



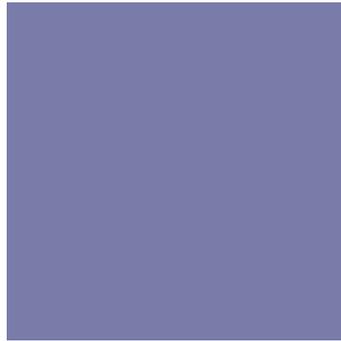
The INSPIRED LIFE

7-Day Kick Start Program



Some of the best ways to reignite your zest for life include looking inward, taking control of your health, and organizing your life. This 7-day cleanse offers ideas for cultivating inner peace, eating healthier, creating a more joyful and fulfilling life, igniting your exercise routine, and organizing your home to make it a more comforting and peaceful place. This cleanse is not only easy to follow, but is also enjoyable and fun. By the end of this week, you will feel more energetic, clear minded, and inspired to do great things. Every day will focus on one life theme, each designed to help you live a well-rounded life:

- 1) Your Inner Peace
- 2) Your Thoughts
- 3) Reinvigorating Your Mind
- 4) Loving Your Body
- 5) Reviving Your Relationships
- 6) Feeling Beautiful
- 7) Self Care and Spirituality



+ GENERAL GUIDELINES

For Kick-Starting Your Inspired Week

- Get at least 7 hours of sleep every night
- Drink a lot of water (guidelines vary based on weight and activity)
- Avoid or limit caffeine
- Avoid or limit alcohol
- Eat as many fresh and local fruits and vegetables as possible – at least half of your plate at each meal
- Avoid processed food
- Set aside at least 20 minutes a day for quiet time/meditation/prayer
- Do one unexpected kind thing for someone every day
- Exercise at least one hour per day for at least five out of the seven cleanse days
- Smile at people, and smile whenever you think of it
- Read motivating magazines (Whole Living, Yoga, Self, Shape, Oprah)
- Minimize time watching TV, maximize time reading
- Hire a housecleaner to do a deep cleaning of your home, if you can

Remember, these are guidelines. Do as many as you can, depending on how much you want to challenge yourself.



GENERAL GUIDELINES

Although we will focus on a different area each day, we will discuss how to start your day, your diet, your fitness, and your home. There will also be a delicious, healthy recipe every day.



Starting Your Day

One of the most important habits for cultivating a peaceful, centered, focused life is taking time for solitude, contemplation, and expressing gratitude to the universe.

- “Be still, and know that I am God.” (Psalm 46:10)
- “To return to the root is to find peace. To find peace is to fulfill one's destiny. To fulfill one's destiny is to be constant. To know the constant is called Insight.” (Tao)
- “Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.” (Hindu Prince Gautama Siddhartha, the founder of Buddhism)
- “Meditation gives you an opportunity to come to know your invisible self. It allows you to empty yourself of the endless hyperactivity of your mind, and to attain calmness. It teaches you to be peaceful, to remove stress, to receive answers where confusion previously reigned.” (Wayne Dyer)
- “Start each day by affirming peaceful, contented, and happy attitudes and your days will tend to be pleasant and successful. Such attitudes are active and definite factors in creating satisfactory conditions. Watch your manner of speech then if you wish to develop a peaceful state of mind.” (Norman Vincent Peale)



Your Diet

A crucial part of being inspired is feeding your body healthy, nourishing, delicious food, and just enough of it. During this week we will focus on getting to know our bodies again, and how much we really need to eat to be satisfied. There will also be ideas on how to eat so you feel fabulous.

- “You are here to love and be loved, and the soul in its native intelligence knows this. Accept the magnitude of your function, and your reignited spiritual intelligence will spark your body's intelligence as well. As your mind remembers its natural function, the cells of your body will remember theirs. You will no longer be at the effect of your compulsion. You will become a master at living your life. (Marianne Williamson)



GENERAL GUIDELINES



Your Fitness

Your overall health is closely tied to your fitness level. Use this week-long cleanse as an opportunity to kick-start a new way of life where you focus on moving your body and improving your fitness level, no matter where you are now. Every day this section will offer a few suggestions and ideas for your daily exercise routine.

- “Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded.” (Goethe)



Your Home

Cultivating peace in your home is crucial for a calm, joyful life. Each day of this cleanse will focus on one area in your home that tends to get messy and out of control, making your life feel more chaotic and less peaceful. You will need to set aside 20 minutes per day getting each area back in order. A primary goal of this cleanse is to create an environment in your home that fosters comfort, inner peace, and order to help you feel more joy in your daily life.

- “Mid pleasures and palaces though we may roam, be it ever so humble, there's no place like home.” (John Howard Payne)

The Inspired Shopping List

Dairy

- Low-fat or nonfat plain yogurt
- Non-fat cottage cheese (2 cups)
- Part skim mozzarella cheese, shredded (1 8-ounce package)
- Grated Parmesan cheese
- Muenster cheese (at least 2 cups)

Fresh Produce

- Your favorite fruit
- Lots of spinach, broccoli, and other green vegetables for lunch salads
- Arugula
- Avocado
- Carrots
- Cilantro
- Garlic
- Ginger
- Large sweet potato (1 large)
- Lemon (3)
- Lime (1)
- Garlic
- Fresh parsley
- Snow peas (4 ounces)
- Tomatoes
- Yellow onion (3)

Bread and Pasta

- Whole-wheat English muffins
- Brown rice
- Regular oatmeal
- Whole-wheat lasagna noodles (8 ounces)
- 100% buckwheat soba noodles (1 8-ounce package)

Canned/Jar/Dried Goods

- Walnuts and almonds for snacking
- Good extra virgin olive oil
- Vegetable oil
- Collard greens (1 can)
- Organic chicken stock (4 cups)
- Minced garlic (1 jar)
- Almond butter
- Organic peanut butter
- 1 jar spaghetti sauce (32 ounce)
- Low-sodium soy sauce
- Distilled white vinegar
- Asian sesame oil
- Cayenne pepper sauce

Spices

- Dried oregano
- Dried basil
- Cumin
- Paprika
- Pepper
- Salt
- Thyme (fresh or dried)

Frozen

- For lunch on busy days, grab some Amy's Organic or Kashi frozen meals
- 3 10-ounce packages frozen chopped spinach

Fish and Meat

- Free range, organic eggs
- Salmon (at least 8 ounces, preferably wild Alaskan)
- 3-pounds boneless chicken breast (free range/organic if possible)
- 1 pound large shrimp, shelled and deveined (not farmed if possible)

Day 1: Your Inner Peace

“The life of inner peace, being harmonious and without stress is the easiest type of existence. The chief struggle then in gaining mental peace is the effort of revamping your thinking to the relaxed attitude of acceptance of God’s gift of peace.” – Norman Vincent Peale

It’s time to reinvigorate your life, and I congratulate you for taking action today. This cleanse is not about deprivation, but rather is an enjoyable, peaceful, and fun experience that will leave you feeling invigorated, renewed, and inspired to improve any aspects of your life that you’ve been neglecting.



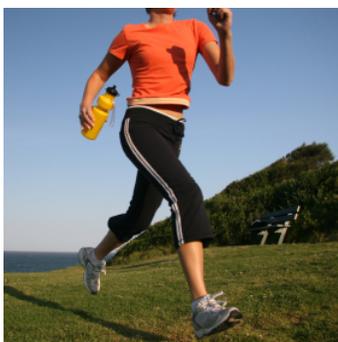
Starting Your Day

Set the alarm for 20 minutes earlier than normal, before your family wakes up. Go to a relaxing and peaceful place to sit comfortably. Read something inspirational or do a guided meditation. Pray for strength, for your loved ones, and for a better world. Think about what you want to accomplish on this beautiful day and set your intentions, such as: “Today, I intend to be patient, kind, and a fun mom” (or sexy, loving, confident, a good friend, etc.) Write in a journal. Or, just simply be alone and enjoy the quiet. Pay attention to your breath and see where your thoughts go.



Your Diet

Today, eat as many whole foods as possible, meaning food in its natural condition that has not undergone processing. Fruits, vegetables, and nuts are perfect examples, and if you eat meat, free-range chicken and wild salmon are great too. Make yourself an amazing salad for lunch with broiled salmon on top, add tomatoes, walnuts, feta cheese, and top with some balsamic vinaigrette. Eat slowly and mindfully so you can tell when you are satisfied. Enjoy every little thing you put in your mouth.



Your Fitness

Don’t forget that you are making yourself a priority this week, which means that getting in an hour of exercise today should be near the top of your to-do list. Try something different today. Start your week with a good cardio workout – make sure you really sweat! If you belong to a gym, attempt a new class such as kick boxing or spinning. Get out of your normal routine and see if there’s something new you might enjoy. Go for a bike ride or call a friend you’d like to catch up with to go for a long walk or jog. Do whatever it takes to get your exercise in today. The first day is crucial for setting the tone for the week.



Your Home – Bedroom Closet

My bedroom closet is one place that can make me feel cranky in the morning when it’s an unorganized mess. When my closet is organized, I can easily find a clean, unwrinkled outfit and it just makes life so much easier. First, go through your closet and take out everything that you haven’t worn in a year, clothes that don’t fit, and anything you don’t really feel good in. Donate it all to a charity organization to benefit someone else. Next, arrange your clothes in a way that feels organized to you, whether by type, such as work versus casual clothes, or by color or season. Next, arrange your shoes by color and type. Making sure you only have clothes in your closet that you like and wear will save you time and energy every morning. Good luck!



+ Recipe of the Day

Almond Chicken Soup with Sweet Potato, Collard Greens, and Ginger

- 4 cups chicken stock
- 1/2 yellow onion, diced
- 1 minced garlic clove
- 1 large sweet potato, peeled and diced (2 cups)
- 8 ounces boneless, skinless chicken breast, cut into 1-inch pieces
- 1/2 cup smooth almond butter
- 1 cup collard leaves, coarsely chopped
- 2 tablespoons minced fresh ginger
- Coarse salt and freshly ground black pepper
- 1 lime, cut into wedges

Directions

- 1) Combine the stock, onion, garlic, and sweet potato in a stockpot and bring to a boil. Reduce the heat to a simmer and add the chicken, then cover and simmer for 20 minutes.
- 2) In a small bowl, whisk together the almond butter and 1/2 cup of the soup mixture into a thick paste. Add the collard leaves and ginger to the soup and bring to a boil, then reduce the heat and simmer, covered, for 5 minutes. Stir in the almond butter paste. Season with salt and pepper.
- 3) Ladle the soup into bowls, and squeeze with lime wedge.

From: Whole Living, January/February 2011, Photo: www.daleydish.com

Day 2: Your Thoughts

“All that we are is the result of what we have thought. The mind is everything. What we think we become.” - Hindu Prince Gautama Siddhartha, the founder of Buddhism

Negative self-talk happens to nearly everyone. Once you realize that you can control your thoughts, you can shift yourself into better moods and stop downward spiral thinking. Have you ever found yourself thinking about something your husband did that really irked you, and before you know it you are thinking up terrible stories about him and getting angrier and more disgusted by the minute? Women can get stuck in circular thought patterns, convincing ourselves that we are not smart enough, talented enough, sexy enough, pretty enough, or funny enough. The key is being conscious enough to stop these thoughts immediately and give yourself the internal pep talk you deserve. You are intelligent; you are talented and have so much to offer the world; you are beautiful on the inside and out; you can be a sexy diva. Believe it!



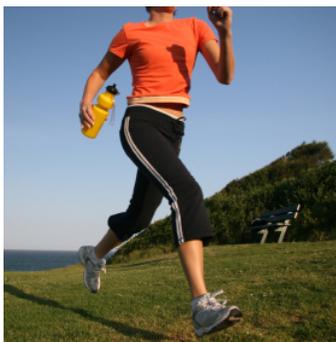
Starting Your Day

Set the alarm for 20 minutes earlier than normal, before your family wakes up. Go to a relaxing and peaceful place to sit comfortably. Meditate on positive words today such as strength, grace, beauty, peace, and love. Pray for the strength to love yourself and the ability to stay present throughout your day. Consider reading Eckart Tolle's books, *The Power of Now* and *A New Earth* or check out some of the free content on his website: <http://www.eckharttolle.com/free>



Your Diet

What fruits and vegetables do you enjoy eating? What is in season right now? Look to see if there is a farmers' market nearby. To reduce your greenhouse gas footprint, consider buying as many local foods as you can. There is something so gratifying about buying your food directly from the farmer who toiled and loved the land to bring life to your table. Be sure that you are filling at least half of your plate with fruits and vegetables at each meal.



Your Fitness

Today, do a “mindful” workout. If you walk or run, notice the way your body feels and how the air smells. Perceive the vibrant colors and beauty around you. If you lift weights, focus on each movement and move slowly and intentionally. Yoga is a wonderful and perfect mindful workout. Observe your thoughts as you go through your poses and express gratitude in your mind for your body's capabilities.



Your Home – A Sacred Space

Do you have a special, comfortable place in your home to relax, meditate, pray, think, and write? If not, start thinking about creating a sacred space of your own. It could be a comfortable chair with a reading lamp and nice side table to set your books. Or, you might have enough space to use a part of a room to have a desk and yoga mat. If you don't have a place for you, then create one. It could even be your bed! Women need a place to nurture and restore themselves.



+ Recipe of the Day

Easy Spinach Lasagna

- 1 tablespoon extra virgin olive oil
- 2 (10 ounce) packages frozen chopped spinach
- ½ onion, chopped
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 2 cloves garlic, crushed
- 1 (32 ounce) jar spaghetti sauce
- 1 ½ cups water
- 2 cups non-fat cottage cheese
- 1 (8 ounce) package part skim mozzarella cheese, shredded
- ¼ cup grated Parmesan cheese
- ½ cup chopped fresh parsley
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1 egg
- 8 ounces whole wheat lasagna noodles

Directions

- 1) Preheat oven to 350 degrees F.
- 2) In a large pot over medium heat sauté spinach, onion, oregano, basil and garlic in the olive oil.
- 3) Pour in spaghetti sauce and water; simmer 20 minutes.
- 4) In a large bowl mix cottage cheese, mozzarella cheese, Parmesan cheese, parsley, salt, pepper and egg.
- 5) Place a small amount of sauce in the bottom of a lasagna pan.
- 6) Place 4 uncooked noodles on top of sauce and top with layer of sauce.
- 7) Add 4 more noodles and layer with 1/2 sauce and 1/2 cheese mixture, noodles and repeat until all is layered, finishing with sauce.
- 8) Cover with foil and bake in a preheated oven for 55 minutes. Remove foil and bake

Day 3: Reinvigorating Your Mind

“Continuous effort - not strength or intelligence - is the key to unlocking our potential”
– Winston Churchill

Hectic, frenzied lifestyles can wreck havoc on your brain. Chronic sleep deprivation and lack of time for challenging your brain can make you feel like you’re losing your edge. Today you are going to continue to clear clutter in your life and do a few fun things to make sure your brain continues to develop new neural pathways to prevent cognitive decline. Change up your routine and do something completely novel and special today. Take a different route to work; read the New York Times newspaper online; research something you’ve been curious about on the internet; finally read your latest book club read; go to the library or bookstore and pick something that looks fabulous.



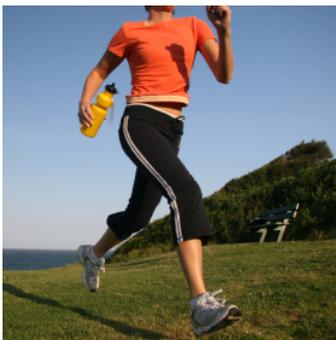
Starting Your Day

Set the alarm for 20 minutes earlier than normal, before your family wakes up. Read poetry or an inspirational book during your quiet time this morning. I have a few favorites, but try Marianne Williamson’s beautiful poem, *Our Deepest Fear*. It’s perfect for today.



Your Diet

Focus on eating and drinking as many “brain foods” as possible today such as wild salmon, cacao beans (aka dark chocolate), green tea, blueberries, eggs, and walnuts.



Your Fitness

A strong body fosters a strong mind. Today, select a strength workout that is challenging and new. Select a weight class at your gym or try a strength workout from your smart phone – a good one to try is the Nike Training Club app, and do one of the strength workouts at home or at the gym.



Your Home

Electronic gadgets and all of the associated cords, wires, chargers, and passwords can easily get unorganized and out of control. Spend a good 20 minutes today organizing all of your wires, chargers, computer passwords, email addresses, and website bookmarks.

Our Deepest Fear

By Marianne Williamson

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

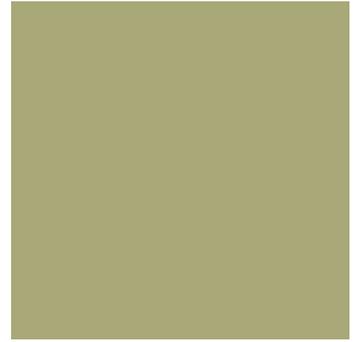
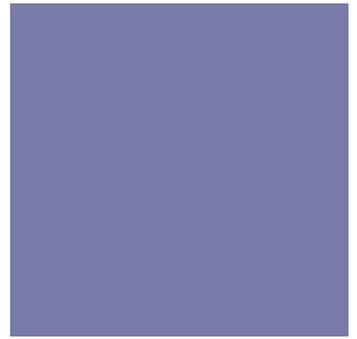
We ask ourselves
Who am I to be brilliant,
gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened
about shrinking
So that other people won't feel
insecure around you.

We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other
people permission to do the
same.
As we're liberated from our own
fear,
Our presence automatically
liberates others.



+Recipe of the Day

Moroccan Grilled Salmon

- 2 tablespoons low-fat or nonfat plain yogurt
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lemon juice
- 1 ½ teaspoons extra-virgin olive oil
- 1 clove garlic, minced
- ¾ teaspoon paprika
- ½ teaspoon ground cumin
- ½ teaspoon salt
- Freshly ground pepper, to taste
- 8 ounces center-cut salmon fillet, skinned and cut into 2 portions
- 2 lemon wedges

Directions

- 1) Combine yogurt, parsley, cilantro, lemon juice, oil, garlic, paprika, cumin, salt and pepper in a small bowl. Reserve 2 tablespoons of the sauce; cover and refrigerate.
- 2) Place salmon in a medium sealable plastic bag. Pour in the remaining yogurt mixture, seal the bag and turn to coat. Refrigerate for 10 (or up to 30) minutes. Meanwhile, preheat grill to medium-high.
- 3) Oil the grill rack. Remove the salmon from the marinade, blotting any excess. Grill the salmon until it is browned and just cooked through, 4 to 5 minutes per side.
- 4) Top the salmon with the reserved sauce and garnish with lemon wedges.

Day 4: Loving Your Body

*I finally realized that being grateful to my body was key to giving more love to myself”
– Oprah Winfrey*

We can be so hard on ourselves, and I am always hearing my beautiful girlfriends putting some part of their bodies down. I am guilty of this, and I am guessing you are too. Today is a positive body image day where I want you to do your very best to think loving and compassionate thoughts toward your body. If you catch yourself looking at any part of yourself with disgust or disdain, then immediately shift your thoughts to something positive. When negative body and deprecating thoughts come into your mind, immediately refocus your thoughts on a part of your body you do like.



Starting Your Day

Set the alarm for 20 minutes earlier than normal, before your family wakes up. Go to a relaxing and peaceful place to sit comfortably. During your prayer and meditation time today, express gratitude for all the things your body is able to do. Be grateful for even simple things such as being able to walk, see, hear, or even sleep well. Visualize yourself in your most fit and healthy condition, and imagine how you would feel, what you would wear, and what you would do differently.



Your Diet

Do you eat in a way that honors your body and all the amazing things it can do? Are you proud of the food you put in your mouth, and does it make you feel vibrant and healthy? If not, then today is the day to consider how what you eat plays in to your body image. When I eat a diet of mostly organic fruits and vegetables and lots of wonderful recipes full of fresh food, I feel thin and healthy. Conversely, when I am traveling, eating out every night, drinking too much wine and coffee, or eating lots of processed food, I feel bloated and chubby, even if I weigh the exact same amount I did before. Think about honoring your body when you are preparing meals for yourself today.



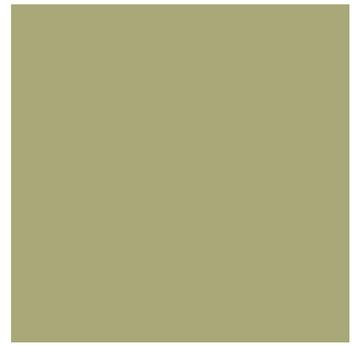
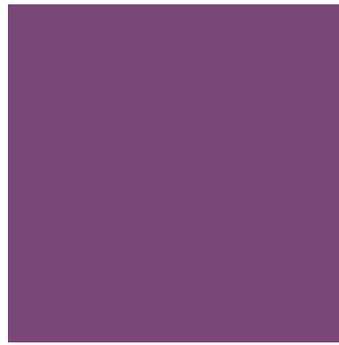
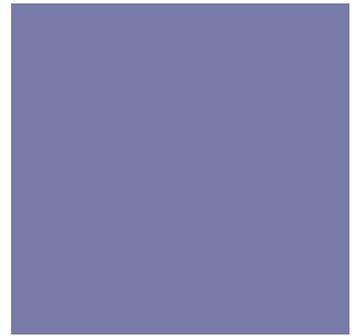
Your Fitness

Select an exercise routine today that makes you feel strong and sexy. For me, that is a power yoga class, run, or a callisthenic workout like cross fit. Be sure to wear workout clothes that are flattering and make you feel pretty. Do whatever it is that makes you happy and proud of your body, even if it's a speed walk around the neighborhood. Focus on what your body can do – be OK with and love yourself no matter where you are, and be confident that you can be even better.



Your Home

Clean our your refrigerator today; it will inspire you to have fresh, healthy food in your house. Go shelf by shelf and take every thing out. Use glass cleaner or even better, a clean smelling citrus cleaner (Method Grapefruit Surface Cleaner) and clean each shelf. Look through all the food; throw out any expired or completely unhealthy food. Take the good stuff and wipe it off before placing it back in an organized fashion.



+Recipe of the Day

Soba Noodles with Shrimp, Snow Peas, and Carrots

- ¼ cup creamy peanut butter
- 2 teaspoons peeled grated fresh ginger
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon distilled white vinegar
- 1 teaspoon Asian sesame oil
- ½ teaspoon cayenne pepper sauce
- Salt
- 1 package (8 ounces) soba noodles, (100% buckwheat)
- 1 ½ cup of sliced, shredded, or matchstick carrots
- 1 pound large shrimp, shelled and deveined
- 4 ounce snow peas, strings removed
- ½ cup fresh cilantro leaves, chopped, plus additional sprigs for garnish

Directions

- 1) In small bowl, place peanut butter, ginger, soy sauce, vinegar, sesame oil, and cayenne pepper sauce; set aside.
- 2) Heat covered 5- to 6-quart saucepot of water and 1 teaspoon salt to boiling over high heat. Add noodles and cook 4 minutes. Add carrots and cook 1 minute. Add shrimp and snow peas and cook 2 minutes more. Reserve 1/2-cup pasta cooking water. Drain noodles, shrimp, and vegetables into large colander. Transfer noodle mixture to large bowl.
- 3) With whisk, beat reserved cooking water into peanut-butter mixture until well blended. Add peanut sauce and chopped cilantro leaves to noodle mixture in bowl and toss until evenly coated.
- 4) To serve, spoon into 4 large bowls; garnish each serving with a cilantro sprig.

Day 5: Reinvigorating Relationships

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom. –Marcel Proust

Your relationships are one of the most important things in your life. Do you treat them that way? Sometimes when life is crazy and you're busy raising children and running yourself ragged, your most important relationships can suffer. Today, take time to think about the significant people in your life and take an inventory of your relationship status with each person. Here are a few ideas: call your best friend and your parents; write a letter to an old friend; take time to sit down with your husband and talk over a glass of wine, or even better get a babysitter and plan a date night; do something special with each of your children, even if it's as simple as making dinner, reading a book, or playing a game.



Starting Your Day

Set the alarm for 20 minutes earlier than normal, before your family wakes up. Go to a relaxing and peaceful place to sit comfortably. Take time this morning to send love and good karma to each of your family members and closest friends. Pray for healing and love in your relationships. Consider each person and the challenges they are facing and send them healing and strength. There is something very powerful about taking each person into your consciousness and offering up your prayers.



Your Diet

One of the most wonderful things about eating is the chance to sit down and enjoy other people. It has been shown repeatedly that families that eat dinner together every night will have happier, more successful children that are less likely to get in trouble. What do most of us do when we go on a date? We go out to eat. So, make dining a special occasion and a time of communion and conversation with your loved ones.



Your Fitness

How do you feel today? If you are feeling tired after three big workouts, then take it easy today. Take a nice long walk or a gentle yoga class. Since our focus today is relationships, call a friend or ask your husband to workout with you. Make it fun! If you're feeling energetic and fabulous, then go for it and get in another challenging workout. Listen to your body and act accordingly, but make sure you are active for at least one hour!

Your Home

Look around your bedroom and take a quick inventory on whether it makes you feel relaxed and ready to be with your husband, or is it cluttered and make you feel unsettled and anxious? Your bedroom should be your oasis and create a sense of calm. Ideas to help your bedroom become your romantic and restful hideaway: get rid of all toys and children's things, take out TV and computers, buy some luxurious new sheets, get a beautiful new bedspread and pillows, get curtains to make it nice and dark, light some nice smelling candles, and organize and find a place for all the junk on the floor. Until recently, I always upgraded my bedroom last, but I now realize it should be the first room you focus on. It is the center of your romantic and restful





+Recipe of the Day

Barefoot Contessa Parmesan Chicken

- 4 to 6 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 extra-large eggs
- 1 tablespoon water
- 1 ¼ cups seasoned dry bread crumbs
- ½ cup freshly grated Parmesan, plus extra for serving
- Unsalted butter
- Good olive oil
- Salad greens for 6
- 1 recipe Lemon Vinaigrette, recipe follows

This is one of my favorite recipes of all time!! -Erin

Directions

- 1) Pound the chicken breasts until they are 1/4-inch thick.
- 2) Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs with 1 tablespoon of water. On a third plate, combine the breadcrumbs and 1/2 cup grated Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and breadcrumb mixture
- 3) Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large sauté pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through. Add more butter and oil and cook the rest of the chicken breasts.
- 4) Toss the salad greens with lemon vinaigrette. Place a mound of salad on each hot chicken breast. Serve with extra grated Parmesan.

Lemon Vinaigrette

Day 6: Feeling Beautiful

"Beauty is not in the face; beauty is a light in the heart." -Kahlil Gibran

What makes you feel beautiful? Is it when you get a new haircut or an outfit that fits perfectly? Is it when you accomplish a challenging yoga class? Is it when you and your husband are connected and having fun together? I find I feel most beautiful when I am eating well, exercising daily, taking time for prayer and meditation, and am in a good place with my husband. Today, take a nice long bath. While you are relaxing in the tub, put on a facial or hair mask to make you look radiant. Paint your toenails or go get a pedicure. Go to a department store makeup counter and have them help you select makeup that emphasizes your best features.



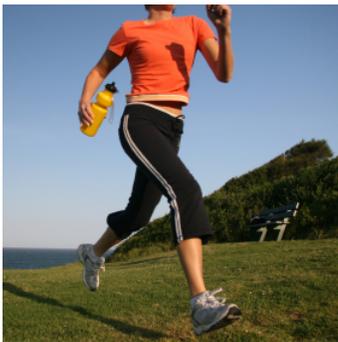
Starting Your Day

Set the alarm for 20 minutes earlier than normal, before your family wakes up. Go to a relaxing and peaceful place to sit comfortably. Pour yourself a nice cup of coffee or tea, and reflect on how grateful you are that it's the weekend. Ponder the things you would like to accomplish, and be sure to include relaxation and play time! Spend time reading something inspirational that will motivate you to have an exceptional day, living fully in the present moment.



Your Diet

Healthy, vibrant women are beautiful, period. Science is now also proving that your diet can dramatically affect your looks. Foods rich in Vitamin C have been proven to reduce dryness and slow aging; lycopene has been shown to make skin smoother; and isoflavones have been shown to slow the breakdown of collagen (American Journal of Clinical Nutrition). Omega-3 fatty acids also help your skin appear luminous.



Your Fitness

It is a fact that people look more beautiful when they are healthy and active. Exercise gets your blood pumping, which ensures healthy circulation and promotes the delivery of oxygen and nutrients to your skin, giving you a vibrant and healthy glow. According to dermatologist David Goldberg, MD, sweating while exercising can unclog pores and reduce breakouts. So, get out there and get your blood pumping and you will have a glow about you the rest of the day.



Your Home

Cleanse your beauty routine! Start by cleaning all of your hairbrushes. Remove all the hair and then wash them with baby shampoo. Rinse them thoroughly then lay them upside down to dry on a towel. Do the same with all of your makeup brushes as well. Take your makeup bag, empty it out, and clean the insides of the bag and wipe the outside of all of your makeup containers with a bleach wipe. Evaluate your makeup and get rid of anything that is old or not used. Now the next time you go shopping you'll know exactly what you really need. Before shopping, check the various beauty award winners to ensure you are getting the best products



+ Recipe of the Day

Deep, Dark Brownies

- 3/4 cup all-purpose flour
- 1 Tablespoon cocoa powder
- 1/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, plus more for pan
- 3/4 teaspoon instant espresso powder
- 5 ounces semisweet chocolate bar, finely chopped
- 3/4 cup granulated white sugar
- 1/4 cup light brown sugar
- 3 large eggs, at room temperature
- 1 teaspoon vanilla extract
- 3/4 cup semisweet chocolate chip

Directions

- 1) Preheat oven to 350 degrees F. Butter an 8x8-inch pan. Line with parchment paper and let it hang over two sides. Butter the parchment.
- 2) In a medium bowl, sift together flour, cocoa powder, and salt; set aside.
- 3) In a large saucepan, combine butter and espresso powder. Heat on low and stir until butter has melted. Add chocolate, and stir constantly until mixture is smooth. Remove from heat and stir in both sugars until combined. Let cool slightly.
- 4) Whisk eggs and vanilla and keep moving the batter around until combined and no longer grainy-looking. Add flour mixture to batter and stir just until combined. Stir in chocolate chips.
- 5) Pour batter into prepared pan; smooth top with a greased spatula. Bake until a toothpick inserted in the center comes out with a just a few moist crumbs attached (28 to 30 minutes). Don't over bake! Let cool completely.

Day 7: Self Care and Spirituality

"To keep a lamp burning, we have to keep putting oil in it." –Mother Theresa

Women today have more roles and want more for themselves than any other generation. The opportunities are endless, however, overtasking and role strain leave many of us exhausted. Self-care is an encompassing term to describe all the things we do to love, nurture, protect, and rejuvenate ourselves. If you want to maintain your family's busy household, nurture your children, be romantic with your husband, work both in and out of the home, and have an ounce of energy left over to pursue your own dreams, then you need to put yourself first when you can and take exquisite care of your soul, mind, and body: attend a church/mosque/temple service; take time to meditate and read something spiritual in the afternoon as well; take a nap.



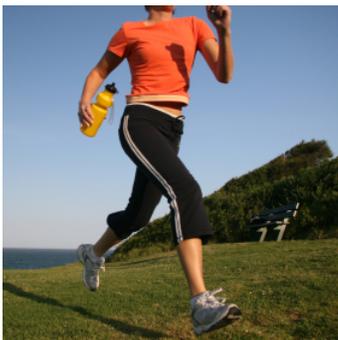
Starting Your Day

Set the alarm for 20 minutes earlier than normal, before your family wakes up. Go to a relaxing and peaceful place to sit comfortably. Pour yourself a nice cup of coffee or tea, and reflect on how grateful you are that it's the weekend. Read the spiritual book of your choice: the Bible, Koran, Tao, Course in Miracles, or whatever it is that feeds your soul and brings you closer to God. Pray and meditate for as long as you can this morning, expressing extra gratitude for your week of self-love and cleansing.



Your Diet

Sunday is a day for rejuvenating and preparing for the week ahead. Enjoy a nice brunch with your family. Otherwise, enjoy easy, nourishing food and all of your yummy leftovers from the week! Thank God today for the abundance of healthy food and for our ability to make positive choices for our bodies.



Your Fitness

Today is for resting and rejuvenation. If you want to take a short walk with your family or do some light stretching that is fine, otherwise feel free to just let your body rest. Lie around and read books, cuddle and play games with your children, do something outdoors and enjoy nature, or watch a positive and happy movie.



Your Home

Enjoy the beauty and comfortable environment that you've created in your home, and leave cleaning and organizing for another day. Since today is a day of rest, I hope you will simply enjoy your family and if you work on any home projects, please be sure they cause no stress or strain, and bring you great joy.



+Recipe of the Day

Crustless Spinach Quiche

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 5 eggs, beaten
- 3 cups shredded Muenster cheese
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Directions

- 1) Preheat oven to 350 degrees F. Lightly grease a 9-inch pie pan.
- 2) Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
- 3) In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
- 4) Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.



+ Inspired (ĩn-spīrd')

*Of such surpassing
brilliance or excellence as
to suggest divine inspiration*



+ Questions or comments?
Contact me, Erin Cox, at:

erin@herinspiredlife.com

www.facebook.com/herinspiredlife

Twitter: HerInspiredLife