

40 DAY
ACTION PLAN

SUPER HEALING

*Engaging Your Mind,
Body and Spirit to
Create Optimal Health
and Well-Being*

Elaine R. Ferguson, MD

Your 40-Day Action Plan Workbook

Elaine R. Ferguson, MD @2013

www.drelaine.com

www.superhealingbook.com

One Health, LLC.

The greatest wealth is health.

-Virgil

Every human being is the author of his own health or disease.

-Prince Gautama Siddharta

He who has health, has hope. And he who has hope, has everything.

-Mark Twain

This *Superhealing* Workbook Belongs To:

My *Superhealing* Journey Began On:

My vision of optimal health and well-being for myself is:

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Superhealing Worksheet #1: Your Superhealing Inventory

A key ingredient in the superhealing approach is paying attention to your inner life. Our world draws our attention to the outer reality. Consequently, we don't listen to, or value the wisdom of our inner voices, which are informing us of what we are experiencing and what we need. With the following inventory, you can reverse that tendency.

To facilitate understanding and awareness of your emotional needs, here's a quiz—one you can't fail. It's a series of questions about your life. There are no right or wrong answers, only honest or dishonest ones. Why don't you give it a try? Write down your answers in a notebook or the space provided.

- 1. How often do you consciously engage your body on a daily, weekly, or monthly basis?**
- 2. How often do you consciously engage your mind on a daily, weekly, or monthly basis?**
- 3. How often do you engage your spirit on a daily, weekly or monthly basis?**
- 4. Why do you want to experience superhealing?**

5. What is your idea of optimal health and well-being?

6. What is your vision of superhealing for your life?

7. Are you willing to make changes in order to superheal your life?

8. What unhealthy behaviors are you willing to transform?

9. What positive behaviors are you willing to enhance?

10. In general, are you happy and contented with your life?

11. If so, why? If not, why not?

12. What, if anything, would you change in your life at this time?

13. What are you passionate about?

14. What in your life makes you joyful?

15. Of those things, what gives you the greatest joy?

16. What causes you great regret?

17. What gives you peace?

18. What do you love?

19. Are you happy with your chosen vocation?

20. Are you happy with your friendships?

21. Are you happy with your relationship with your family?

22. Are you happy with your romantic relationship?

23. Are you happy with yourself?

24. What's more important to you, your opinion of yourself or what others think of you?

25. How would you characterize each of the following relationships? Your relationship with:

- **Your parents.**
- **Your children.**
- **Your friends.**
- **Your significant other.**
- **Your coworkers.**
- **Your neighbors.**
- **The Divine/God**

26. Describe a significant memory you have of your childhood.

27. Name some of your best and worst qualities.

28. What would you do if you discovered that your life would end:

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- In one day?
- In one week?
- In one month?
- In one year?

29. Describe the goals you had in your life, when you were:

- An adolescent.
- A young adult.

30. Describe the goals you have in your life today.

31. What is an area of your life that you would really like to change?

32. What is a difficult and challenging part of your life?

33. Why is that portion of your life difficult and challenging?

34. What are some important dreams in this life that you have yet to achieve?

If you could change your life, what would your new life look like?

Your Superhealing Health Review

1. How do you describe your current state of health?

Mind:

Body:

Spirit:

2. How would you like to improve it?

3. How much time each day during this program are you willing to invest?

4. Are you willing to commit to making this the beginning of a long-term lifestyle shift/lift?

5. Are there any issues that you recognize are currently interfering with your desire to improve your health?

6. What are you willing to do to make this happen?

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Now you've taken this quiz, you have a sense of where you are and where you want to go. Throughout the workshop, we'll be exploring how to put those intentions into action.

Superhealing Worksheet #2: Your Stress Assessment

Think about your recent stress levels and your thoughts, feelings, and emotions.

Reflect upon the following questions (Please note this is a good weekly practice).

1. How often on a daily basis do you feel stressed?
2. How frequently during a week do you feel stressed?
3. Describe a typical stressful situation?
4. What are the causes of your stress?
5. Of these things, what are the most significant causes of your stress?
6. Is your stress increasing?
7. What are the signs and symptoms of stress that you experience?
8. What physical symptoms do you experience?
9. What do you do when you're aware of your stress?
10. Do you ever experience stress and you are not aware of it?
11. How do you engage your body, mind, and spirit when you're stressed?
12. Do you feel your stress is determined by forces beyond your control, or does the way you view experiences determine your body's response to events?
13. Does stress create a sense of having a challenge to overcome or a feeling of overwhelm in you?
14. In your experience, are all stressful experiences harmful? If yes, explain why, and if no, explain why not.
15. What are some of the benefits of your stress?

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16. If you were to respond in a healthier way to any particular stressful situation, imagine and describe how that response would feel.

Engaging Your Superhealing Mind Techniques

Superhealing Laughter Action Steps

The Association for Applied and Therapeutic Humor defines therapeutic humor as “any intervention that promotes health and wellness by stimulating a playful discovery, expression, or appreciation of the absurdity or incongruity of life’s situations.”

Laughter is an effective self-care tool. It improves the body’s function. Yet, it is not merely a tool to be employed when you’re stressed or unwell; it a gift of your humanity to be thoroughly enjoyed every day of your life. We’re born laughing. Babies begin to laugh during the first few months of life. On average children laugh about 150 times a day, while most adults laughs only 15 times a day. Laughing will help you to stay young at heart.

Stronger social bonds are formed when laughter is shared. Have you ever “caught” someone else’s boisterous laughter? Surely, you have! Nothing beats the feeling that comes from getting infected like this. Laughter definitely helps us raise our happiness quotient.

To bring more smiles and laughter into your life, try one of these humor strategies.

1. Consciously intend to laugh
2. Identify what types of things you find funny
3. Cultivate a playful attitude
4. Learn to tell jokes

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5. Create your own verbal humor
6. Look for humor in daily life
7. Laugh at the silly things you do
8. Purposefully find humor in the midst of stress
9. Hang out with people who make you laugh

Let's start laughing!

Superhealing Meditation Engagement Suggestions

In my practice, I encourage my patients to take simple steps to meditate and teach several basic meditative practices. (Find a free healing meditation to begin with at my website www.drelaine.com/healingmeditation). Some patients choose to focus on breathing, others to select a word or object to focus on, or to simply let the mind rest. Whichever you choose, focus and awareness are key elements.

According to the National Institutes of Health National Center for Complementary and Alternative Medicine, most types of meditation have four elements in common including using a quiet space, focusing, comfortable posture, and open-mindedness.

It is important to have a set aside time to meditate and disconnect from the world. First thing in the morning is a good time, as your mind has not completely returned to its normal waking state. Turn off your phone, television, radio, computer, and so forth and find a quiet place where you will not be interrupted. Some people create a meditation

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room or corner in their home. You can choose to meditate in silence or put on some gentle, meditative music. Just do what is comfortable for you.

Superhealing Visualization Engagement Suggestions

You can use visualization as a part of your meditative practice, during your free moments, and throughout your day while you're engaging in your normal activities. Also, it's important to remember that visualizing is more potent when you involve all of your senses to make the picture more realistic.

Superhealing Expressive Writing Engagement Suggestions

If you are ready to take on expressive writing, I'd recommend committing to writing about anything that is troubling you and your feelings about it for at least fifteen minutes a day for the next month.

Superhealing Engagement Suggestion

Get a fresh notebook, and spend a few minutes a day for the next forty days writing your affirmations and feeling them. You can also affirm any time of the day that you like.

Focusing on your health, on getting well, as often as possible is important as your thoughts and emotions engage your superhealing mind and catalyze your body's ability

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to heal and regenerate. Here are some affirmations I want to share with you. Use these or go ahead and design your own.

- **I am healthy.**
- **I am superhealing.**
- **I am a superhealer.**
- **I am strengthening my mind, fortifying my body, and expanding my spirit.**
- **My mind has superhealing powers.**
- **I am tapping into my superhealing powers and my body, mind, and spirit are improving each and every day.**
- **I am focusing on my body's amazing, superhealing powers.**
- **I intend to improve my health.**
- **I am superhealing now.**
- **I am superhealing my life now.**
- **I have the ability to superheal.**
- **My body was created to superheal and has optimal health and well-being.**
- **I can superheal my life.**
- **I am superhealing now.**
- **I am getting well faster now.**
- **I intend to improve my health.**
- **I am healthy, happy, and whole.**
- **My health is improving more and more, and I am superhealing faster than I can imagine.**

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- **My body is strong and remarkable.**
- **I am feeling better and better.**
- **I am getting stronger and stronger.**
- **I am so happy and grateful for all that is functioning in my body.**
- **I am grateful for my body.**
- **I love my body.**
- **All is well in my body.**
- **All is well in my mind.**
- **All is well in my spirit.**

These affirmations may sound silly, but let me assure you, if you focus on them and similar ones for at least fifteen to thirty minutes a day, you will see a profound shift.

Psychologists call the affirmation technique cognitive behavioral programming. You can call it whatever pleases you. Just know that if you use affirmations appropriately on a daily basis, saying and feeling them as if they are literally true, it will change the cells and organs within your body. Affirmations can help you get well faster if you're sick. If you're well, they can help you establish and sustain optimal health and well-being.

Superhealing Worksheet #3: Engaging Your Superhealing Mind

Choose one superhealing mind technique to play with for the next week. You don't have to wait until you've read to the end of the book to begin to experience these benefits.

Commit to just a ten to fifteen minutes a day: that is sufficient to begin.

- 1. Are you actively using any of the mentioned superhealing mind-body techniques?**
- 2. Do you want to add more?**
- 3. Which ones do you find most appealing?**
- 4. How much time do you want to commit?**
- 5. Are there any reservations you may have?**

6. How do you think you can shift your perspective?

7. How many are you willing to try?

Superhealing Worksheet #4: Your Relationship With Nature

1. What is your relationship with nature?
2. How often do you find yourself in its midst?
3. Are you taking advantage of the benefits of nature?
4. How often do you take a walk in a park, or escape the city?
5. How often do you enjoy engage with nature?
6. When was the last time you felt a moment of awe in the midst of nature?
7. Describe how that experience made you feel
8. How would you like to enhance your experience with nature?
9. Can you add a little bit of nature to your home or office (plants, flowers, pictures)?
10. How have electronic devices such as your computer, cell phone, and so forth affected your life?
11. Do you multi task?
12. Are you easily distracted?
13. Do you want to change it?

Superhealing Worksheet #5: Assessing Your Physical Engagement

Are you ready to move or engage your body and being physically with ever increasing awareness? It's never too late to begin. Even exercising with illnesses is helpful, but rarely are we encouraged to do so.

- How much activity are you doing now?
- What sort of exercise are you doing?
- What did you or are you doing that you enjoy?
- Are you getting sufficient amounts?
- Are you motivated?
- What are you willing to do?
- **What attention do you give to your body?**
- **Do you listen to your body or ignore it?**
- **How do you feel about it?**
- **What are your thoughts about it?**
- **Do heed the initial voices of distress, the whispers of fear, the call for rest, and the need for relaxation?**
- **Do you complement your body, or focus on what you think is flawed?**
- **How are you treating your body?**
- **How do you honor it?**

Superhealing Worksheet #6: Superhealing Nutrition

Armed with the information contained in this section, consider these questions:

- 1 .How can you change your diet?

2. Do you think you need to?

3. Are you willing to eliminate or significantly reduce certain unhealthy foods?

4. What foods do you think you need to eliminate?

5. What healthy foods appeal to you?

6. Are you willing to keep a food diary for the next 40 days?

Engaging Your Superhealing Spirit Techniques

Superhealing Spirit Engagement Technique No.1: Self Love

Authentically loving yourself, which is not hard, is the foundation of all superhealing. Focusing on loving *you* requires giving yourself attention, acceptance, and appreciation. How do you currently treat yourself? Do you have an inner voice that is very critical and judgmental? Most of us do. And that's okay. But a key ingredient to loving yourself is shifting your attention to silencing that voice and replacing lower thoughts with kinder, more loving ones.

Superhealing Self Love Engagement Suggestion

Try doing this simple exercise. Just spend ten to fifteen minutes each day quietly reflecting on you. Give yourself your undivided attention. Tune in to your thoughts, emotions, feelings, and bodily sensations and fluctuations with acceptance and then appreciate you in this moment. Change your judgment of yourself and let the inner critic go.

To accomplish this, get into a quiet state, either through the meditation practices I outlined in the workshop, by focusing on your breath, or through awareness exercises.

Superhealing Spirit Engagement Technique No. 2: Breathing

Breath is related to spirit. Breathing is usually an unconscious process, but a critical one. One of the easiest ways to live fully in the moment is by focusing on your breathing.

In our society, most people breathe shallowly, engaging just the upper part of their lungs. To breathe more deeply you can employ your diaphragm, the muscle that lies between your chest and your stomach. Why does diaphragmatic breathing more fully engage spirit? Because it is a relaxing form of breathing and sends those messages to the brain, compared to using primarily the muscles in the lungs which indicates stress.

Superhealing Breathing Engagement Suggestion

To ascertain how you are currently breathing, place one hand on your abdomen and the other on your chest. Watch the way they move when you inhale and exhale: whether or not the hand on your abdomen moves indicates if you are breathing optimally.

If you are not, you can easily learn to do so. Take a breath and feel the air entering through your nostrils and then expanding your ribs as it enters your lungs. Now slightly push out your abdomen, using your diaphragm muscle to help draw the air deeper into your lungs. When you exhale, suck in your abdomen so your diaphragm will help push the air back out. Continue doing this gently and easily.

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Once you have mastered diaphragmatic breathing, spend a few minutes every day, where there are no distractions, and focus on it until it becomes your normal breathing pattern.

Superhealing Technique No. 3: Appreciation

My motto is: be grateful—filled greatly—for what you have. Ask yourself: What am I grateful for? What and who are meaningful in my life? Then express that appreciation in some way.

Superhealing Appreciation Engagement Suggestion

You can write a letter of gratitude to that significant person. Or you can engage in one of the most profound ways to express appreciation, which is through keeping a gratitude journal. Doing that on a regular basis for at least twenty one days will change your brain function and physiology. Finding things to be grateful for is a key positive emotion that will improve your health and reduce stress.

Superhealing Spirit Engagement Enhanced Engagement Technique No. 3: Being

While I suspect I don't need to explain to you how to pray, I do want to share with you how to expand upon prayer and other previously described mind-body techniques by infusing them with your awareness of a variety of spiritual qualities. Dwelling in the awareness of or focusing on spiritual attributes is a particular helpful technique in response to stress and negative thought patterns.

Superhealing Being Engagement Suggestion

Call into your awareness a spiritual quality that you desire to express more consciously in your life such as love, peace, joy, wisdom, intelligence, abundance, or enthusiasm as you gently focus your heart on your inner being. You can do this during prayer or meditation, or as an affirmation.

Superhealing Spirit Engagement Technique No. 4: Giving

Because of the oneness of all things, reflected physically through our interconnectedness, whenever we give to others we are truly giving to ourselves. Thus the ancient notion, “As you give, so shall you receive.” But the interesting fact, as I previously mentioned, is that when you give solely to gain a benefit for yourself, the effect is only temporary. You do not achieve long term enhancements when your motives are not in alignment with spirit.

Superhealing Giving Engagement Suggestion

There are many ways to give. Explore new avenues to give of yourself to others: family, friends, colleagues, coworkers, and strangers. The purest and easiest way is to be fully present with the person when you are together.

Committing random and conscious acts of kindness and volunteering on a regular basis, particularly when engaging in the acts from a place of spiritual awareness, are remarkable ways to experience optimal well-being.

Superhealing Spirit Engagement No. 5: Expressing Your Creativity

In my view, there is no difference between picking up a brush to paint and praying. Consciously engaging your spirit by creating is wonderfully uplifting and enjoyable. Expressing your creativity is not limited to activities like art, but encompasses all of how you live your life. Expression is the foundation of being. To be is to express and to express is to be.

Superhealing Creativity Engagement Suggestion

There are many ways to express your creativity: drawing, painting, dancing, singing, writing, knitting, crocheting, singing, listening to music, or gardening. You get to decide.

Superhealing Technique No. 6: Forgiveness

Forgiving means the end of resentment, anger, and hostility that was caused by an offense, either real or perceived, a disagreement, or an argument. Born from a conscious decision, it entails letting go of the past and memories of a painful experience that caused you harm and to suffer. A bold choice, it is often viewed as being in conflict with our natural mechanisms of self-preservation.

There are many ways to forgive. The most important is to make the decision to do so, as this is not an easy thing to do for most of us, as we are usually entangled by the energy of painful memories, making it difficult to let go.

Superhealing Forgiveness Engagement Suggestion

Focus only briefly on past hurts in order to identify something you did or someone you need to forgive. After you have made the decision to forgive, and you feel comfortable with moving forward, you can do one, a few, or all of these techniques.

Expressing Forgiveness through Meditation

As you follow the meditation steps outlined in Chapter 3, engage your breathing and focus on the concept of forgiveness from your heart. For a few moments, center your thoughts and feelings on the left side of your sternum, where your heart resides. Once your awareness is fully established in your heart's space, ask your heart to dwell in the presence of forgiveness as you call forth, in your mind's eye, the person you want to forgive.

From your heart's view point, look upon the person with compassion if you can, and when you're ready, speak your piece, whatever that may be. Allow the person to speak back to you, and listen or feel whatever their presence is bringing forth at that moment.

Then when the time is appropriate for you, forgive and release the person to his or her highest good, and release yourself to your highest good as well. Spend a few moments in silence, allowing your being to feel the freedom and lightness of being this process has given to you. Then take a deep breath and open your eyes.

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Expressing Forgiveness by Writing and Journaling

Write a letter to the person you wish to forgive. You don't have to mail it. Or if you would prefer, you can create a forgiveness journal.

Expressing Forgiveness with Visualization

Visualize your act of forgiveness. Talk to the person, then release them in love, letting go of the past.

Bottom line: ultimately, engaging your spirit allows you to be who you are. Superhealing is the journey and adventure of allowing yourself to express your divine capacity and infinite potential:

Superhealing Worksheet #7: Engaging Your Superhealing Spirit

- 1. How do you currently engage your spirit?**
- 2. Which approaches do you find appealing?**
- 3. What are the particular benefits you would like to receive?**
- 4. How often are you prepared to consciously engage your spirit throughout your day?**

Your 40-Day Superhealing Action Plan

“Health is a state of complete harmony of the body, mind and spirit.

When one is free from physical disabilities and mental distractions,

the gates of the soul open.”

—B.K.S. Iyengar

Now that you’ve familiarized yourself with the basics, it is time to begin your superhealing adventure! I created this workbook to give you the tools and motivation to engage your body, mind, and spirit in order to enhance your health and well-being. Using the accumulated information I have shared with you in the preceding chapters, you now have a springboard to help you to create optimal health and well-being,

For some of you, this book may be your first attempt at a more holistic approach to health. For others, this is will be one of many. In either case, I believe what is unique about my approach is the continuous engagement of body, mind, and spirit, and the recognition of the role all three play in your health and well-being.

Please consider the following as you begin to create your plan.

- **Accept the now.** When you accept life as it is and unfolds, offering no resistance, you become aware of the choices available in this moment. This doesn’t mean you should give your up desires or being a victim, but discover the freedom to respond creatively in your own way.

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- **Accept the signals of your body.** Feel all of your body's sensations, including sorrow, anger, or a churning stomach. Whereas the mind lives in the past and future, the body resides in the now and never doubts itself. It knows the truth and will guide you toward the most evolutionary choices.
- **Accept responsibility and commit.** With deepened awareness, you can make new choices, let go of habits that no longer serve you, and commit to doing something different.

I know for sure that you can superheal your life. This action plan will help you to do so. I will share with you the foundation and give you examples, but then the rest is up to you. You have the freedom to choose how to do it and create your own specific plan of action to make very real lifestyle shifts so you may experience superhealing within forty days, which is the amount of time it takes to set new habits in place.

Here's a summary of the steps you'll take during the implementation of your 40 day action plan.

Action Plan Steps

- **Step 1 (Days 1-3): Self-love exercise. Commit to doing this for these three days and then continue with it throughout the entire program.**
- **Step 2 (Day 4): Decide, Intend, Focus, and Act (DIFA). Create your idea/vision and goals.**

- **Step 3 (Day 4): Review Superhealing Worksheets. Decide on your preferences.**
- **Step 4 (Day 4): Create your Superhealing Plan**
- **Step 5 (Day 5–40): Execute your Superhealing Plan**
- **Step 6 (On completion of the 40 days): Superhealing Plan assessment, review, and refinement.**

Step 1: Engaging Present in the Moment through Self-love

Even before you create your individualized plan, we're going to begin with love. I would like to help you establish your framework for designing your plan: expressing self-love. Self love is the foundation of superhealing. If you don't love yourself, you will not have emotional and psychological well-being, because you cannot believe that you deserve it.

Ultimately, self-love means to be: To be who you are, your true spirit self. You will only truly be yourself when your personality and soul align. So I want to invite you to spend three days loving yourself. That will set the tone and increase your likelihood of success.

The keys to self-love are:

- 1. Attention**
- 2. Awareness**
- 3. Acceptance**

How do you currently treat yourself? Do you have an inner voice that is very critical and judgmental? That's okay. Most of us do. Shifting your attention is a key

ingredient and helps to silence the voice and replacing lower thoughts with kinder, more loving ones. Change your judgment of yourself, letting the inner critic go.

Here's a few suggestions of self-love in action:

- 1. Take a quiet relaxing bath, and make it special. Use candle light, soothing music, fragrant incense.**
- 2. Spend an evening, or weekend, filled with the things you like to do. I love to read and paint so when I**
- 3. Treat yourself to a massage, manicure, pedicure, etc.**

Step 2: DIFA and Program Design

It is important to make a commitment and to honor that choice. It is part of a process I call DIFA: decide, intend, focus, and act. These actions lay the groundwork for your successful participation and are critical to every portion and aspect of this program. Start by designing your program by writing down your answers to these questions.

- 1. What is your current state of health and how do you want to improve it?**
- 2. What does optimal well-being look like to you?**
- 3. How can you achieve it? Create your goals for your mind, body, and spirit.**
- 4. Review your worksheets from previous chapters. What techniques do you want to use?**
- 5. How do you want to change your diet and exercise regimen?**

6. How much time are you willing to commit each day? I recommend at least thirty- to ninety minutes.

7. What specific time of day you will engage? Set it aside.

Here's a few sample answers.

4. My health is okay, I don't have any major health problems, and I am concerned about developing Alzheimer's, because my mother had it. I would like to have more energy, because I 'm pretty tired by the end of every day.

5. I think for me optimal health is when I get up in the more feeling great, having had a good nite's sleep, looking forward to the day, with a knowing that my body is prepared to handle anything that comes my way.

6. I can achieve it by paying a lot more attention to my diet, spending more time in nature; changing my negative thoughts to more positive ones, so I won't stress as much as I often do and spending more time enjoying my crafts, especially scrapbooking.

7. I want to use: affirmations, visualizations, walks and biking in nature, maybe gardening, and I'd like to try volunteering with kids.

8. I want to get rid of all processed foods, and eat more vegetables. I already exercise, so maybe I'll do it three times a week, instead of once or twice.

9. I will commit to spending at least 30-45 minutes every day.

10. I will spend 15 minutes in the morning, and 15-30 in the evening.

Now here is how to implement the DIFA process that can help you to improve your superhealing.

Decide You Want to Superheal

When someone is ill, he or she tends to focus on not wanting to be sick rather than on getting well. And that's quite understandable if you're living with a health condition. But there is a crucial difference between focusing on wanting to be rid of your illness, and concentrating on health and wanting to superheal. This difference may seem subtle, but it is very important. In fact, the most important thing you can do to improve your health.

If you focus on your health, you are literally activating your cells and organs that will help your body to heal. Your decision to superheal assists your body in ways that modern medicine is finally beginning to acknowledge.

You're probably asking, "How do I make that decision?" I recommend that you take a few moments and take inventory of your life. Consider what is really important to you, and how improving your health will assist you. Stop reading for a while and do that right now.

Now that you've looked at your life and what's important, I'd like for you to do something else. Imagine yourself participating in the activities and things that are important to you, right now, in good health.

Intend to Superheal

Now that you've decided you want to superheal and be healthy in your mind and heart, it is important that you intend to do so. Our intentions shape our lives. They are the energy tracks that unconsciously and consciously channel our thoughts, feelings, and emotions in the direction of our goals.

Take a few moments and focus on intending to superheal and be healthier. Make a heartfelt commitment to do so—whatever it takes.

A key to your intentions is to fuel them with enthusiasm and passion. Passion gives wings to your desire. It will give you the energy and the fuel to reach your goals, whatever they may be. Our passion reflects the will of life, the will to live.

What if you don't feel particularly passionate right now? That's okay and there's no reason to beat yourself up. It will come eventually.

Focus Your Thoughts on Your Health

Focusing on your health, on getting well, as often as possible is vital. Your thoughts, feelings, and emotions influence your body's ability to heal and regenerate.

To help with this, I like what self-help coaches call affirmations and psychologists refer to as "cognitive-behavioral programming." So in addition to those affirmations, I've already shared with you in the book, here are more:

I can superheal!

I intend to superheal!

I am getting well!

I am getting well now!

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I have the ability to superheal!

My body was created to heal and superheal!

I can superheal faster!

I am getting well faster!

I am getting well faster now!

I intend to improve my health.

I intend to get discharged from the hospital faster.

I am healthy, happy, and whole.

My health is improving more and more, and I am getting well faster than I can
imagine.

My body is strong and remarkable. It is healing now!

I am healing now!

I am feeling better and better!

I am getting stronger and stronger!

I am so happy and grateful for all that is functioning in my body!

I am grateful for my body!

I love my body!

You may feel silly saying these affirmations (or whatever you want to call them), but let me assure you, if you focus on them or similar ones for at least fifteen to thirty minutes a day, you will see a profound shift. If you use them appropriately on a daily basis, saying and feeling them as if they are true, it will change the cells and organs within your body and help them to superheal faster.

Take Action

It just doesn't make any sense for you to choose to become healthy and then act in an unhealthy manner. As you now know, considerable evidence exists that mind-body interventions, as they are being studied today, have positive effects on psychological functioning and quality of life, and may be particularly helpful if you are coping with chronic illness.

However, you must commit to taking action and remain consistent with it during this 40-Day Action Plan and beyond. These simple techniques can have a tremendous impact on your mind, body, and spirit, especially, when you engage them with a positive mental attitude.

Step 3: Decide on Your Preferences

Go back to your worksheets from preceding chapters and review them. They will act as the foundation of the program you design for yourself.

Step 4: Superhealing Action Plan Development

In terms of the structure, there are many ways you can design your program, depending on your particular goals and preferences. If you're just beginning on your superhealing path, I'd recommend following the one I've created, as Part One focuses on the body; Part Two on the body and mind; and Part Three on the body, mind, and spirit. If you're already engaging, then you may prefer to focus on your mind, body and spirit throughout the forty-day program.

This is your blueprint to take action and you get to choose how.

Superhealing 40 Day Action Plan Workbook

Step 5: Superhealing Plan Execution

Superhealing Mind: Days 5–16. My advice is to use as many techniques as possible. Variety is the key especially for the mind. These techniques will provide that. Please refer back to Chapter 3. Engaging Your Superhealing Mind.

Superhealing Mind Plus Body: Days 17–28. The purpose of the mind-body techniques is to relieve your stress and to help you function at a higher level your nutrition, exercise, environmental changes and engaging nature worksheets.

Superhealing Mind Plus Body Plus Spirit: Days 29–40 .You will add the spiritual techniques, found in Worksheet #7 Engaging Your Superhealing Spirit to your already established mind, body practices.

Step 6: Superhealing Plan Review and Refinement

Welcome to Your Superhealing Lifestyle! You have completed 40 days, and now it's onward and upward. This is the time to take a look at what's worked for you, to refine your plan, and decide what to do from day 41 on to make your superhealing lifestyle shift sustainable.

Superhealing Goals

(What you would like to experience at the end your 40-day plan?)

Mind

Examples:

- 1. My mind is free of all the chatter.**
- 2. Peace of mind.**
- 3. A healthier response to life's challenges.**

Body

Examples:

- 1. I want my body to have more energy and vitality**
- 2. I want to feel and look younger.**
- 3. My body will be healthier because I plan to lost 15 pounds**

Spirit

Examples:

- 1. I will be more aware of my Divine connection to all of life.**

Superhealing 40 Day Action Plan Workbook

2. I will live in greater appreciation of the gifts of my spirit, gratitude and appreciation.
3. I will in the presence of each moment.
4. A greater expression of my creativity frequently throughout each day.

Superhealing Engagement Overview

Please review the superhealing worksheets you've completed. You can find them at the end of each chapter, and list the techniques/steps you would like to incorporate into your plan. List as many as you would like to use. Remember, this is your personalized plan

Mind Engagement

To help you get started, here's a few examples.

- 1. Meditate 10-15 minutes**
- 2. Write in my journal every day**
- 3. Using affirmations to reverse my negative thinking**

Laugh 10 minutes every day, and watch a comedy movie once a week

Now, please write your own:

- 1.
- 2.
- 3.
- 4.

Superhealing 40 Day Action Plan Workbook

5.

6.

7.

Body Engagement

Examples:

1. **Learn yoga**
2. **Take walks once or twice a week**
3. **Eliminate all processed foods from my diet**
4. **Use organic products for my hair and body.**

Now please complete your own:

1.

2.

3.

4.

5.

6.

7.

Spirit Engagement

Here's a few examples of engaging your spirit:

- 1. Practice gratitude every day**
- 2. Engage in my creativity at least once or twice a week**
- 3. Cultivate forgiveness for myself and others**

Superhealing 40 Day Action Plan Workbook

Now, please establish your own:

1.

2.

3.

4.

5.

6.

7.

Superhealing Daily Action Plan For Beginners

(Please note; this plan was created for those just starting to use these techniques. If you're already engaging in some of them, you might want to create a program involving mind, body, and spirit engagement throughout the entire program. I've included a second planning form for those of you who are more advanced.)

While self-love is the focus of the beginning of the program, I'd urge you to include it as a daily practice of it throughout the forty days.

The next page contains an overview of the entire program.

Superhealing 40 Day Action Plan Workbook

Superhealing Daily Action Plan For Beginners			
Day 1 Self-love	Day 2 Self-love	Day 3 Self-love	Day 4 Superhealing Worksheet Review and Plan Development
Day 5 Mind Engagement	Day 6 Mind Engagement	Day 7 Mind Engagement	Day 8 Mind Engagement
Day 9 Mind Engagement	Day 10 Engagement	Day 11 Mind Engagement	Day 12 Mind Engagement
Day 13 Mind Engagement	Day 14 Mind Engagement	Day 15 Mind Engagement	Day 16 Mind Engagement
Day 17 Mind Engagement/ Body Engagement	Day 18 Mind Engagement/ Body Engagement	Day 19 Mind Engagement/ Body Engagement	Day 20 Mind Engagement/ Body Engagement
Day 21 Mind Engagement/ Body Engagement	Day 22 Mind Engagement/ Body Engagement	Day 23 Mind Engagement/ Body Engagement	Day 24 Mind Engagement/ Body Engagement
Day 25 Mind & Body Engagement	Day 26 Mind & Body Engagement	Day 27 Mind & Body Engagement	Day 28 Mind & Body Engagement
Day 29 Mind, Body, & Spirit Engagement	Day 30 Mind, Body, & Spirit Engagement	Day 31 Mind, Body, & Spirit Engagement	Day 32 Mind, Body, & Spirit Engagement
Day 33 Mind, Body, & Spirit Engagement	Day 34 Mind, Body, & Spirit Engagement	Day 35 Mind, Body, & Spirit Engagement	Day 36 Mind, Body, & Spirit Engagement

Superhealing 40 Day Action Plan Workbook

Day 37 Mind, Body, & Spirit Engagement	Day 38 Mind, Body, & Spirit Engagement	Day 39 Mind, Body, & Spirit Engagement	Day 40 Mind, Body, & Spirit Engagement
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Advanced Superhealing Daily Action Plan

While self-love is the focus of the beginning of the program, I'd urge you to include it as a daily practice of it throughout the forty days.

Advanced Superhealing Daily Action Plan			
Day 1 Self-love	Day 2 Self-love	Day 3 Self-love	Day 4 Superhealing Worksheet Review and Plan Development
Day 5 Mind, Body, & Spirit Engagement	Day 6 Mind, Body, & Spirit Engagement	Day 7 Mind, Body, & Spirit Engagement	Day 8 Mind, Body, & Spirit Engagement
Day 9 Mind, Body, & Spirit Engagement	Day 10 Mind, Body, & Spirit Engagement	Day 11 Mind, Body, & Spirit Engagement	Day 12 Mind, Body, & Spirit Engagement
Day 13 Mind, Body, & Spirit Engagement	Day 14 Mind, Body, & Spirit Engagement	Day 15 Mind, Body, & Spirit Engagement	Day 16 Mind, Body, & Spirit Engagement
Day 17 Mind, Body, & Spirit Engagement	Day 18 Mind, Body, & Spirit Engagement	Day 19 Mind, Body, & Spirit Engagement	Day 20 Mind, Body, & Spirit Engagement
Day 21 Mind, Body, & Spirit Engagement	Day 22 Mind, Body, & Spirit Engagement	Day 23 Mind, Body, & Spirit Engagement	Day 24 Mind, Body, & Spirit Engagement
Day 25 Mind, Body, & Spirit Engagement	Day 26 Mind, Body, & Spirit Engagement	Day 27 Mind, Body, & Spirit Engagement	Day 28 Mind, Body, & Spirit Engagement
Day 29 Mind, Body, & Spirit Engagement	Day 30 Mind, Body, & Spirit Engagement	Day 31 Mind, Body, & Spirit Engagement	Day 32 Mind, Body, & Spirit Engagement
Day 33 Mind, Body, & Spirit Engagement	Day 34 Mind, Body, & Spirit Engagement	Day 35 Mind, Body, & Spirit Engagement	Day 36 Mind, Body, & Spirit Engagement
Day 37 Mind, Body, & Spirit Engagement	Day 38 Mind, Body, & Spirit Engagement	Day 39 Mind, Body, & Spirit Engagement	Day 40 Mind, Body, & Spirit Engagement

Let's Get Started!

This is the foundation of your Superhealing program. Please write, in your own words, your decision to improve your health and well-being, your intention to do so, how you will focus on your health and well-being, and the actions you will take to do so.

Decide:

Intend:

Focus:

Action:

Your Superhealing Daily Lifestyle Plan

Congratulations! Now that you've completed your 40 Day Superhealing Action Plan, you are well on your way to having firmly established the first part of your ongoing Superhealing Daily Lifestyle Plan. There is only a beginning, as this is a lifestyle, that will continue to unfold and meet your specific needs as you want it. You can review it on a weekly, monthly, quarterly basis, and refine it, to help you continue along the pathway to unfolding optimal health and well-being. Your needs will change, as time progresses, and you can adjust your plan accordingly.

Sunday

Mind

Body

Spirit

Monday

Mind

Body

Spirit

Superhealing 40 Day Action Plan Workbook

Tuesday

Mind

Body

Spirit

Wednesday

Mind

Body

Spirit

Thursday

Mind

Body

Superhealing 40 Day Action Plan Workbook

Spirit

Friday

Mind

Body

Spirit

Saturday

Mind

Body

Spirit

To keep the momentum, I sometimes make a personal spa day/retreat using these techniques. You may want to consider:

Superhealing 40 Day Action Plan Workbook

- **Superhealing Day**
- **Superhealing Half Day**
- **Superhealing Morning**
- **Superhealing Weekend**

I will also have Superhealing Retreats and ongoing online and telephonic coaching programs to support you.

This plan isn't by any means, written in stone, but was created to assist you to create the awareness of superhealing that already exists in your mind, body and spirit. And as it grows in your awareness, you will find yourself engaging your superhealing abilities without thought.

Superhealing 40-Day Action Plan Daily Activities Log

I have created for you sample daily activities (mind, body, spirit)log—that you can choose to modify to fit your own needs and a 40 day Action Plan Log, one for each day, with a detailed list of activities and a separate food diary at the end.

Day _____

Activities

Today I Notes/Description Minutes

Mind:

Body:

Spirit:

Please use this page to record your food intake, affirmations, expressive writing, letters of forgiveness, gratitude, etc. here:

Daily Food Diary

Daily Food Diary (2) if needed

How to Use Your Superhealing Daily Activity Log:

Your journal includes a log for each day that looks like the one on the next page. You can use it to document your Superhealing actions, the number of minutes spent on each action, and any thoughts or observations about the action that may be important to you. You can use the log on the next page to make notes about your action plan.

For each activity, consider and make notes about these questions:

- How much time will I give to this action?
- What time of day will work best for me to enjoy the action?
- Is this an action to do alone or with others?
- If alone, why? Where? How?
- If with others, why? Who? How?
- What kind of difficulty or distraction (including my own attitudes) might keep me from the action?
- What will I think or do to get involved in the action even when it's hard?

Daily Activities Schedule /*Superhealing* Action Plan

Mind

- 1. Meditation:**
- 2. Guided Imagery:**
- 3. Laughter:**
- 4. Forgiveness:**
- 5. Affirmation:**
- 6. Journaling:**

Body

Exercise

Nature

Sleep

Earthing

Spirit:

Prayed

Forgiveness

Creativity

Relationships

Day 1

*Take care of your body. It's the only place
you have to live. -Jim Rohn*

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Mind:

Body:

Spirit:

Please use this page to write your affirmations, expressive writing, letters of forgiveness, gratitude, etc. here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 2

Health is a relationship between you and your body.
-Terri Guillemets

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 3

*A good laugh and a long sleep are the best
cure in the doctor's book. Irish Proverb*

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 4

Life is not merely to be alive, but to be well.

-Marcus Valerius Martial

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 5

Laughter is the most healthful exertion.

-Christoph Wilhelm Hufeland

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 6

Happiness lies, first of all, in health.

-George William Curtis

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 7

*The first wealth is health.-Ralph
Emerson*

Waldo

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Superhealing Goals Check

During the 7 days, were you consistent with your actions?

Describe how often you followed the program:

How has your health improved?

Have you reached the 7-day goal(s) that you set?

**If you have reached your goal(s),
CONGRATULATIONS!!**

If you haven't, take a few moments and ponder the reasons why you think you haven't, then jot them down here.

**Do you want to modify your goals or your activities?
Write below your new goals or your revised plans for achieving them:**

A Message from Dr. Elaine:

Congratulations! You've completed your first week of our *Superhealing* program. I am very proud of you. You can be very proud of yourself. It takes a lot of energy and time to actively participate in this program.

Your commitment and determination are inspiring, and I hope you can feel through my words how truly proud of you I am!

Now that you've established your goals and are taking the time to get well, I'm sure you're enjoying some results.

I want to urge you to continue with the program, even if it seems difficult. The benefits are going to be tremendous.

Taking action on a daily basis requires intention, consistency, persistency, and action.

I have no doubt whatsoever that you can get well. I trust you're beginning to feel that way, too.

Keep up the good work!

Dr. Elaine

Day 8

The groundwork of all happiness is health.
-Leigh Hunt

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 9

Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.

-Izaak Walton

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 10

Every human being is the author of his own health or disease.
-Buddha

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 11

In a disordered mind, as in a disordered body, soundness of health is impossible. - Cicero

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 12

Life is not merely to be alive, but to be well.

-Marcus Valerius Martial

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 13

He who has health has hope; and he who has hope has everything. -Arabic Proverb

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 14

The mind has great influence over the body, and maladies often have their origin there.
-Moliere

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 15

Health and cheerfulness naturally beget each other.
-Joseph Addison

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 16

The part can never be well unless the whole is well.
-Plato

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 17

Men make use of their illnesses at least as much as they are made use of by them. - Aldous Huxley

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 18

I see rejection in my skin, worry in my cancers, bitterness and hate in my aching joints. I failed to take care of my mind, and so my body now goes to hospital. -Astrid Alauda

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 19

*The most important thing in illness is never
to lose heart. -Nikolai Lenin*

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 20

*From the bitterness of disease man learns
the sweetness of health. -Catalan Proverb*

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 21

A healthy body is the guest-chamber of the soul; a sick, its prison. -Francis Bacon

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 22

A healthy body and soul come from an unencumbered mind and body. -Ymber Delecto

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 23

In minds crammed with thoughts, organs clogged with toxins, and bodies stiffened with neglect, there is just no space for anything else.

-Alison Rose Levy

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 24

The I in illness is isolation, and the crucial letters in wellness are we.-Author unknown

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 25

If I had my way I'd make health catching instead of disease. -Robert Ingersoll

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 26

The... patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop. -Quentin Regestein

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 27

In order to change we must be sick and tired of being sick and tired. -Author Unknown

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 28

Health is not a condition of matter, but of Mind.
-Mary Baker Eddy

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 29

Health is not a condition of matter, but of Mind.
-Mary Baker Eddy

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 30

Anguish of mind has driven thousands to suicide; anguish of body, none. This proves that the health of the mind is of far more consequence to our happiness than the health of the body, although both are deserving of much more attention than either of them receive. - Charles Caleb Colton

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Superhealing Goals Check

During the 30 days, were you consistent with your actions?

Describe how often you followed the program:

How has your health improved?

CONGRATULATIONS!!

If you haven't, take a few moments and ponder the reasons why you think you haven't, then jot them down here.

**Do you want to modify your goals or your activities?
Write below your new goals or your revised plans for achieving them:**

A Message from Dr. Elaine:

Congratulations! You've completed your first 30 days, an entire month of our *Superhealing* Program. I am so very, very proud of you. I hope you are very, very proud of yourself.

I applaud your daily actions and your true desire to get well. Your consistent actions and your dedication to improving your health have had, I'm sure, a tremendous positive impact on your health and well-being.

And if you haven't been as consistent with using the techniques as you'd like, don't worry, just refocus and recommit yourself. There's no need for guilt here at all.

The most important thing for you to do is to take a look within and reaffirm your commitment to your better health and well-being.

Again, I have no doubt whatsoever that you can get well. I trust you truly feel that way, as well.

Keep up the good work!

Dr. Elaine

Day 31

Diseases of the soul are more dangerous and more numerous than those of the body.
-Cicero

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 32

A good laugh and a long sleep are the best cures in the doctor's book. -Irish Proverb

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 33

In a disordered mind, as in a disordered body, soundness of health is impossible. - Cicero

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 34

Sickness is the vengeance of nature for the violation of her laws. -Charles Simmons

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 35

*Mens sana in corpore sano. (Your prayer must be for a sound mind in a sound body.)
-Juvenal*

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 36

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.
-Buddha

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 37

*Disease is somatic; the suffering from it,
psychic.*

-Martin H. Fischer

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 38

*From the bitterness of disease man learns
the sweetness of health. -Catalan Proverb*

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
---------------------	--------------------------	----------------

Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 39

Know, then, whatever cheerful and serene supports the mind supports the body too.

-John Armstrong

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
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Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Day 40

Health and cheerfulness naturally beget each other.
-Joseph Addison

Activities

<u>Today I</u>	<u>Notes/Description</u>	<u>minutes</u>
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Meditated

Visualized

Affirmed

Journalled

Laughed

Forgave

Write your affirmations here:

How did I feel today?

Write about anything else that is emotionally important to you.

Your Superhealing Food Diary

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Day 31

Day 32

Day 33

Day 34

Day 35

Day 36

Day 37

Day 38

Day 39

Day 40

Congratulations!!!

You've completed Your 40 day Superhealing Action Plan!!

Before we do anything else, let's take a moment to celebrate your achievement!

- 1. Write a letter of celebration to yourself (see next page)**
- 2. How can/will you celebrate your achievement?**
- 3. Superhealing Program Review**
- 4. How will you continue with your Superhealing Lifestyle?**

A Letter of Celebration to Myself:

How will I celebrate My Achievement?

- 1.
- 2.
- 3.
- 4.
- 5.

Suggestions (do something that you like, enjoy, and is healthy—even a brief indulgence in chocolate is good!)

Superhealing Program Review

During the 40 days, were you consistent with your actions?

Describe how often you followed the program:

How has your health improved?

Have you reached the 40-day goal(s) that you set?

**If you have reached your goal(s),
CONGRATULATIONS!!**

If you haven't, take a few moments and ponder the reasons why you think you haven't, then jot them down here.

Superhealing Action Plan Engagement and Review

Superhealing 40 Day Action Plan Workbook

Congratulations! You've completed your first forty days of your superhealing action plan. Now let's take a look at what best served you during the program.

For each program component, please write out what you did and whether it worked for you as anticipated.

Mind Engagement

Body Engagement

Spirit Engagement

Superhealing Goals

(Please review your Superhealing Goals, and determine what you've achieved)

Mind

Body

Spirit

Superhealing Action Plan Refinement

How do you want to change your program? If everything worked as you anticipated you can skip this step.

Superhealing Goal Changes:

Mind Changes

Body Goal Changes

Spirit Goal Changes

Superhealing Engagement Changes:

Mind Engagement Changes

Body Engagement Changes

Spirit Engagement Changes

Your Next Step:

How will you move forward with the changes and refinements you've made? Write down your thoughts about your continuing to improve your health on this page

A Message from Dr. Elaine:

Congratulations! You've participated and completed your Superhealing 40-Day Action Plan! That is a HUGE accomplishment.

I hope you are acknowledging your commitment, consistency, and persistence in the actions that have brought you to this day.

I am so very, very proud of you!

It is challenging and difficult to make changes in your life. This is just the beginning for you.

I encourage you to continue, even if you've reached your goal, to use these powerful techniques.

They have changed the lives of millions of people around the world who've used them.

Your health and well-being are precious gifts. I hope you will build upon your progress and go forth from this point on, enriched by this program, with the understanding and knowledge that you have the ability to take charge of your health and your life.

Yours in good health,

Dr. Elaine R. Ferguson, MD

Don't Quit!!

**Remember it's never too late to
improve your health and well-being.**

You have the power!

For more information about our services and products, please visit me at www.drelaine.com. We have an online membership site, community, forums, webinars, telecourses, coaching programs, blogs and much, much more!

**To your good health,
Dr. Elaine**