

KERRY TEPEDINO

7-DAY JUMP START



**Jumpstart Transforming Your Health &
Happiness With Grace & Ease!**

www.kerrytepedino.com

7-DAY JUMP START

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The 7-Day Jumpstart has been created to support you in proving to yourself that you can accomplish what you set out to do with your health and happiness goals. Shifting how you show up for yourself takes consistency and commitment, so we are rebuilding your trust in you by starting small. Remember... *baby steps still lead to the top!*

Relationship to Sacred Self

STEP 1

Keep this simple. Don't take on too much, overwhelm yourself and accomplish nothing. That leads to frustration and self-bashing. Print out your Heart Chart, choose 1 or 2 new healthier self-care habits that you will commit to over the next two days that are manageable. Write those action items on your Heart Chart now. Tape your Heart Chart to the wall or mirror where you can see it often on a daily basis. When you accomplish the action items, savor the act of coloring in those hearts! You did it! Examples: 8 hours sleep, 30 minutes exercise, hot lemon water in the morning.

STEP 2

Now that it's been two days and you have started to pick up speed and confidence within yourself that you will follow through, it's time you choose 1-2 more action items to your Heart Chart. You continue to implement the 1-2 items you chose on Day 1-2, but now you are adding in another 1-2 items to your list. Go ahead and do that now, and start implementing today. Examples: drink more water, meditate or pray 5 minutes a day, take your supplements.

STEP 3

Now that it's the final stretch of your 7-Day Jump Start, you should be picking up even more speed. By this point you have consistently been doing 2-4 action items over the past 4 days. How are you feeling? Proud? Lighter? You now get to choose 1-2 more items to add to your Heart Chart. Commit to mastering these 3-6 items over the next two weeks. Jump into our online community and share your results and get support... www.facebook.com/whoiskerrytepedino

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HEART CHART

ACTION ITEM



DAY 1

DAY 2

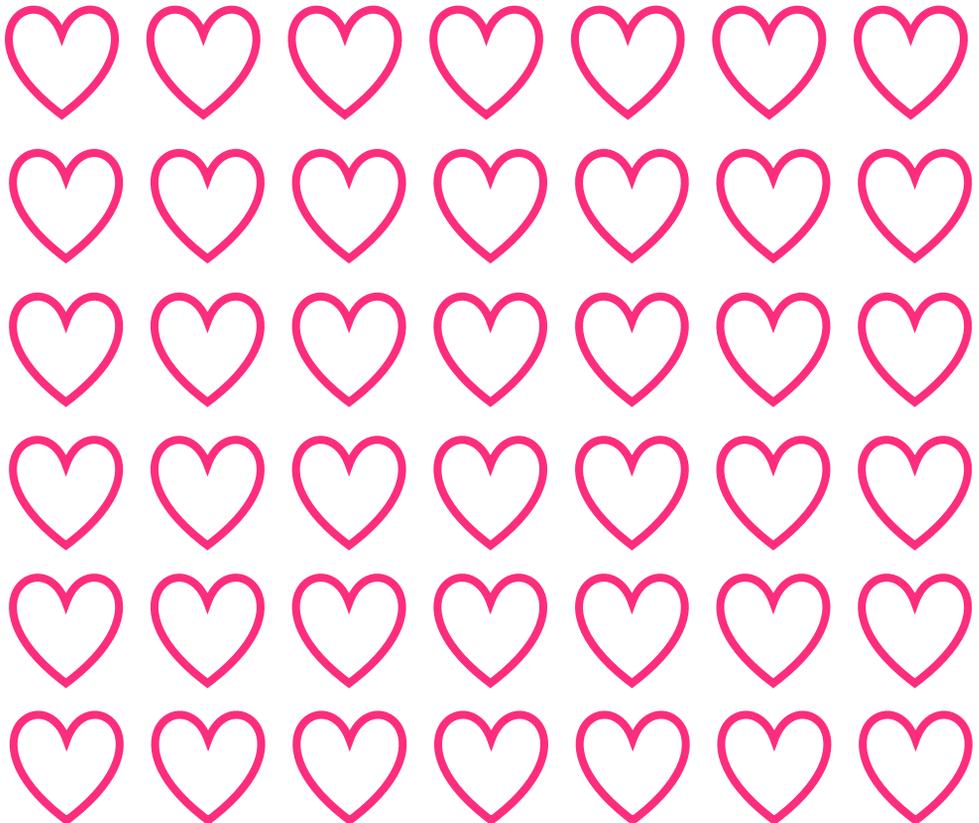
DAY 3

DAY 4

DAY 5

DAY 6

DAY 7



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