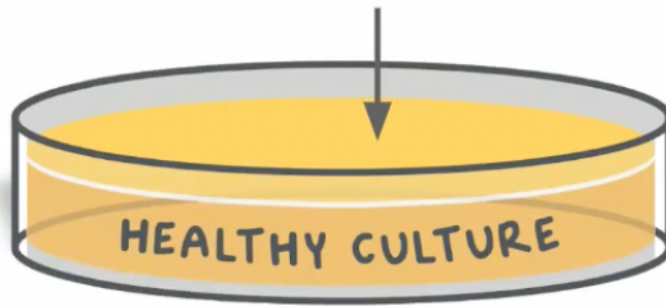
# CLUB THRIVE

Smarter habits for Modern Humans



"MODERN HABITS FROM THE ANCIENT WISDOM OF AYURVEDA MADE EASY."

## YOUR CLUB CULTURE



bloated

overfed

overscheduled

rested

nourished

fit

inflamed

exhausted

overweight

MODERN CULTURE

Vibrant. Thriving. Alive. Energized.  
Clear.  
You know how you want to feel.

After working with thousands of individuals over the last 20+ years, we found the key to thriving hinges on the habits we create for ourselves.

Some of your habits are working for you. Some of them are not.

## Join the evolution.

Make now the time you invest in yourself. Come join us and leverage our momentum to break free of old patterns and live the life you know you can be living.

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