

"The set up is the basis of success. Without it you are running blind"

"You have everything you need to make the changes you want to see, so get it done. Oh, there are two's you do need bring... Discipline and Commitment"

10

Day



Pre work Checklist

Stephen Hill - The Happy Coach

"Lets put things into perspective, 10 days and your life could change for the better, forever!"



Happy Hill Pre checklist

Stephen Hill - The Happy Coach

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What you need to get the most...

Lets put things into perspective, 10 days and your life could change for the better, forever! Yes, and before this transformation can take place, you need to prepare for what you are going to embark on. I have prepared a list of what will be required to enable your success in the program. Warning: Don't leave anything out, especially the supplements.

To ensure you allow yourself the opportunity to be successful with this program it is best for you to stop the following:

Alcohol Sugar Carbs Caffeine Dairy Breads/starches

Items required for the program

Grocery List

This is a list of all the ingredients within this menu. If you are a good cook you could make your own meals within this list. If not, stick to the meal planner which is included in the program...

Chick peas	Lentils	Raw Almonds	Konjac Pasta/Rice	Red Cabbage
Spinach	Green Peppers	Hemp seeds	Avocados	Dijon Mustard
Eggplant	Asparagus	Chia Seeds	Kiwi Fruit	Garlic cloves
Red peppers	Cauliflower	Kale	Mushrooms	Med Onions
Extra Virgin Olive oil	Lean cuts of Red & white meat	Hommus Dip	Fresh or Dried Herbs	Low sodium soy sauce
Apple cider vinegar	Salmon and/or Sardines	Herbal tea - No caffeine	Low Sodium Chicken Stock	Unsweetened Coconut milk
Olives	Carrots	Curry Mixes	Blueberries	Fresh Lemons
Tomatoes	Broccoli	Snow Peas	Coconut water	eggs
Sesame Seeds	Canned Tomatoes	Balsamic Vinegar	Chilli Sauce (Scarchia)	Worchester Sauce
Parsley	Veggie Stock	Fresh Chillis	Zuchini	Nori Sheets
Pumpkin Seeds	Yellow Peppers	Green Peppers	Beetroot	Sesame Oil
Coriander	Celery	Semi Dried Tomatoes	Kimichi	Tofu (Firm)
Chipole Chlli (Canned)	Spices	Tamari	Cumin	Lime juice

NB: If you are including the smoothies in your plan, you will need to look over the ingredients for the breakfast, which is included in the meal planner.

These are other items that are required to be successful in the program and to have lasting change with your body and mind

Tape measure (for measuring person) and scales	
Download mindfulness app (I suggest Calm but there are many)	
Vitamins (Multi vitamin, vitamin c, fish oil tablets, vitamin b & d, magnesium tab or powder)	
Juice Blender	
Fibre (Psyllium husk) or Metamcil will work	
Grocery List (no potatoes, rice, pasta, noodles) No Carbs and no Sugar	
Gym Gear for 7 day a week of moderate exercise (30-40 minutes)	
Panadols – You will need them for the first 4 days.	

Important Notice:

- Stick to the Plan and reframe from adding items or deviating. It is only 10 days and this program has been designed for maximum effect. You will not see the benefits if you do.
- You will get headaches, loss of energy, feel lethargic for the first few day, but if your persevere, you will reap the benefits, I guarantee it
- If you have any medical conditions that could effect you completing the program, it is advisable to speak to your medical practitioner.

Tasks that need to be completed throughout the program to ensure you achieve the results you desire

- Happy Hill Journal - Daily
- Gratitude Journal - Daily
- Body Diagnostic test - Before the program begins
- Happiness test
- Life Wheel
- Belief Busting (optional)
- Life Plan (optional but recommended you do)

In this program

You have everything you need to make the changes you want to see, so get it done. Oh, there are two's you do need bring... Discipline and Commitment

The Game Plan

Wake up

- Weigh in and note quality of sleep - in your Happy Hill Journal
- 30 Minutes of Moderate to Vigorous Exercise (important to do in the morning)

Morning

- 10 minutes of mindfulness exercise (Suggest the Calm App)
- Fibre and Vitamins 10 minutes prior to breakfast
- Breakfast - Shake or Smoothie (from the meal planner)
- Mood Check in - This is in the Happy Hill Journal
- Mid Morning snack - 10-12 Raw Almonds (Macadamia, cashews - must be raw)

Lunch & Afternoon

- Go for a 10-15 minute walk - brisk if possible (optional but recommended)
- Fibre and Vitamins 10 minutes prior to meal
- 3-4-5 breathing exercise just before meal
- Meal from the meal planner
- Mid afternoon snack - Dips (Hummus) with carrots
- Mood Check in - Happy Hill Journal

Dinner

- Vitamins and Fibre 10 minutes prior to your meal
- 3-4-5 breathing exercise just before your meal
- Choose a meal from the meal planner
- Take a short 10 minute walk or short Yoga session 15 minutes prior to your meal

Bed time

- Complete the Happy Hill Journal and Gratitude Journal
- Prepare your day ahead by writing it down prior to bed in your notepad
- 5 Minute body scan exercise (Can use the Calm App) with lights out and laying in bed, or a 10 minute mindfulness exercise
- Get 7-8 hours sleep - NB if wanting 8 hours, you must allow 8.5 hours in bed as you will need at least 30 minutes to get to sleep

Must Do's

- Complete the Happy Hill Journal and Gratitude Journal daily
- Drink 10 glasses of water a day
- Take the fibre before all three meals
- Spend 15 minutes a day on something YOU love doing



I just wanted to take this opportunity to welcome you and to applaud you for dipping your toes in the water and identifying you want to change. I can assure you that when you do this program, you will see many differences from the person you were before taking part in this program.

I would suggest one thing if you are planning to do the program, starting on a Monday has always worked best for myself and past clients that have done the program as it will only be one weekend you will have to negotiate through.

One last thing and I continue to say this over and over, like a broken record, you need to be committed and be 100% disciplined. Don't cheat as you will only be cheating yourself. It's only 10 days

“Starting on a Monday has always worked best for myself and past clients”



*Good luck and welcome to the next
exciting chapter of your new life.
Keep Smiling !*