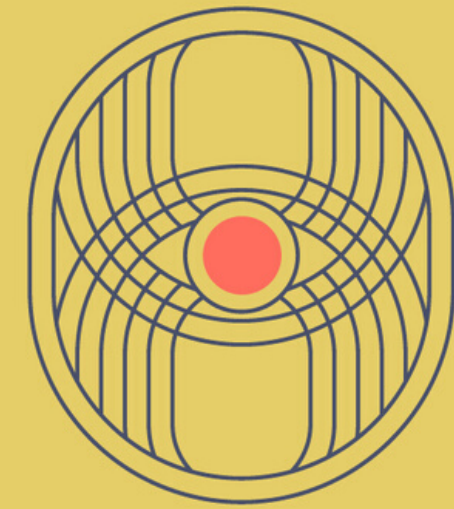


2022 New Year's Reset

A Healthier Habits Workshop



COURTNEY
LACAVA

AYURVEDIC PRACTITIONER + HEALTH COACH

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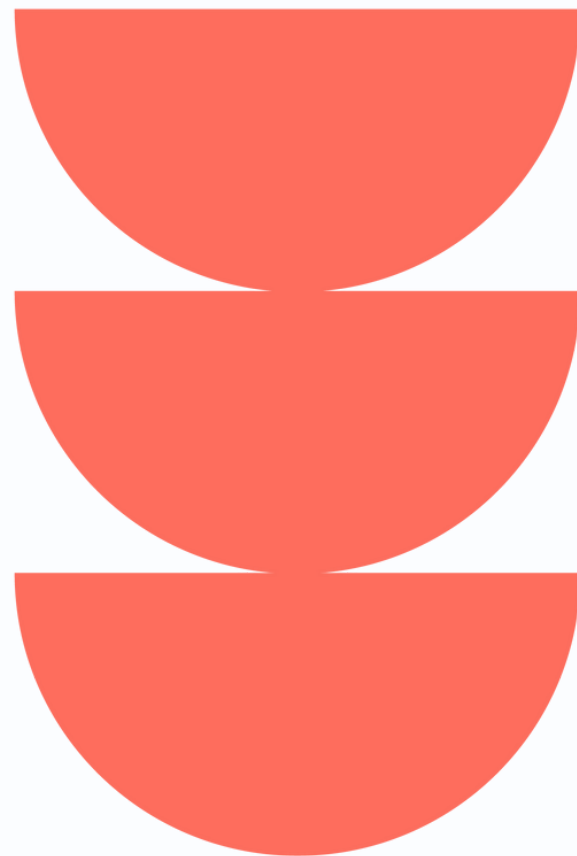
Hi! I'm Courtney

As an Ayurvedic Practitioner and Health Coach, I'm so passionate about guiding people to heal and evolve with the essential habits of Ayurveda and Yoga.

I discovered Ayurveda through my own health crisis with chronic fatigue in 2005. It led me to Ayurveda. It revolutionized my life and I now dedicate my work to empowering people to heal.



What is Ayurveda?



- ☐ Sister science of yoga
- ☐ 4000+ years old
- ☐ Your body has an innate healing intelligence
- ☐ Your body is a reflection of the rhythms of nature
- ☐ Empowered to understand the language your body's speaking and learn the tools to respond
- ☐ "The knowledge of life" = being more ALIVE

VUCA

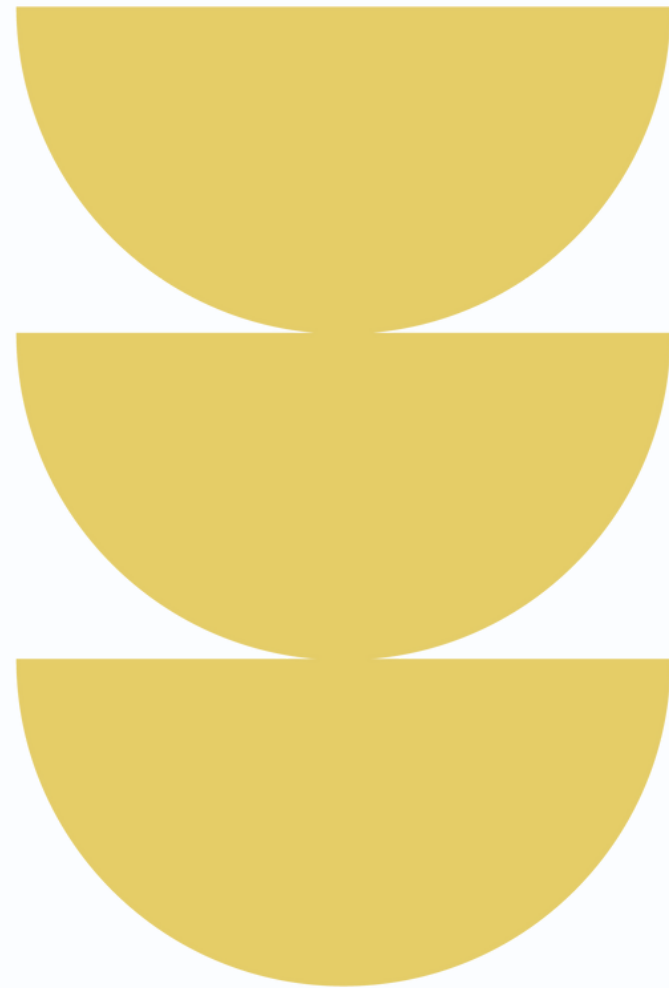
The world is becoming more:

VOLATILE

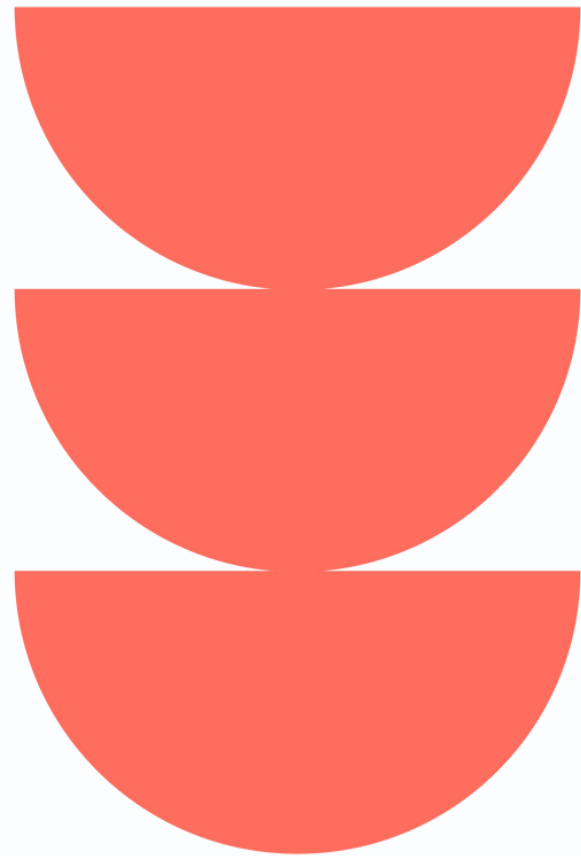
UNCERTAIN

COMPLEX

AMBIGUOUS



The Theory of Opposites



- Everything in the universe, including our physiology has certain qualities
- These qualities (gunas) are described in pairs of opposites
- Basic Principle of Healing: "Like increases like, opposites balance."
- When you want to balance something, give the opposite quality
- We take in these qualities through all 5 senses and create balance or imbalance.

Opposing Qualities of VUCA

QUALITIES

VOLATILE

UNCERTAIN

COMPLEX

AMBIGUOUS

OPPOSITE QUALITIES

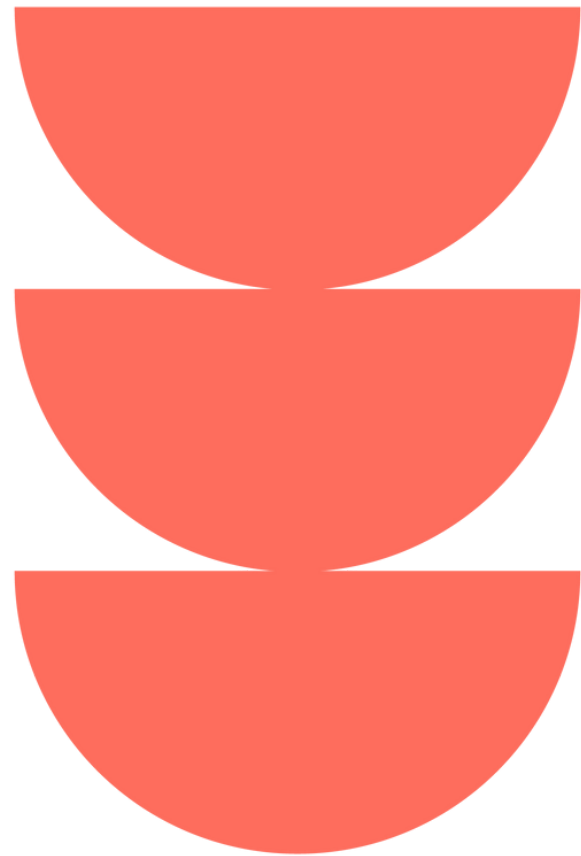
STABLE

CERTAIN

SIMPLE

CLEAR

The Five Senses



- The five senses of sight, sound, taste, touch, smell is how we take these qualities and input into our body and mind.
- To be healthy, we have to be able to digest EVERYTHING we take into our senses.



Agni: Digestive Fire

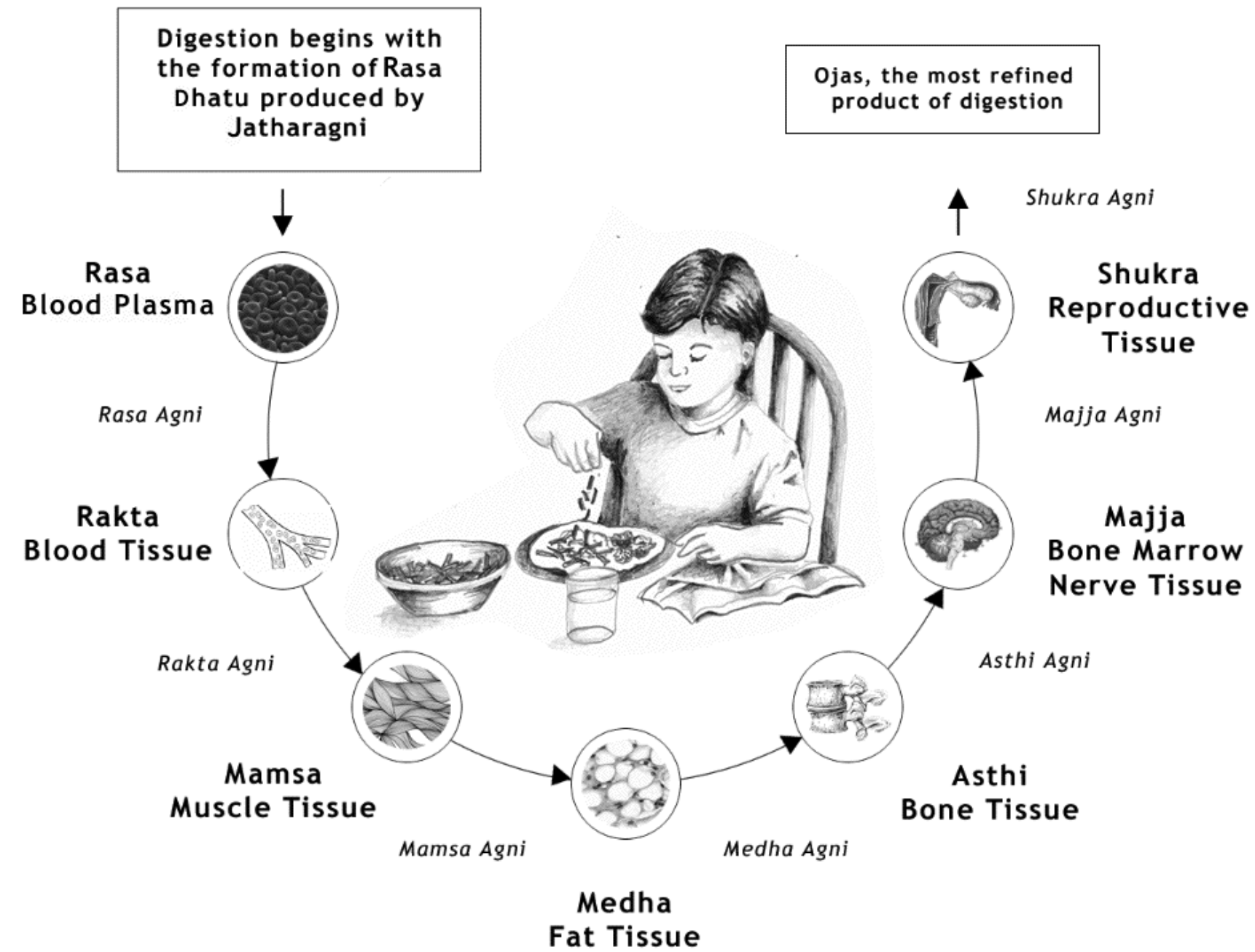
- ☐ The root of health in the body is digestion
- ☐ Governed by the fire element
- ☐ Agni breaks down food so that it can be used to as the building blocks of all the tissues in the body
- ☐ Physical body
- ☐ Mental and subtle body as well (called "tejas")

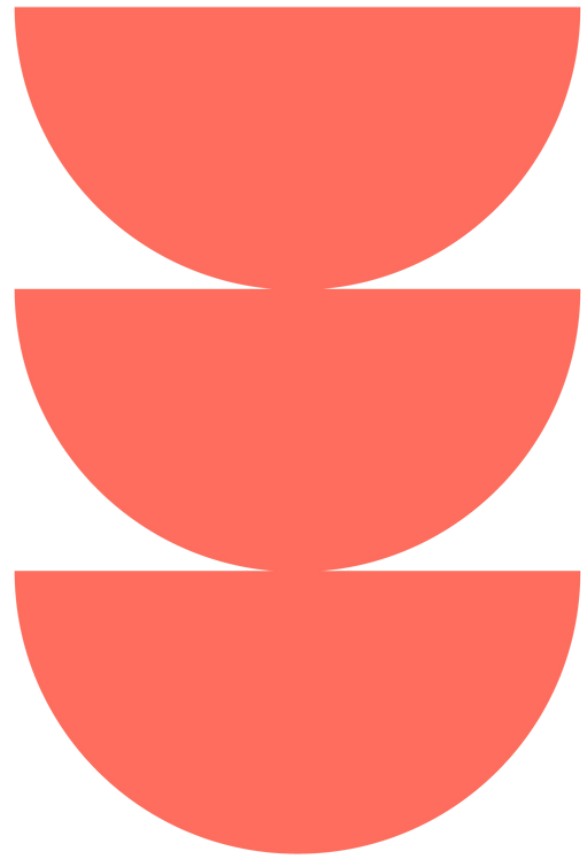


The Space Element

□ We can't have healthy fire without space. The fire won't burn.

The Digestive Process

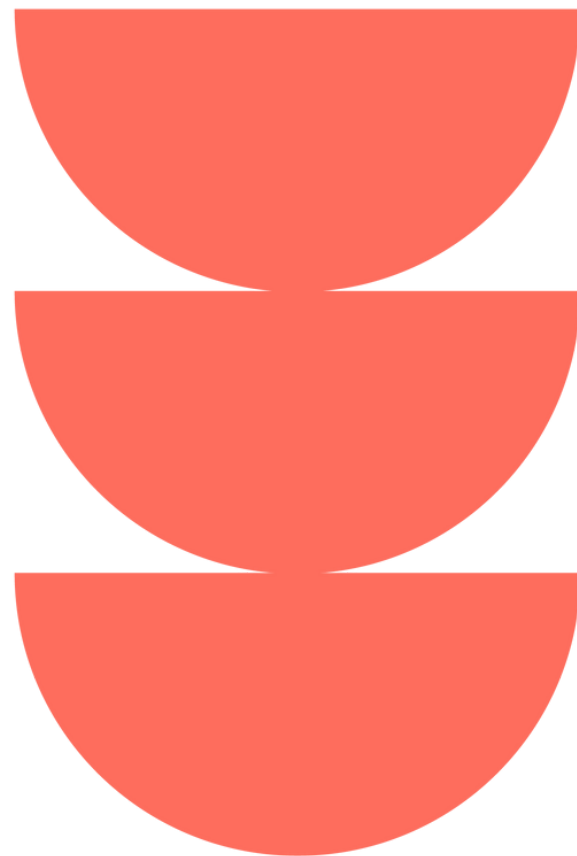




Overwhelm

- When we take in "too much, too fast, too soon" we overwhelm our ability to digest what we take in. => creates imbalance in the body and mind.
- How can we give more **SPACE, SIMPLICITY, STABILITY** to body and mind?

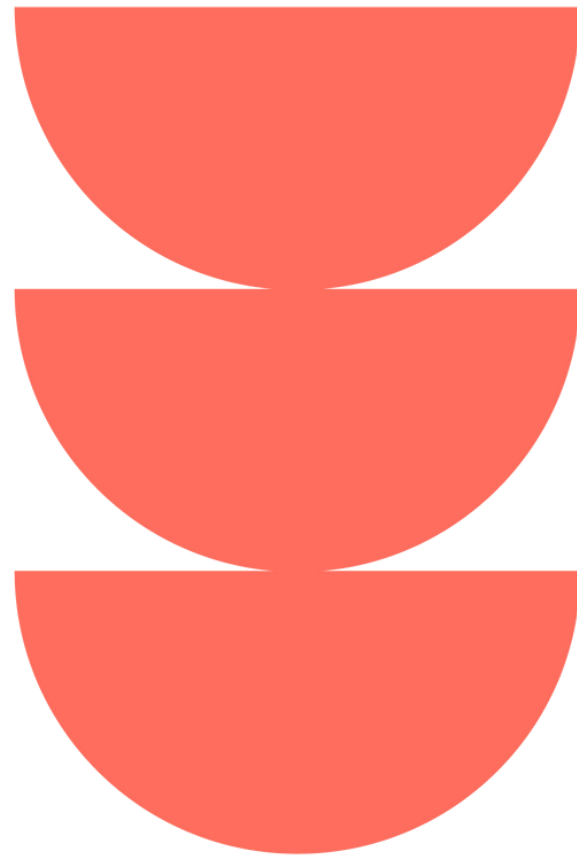
Signs of imbalanced/ overwhelm agni



HOW and WHEN we eat is just as important as what we eat.

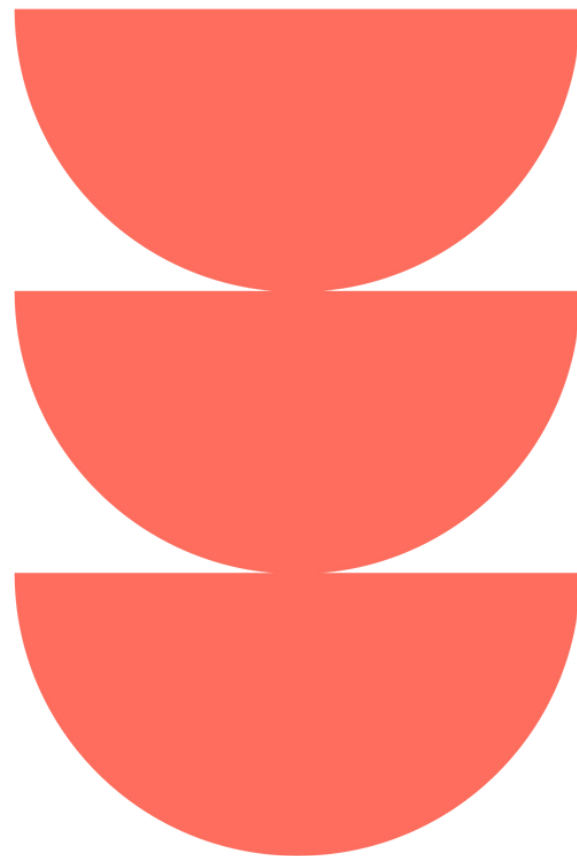
- Bloating
 - Constipation
 - Excess stomach acid or diarrhea
 - Heavy feeling in the stomach
 - I feel heavy, stiff, groggy and/or stressed when I rise in the morning.
 - I tend to feel blocked in my body. I commonly experience lethargy, congestion, lymphatic stagnation, water retention, fibrocystic breasts, or PMS.
 - I get sick a few times a year or often have congestion in my sinuses or lungs
 - I'm often dragging through the day. My mind is often unclear.
- .I'm not on my A game in my body. I'm not as strong, energetic and light as I want to be.
 - just tend to feel that "something isn't working right" in my body (digestion, breathing, bowel movements, or something else).
 - I often don't know what to eat. Food is confusing to me and my body. I experience digestive issues like bloating, constipation, heartburn, diarrhea, etc.
 - I'm overweight and just feel heavy and foggy, not light and clear.

Signs of an imbalanced/ overwhelmed mind



- Anxiety
- Fear
- Nervousness
- Overwhelm
- Lack of focus
- Depression
- Mental fog
- Lack of clarity on life purpose
- Mental fatigue
- Insomnia
- Anger
- Irritability
- People-pleasing, putting other's needs before your own
- Feeling the need to repress who you are/feeling like you don't know who you are
- Isolation
- Hypersocialization
- Being avoidant
- Procrastinating
- Collapsing or freezing when stressed (can look like fatigue or depression)
- Dissociating
- Using alcohol/drugs to cope
- Apathy

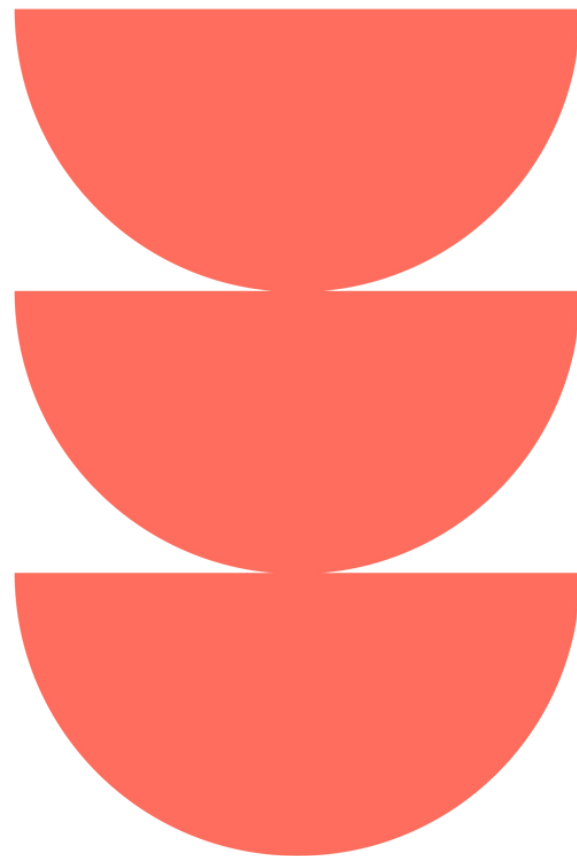
Habits that imbalance/ overwhelm agni



HOW and WHEN we eat is just as important as what we eat.

- Skipping meals
- Irregular mealtimes
- Eating dinner as largest meal
- Eating dinner past 7pm
- Eating less than 3 hours between meals
- Snacking
- Eating processed foods
- Eating leftovers more than 1 day
- Eating heavy protein and fat at dinner
- Eating while driving
- Skimping on lunch - not enough protein and fat
- Eating while emotionally charged - angry, stressed
- Eating in a stressful environment
- Eating beyond 75% fullness
- Cold drinks and food
- Eating quickly. Not chewing food fully.
- Eating heavy, bland, un-spiced foods.

Habits that overwhelm/ imbalance the mind



How and When we eat is just as important as what we eat.

- Excess screen time
- "Doom scrolling"
- Screen time before bed
- Multitasking
- Constant sensory input, especially sound and sight
- Excess travel
- Overwork
- Mental work in the evening
- Bed past 10pm
- Insufficient sleep - less than 7-8 hours, bedtime later than 10pm
- Constant busyness
- Lack of silence or meditation practice
- Lack of fun, pleasure, free time
- Overscheduling - a calendar with no space
- Lack of exercise or too much exercise for your constitution or current state of imbalance

The 3 Essential Ingredients for Thriving

The Essential Habits of Ayurveda

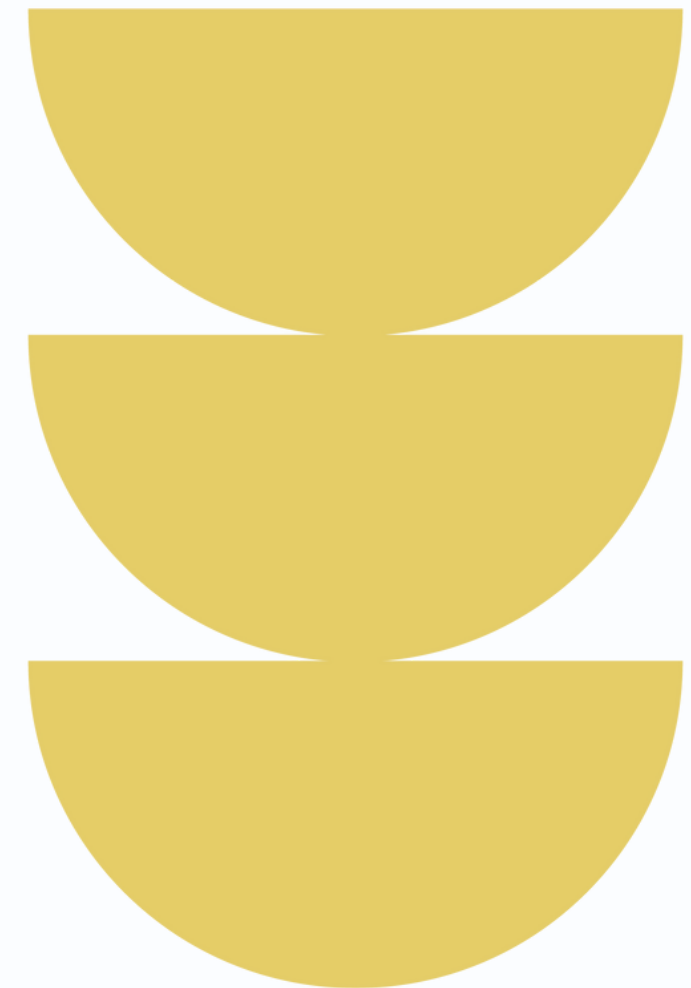
The habits align our biorhythms with the cycles of nature. The right habits tap you into abundance energy, strong immunity, and mental and emotional ease.

Habit Evolution Practices

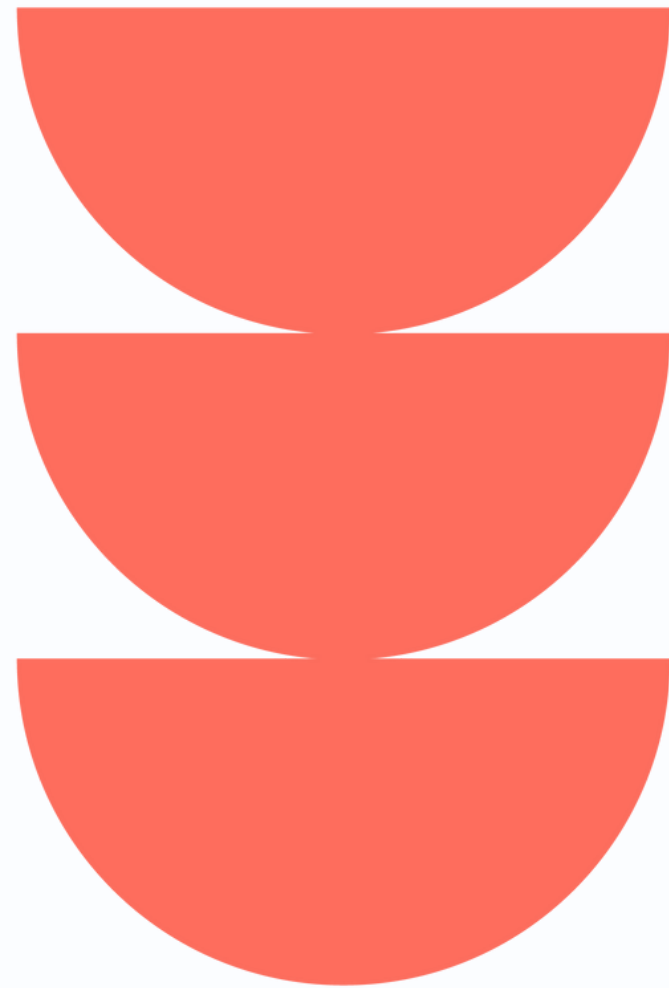
The psychology behind and practical tools for making good habits stick.

Power of the Posse

Working with a group of other people on the same path as you makes you 70% more likely to achieve your goals!



#1: The Habits



You are part of nature. Your body is designed to flow and shift in rhythm with the cycles of nature. Your body has an innate healing intelligence. Flowing with the cycles of nature removes obstacles to this healing intelligence.

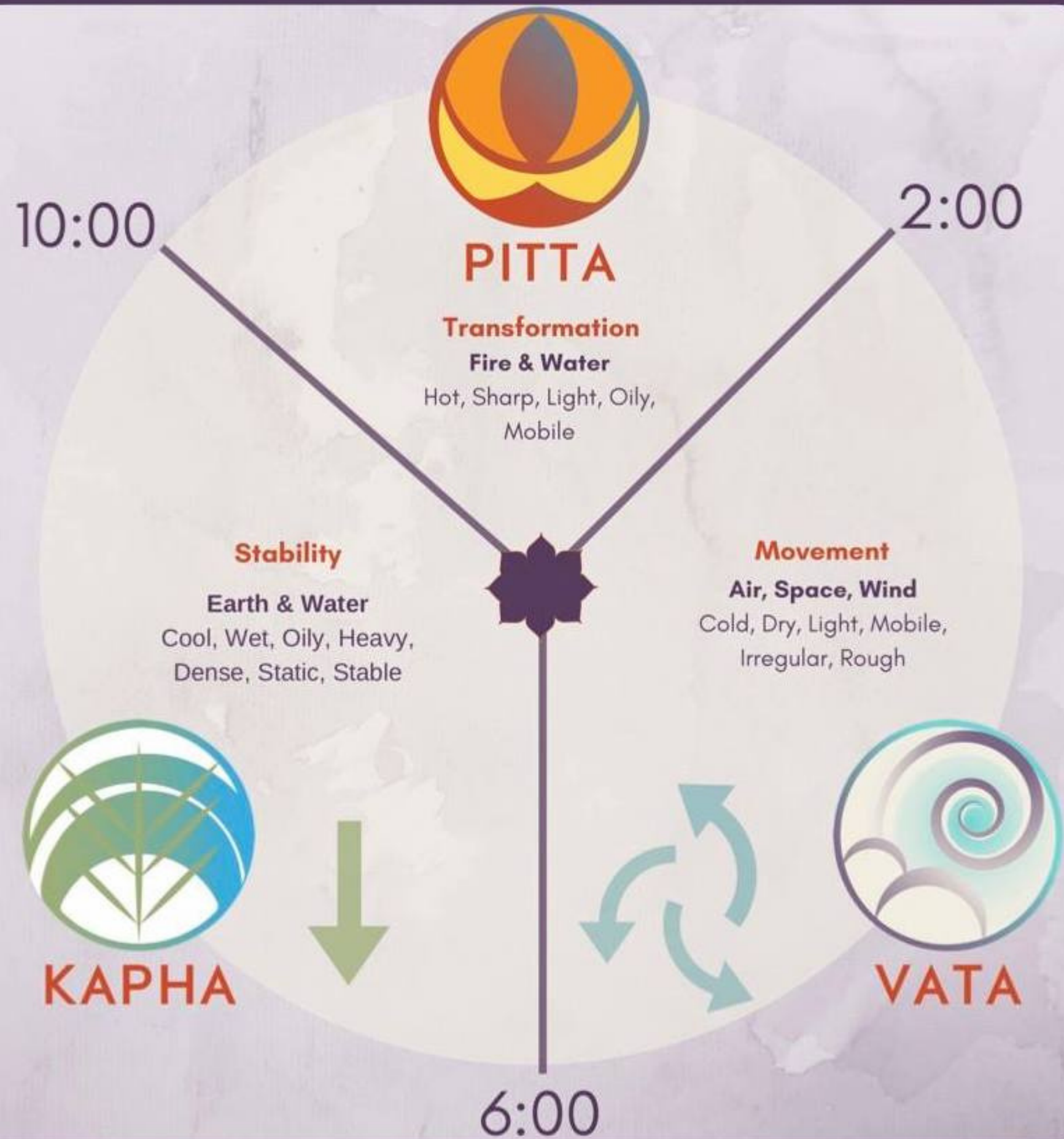
What are "Cycles of Nature?"

The cycles of nature include light/dark cycles of the day (circadian rhythms), time of day, seasons, time of life, etc.)

Modern Culture + Stress

Modern lifestyle of how we live the 24-hr cycle of the day has us out of rhythm with nature. This creates a chronic stress response.

Dosha Clock



VATA

A.M.: Wake Up Before Sunrise, Meditate, Exercise
P.M.: Study, Work on Creative Projects, Learn New Things
Energy is Variable, Creativity is at Peak, Nervous System
Is Most Active



PITTA

A.M.: Eat Largest Meal, Engage in Intellectual Work
P.M.: Sleep, Body Detoxification, Emotional Integration
Energy is Active, Digestion & Concentration are
Strongest Midday, Detoxification Strongest at Night



KAPHA

A.M.: Light Breakfast, Task List, Productivity
P.M.: Light Dinner, Nurture Relationships, Relaxation
Grounding Energy, Deepest Habits Established,
Metabolism is Slowest, Morning is Good for Exercise

The Habits:

Earlier Lighter Dinner + Early to Bed

Earlier Lighter Dinner

01

- What: Eat a light, plant-based meal by 6:30 pm.
 - Why: When you eat dinner early, you digest your food before bed. You burn fat instead of waking up with a food hangover. You sleep more soundly, and eliminate properly.
-

Early to Bed

02

- What: Lights out by 10pm.
- Why: Going to bed after 10pm will set you up for lighter, less restful sleep and will disrupt your body's natural detoxification process. Going to bed after 10pm means you enter the next day already sleep deprived.

The Habits:

Rhythmic Eating

01 Eat Meals at Regular Times

Breakfast within 2 hours of waking

Lunch 12-2pm

Dinner by 7pm

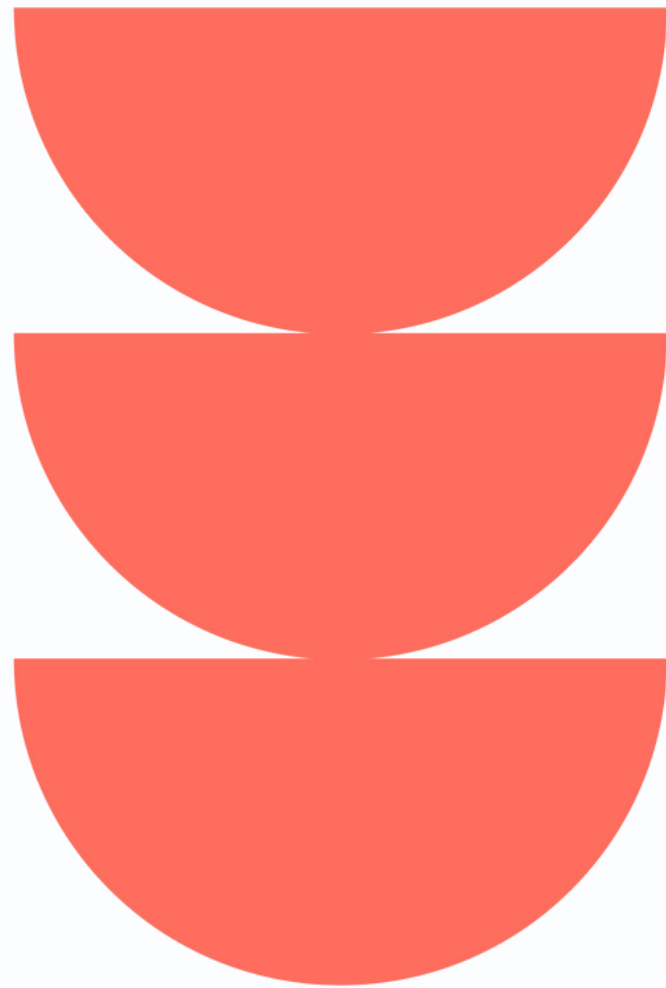
02 Lunch Largest Meal of Day

03 Avoid Snacking

04 Plant-Based Diet

#2: Habit Evolution

How to Make Habit Changes Stick



Kaizen

The practice of making gradual 1% change, repeated over time.

Trigger, Habit, Reward

Use the 5 triggers - emotion, prior action, other people, specific time, specific place - to trigger you into a better habit.

Yes, and...

Replace your "No, but..." mindset when approaching change and your growing edges with one of openness.

Architect Your Choices. Design Your Environment

Your environment should continually shift as a reflection of your upgrading habits.

"Kaizen" + The Compound Effect

The Huge Impact of 1% Change Over Time

Image: <https://www.paulnixon.org/compound-effect>

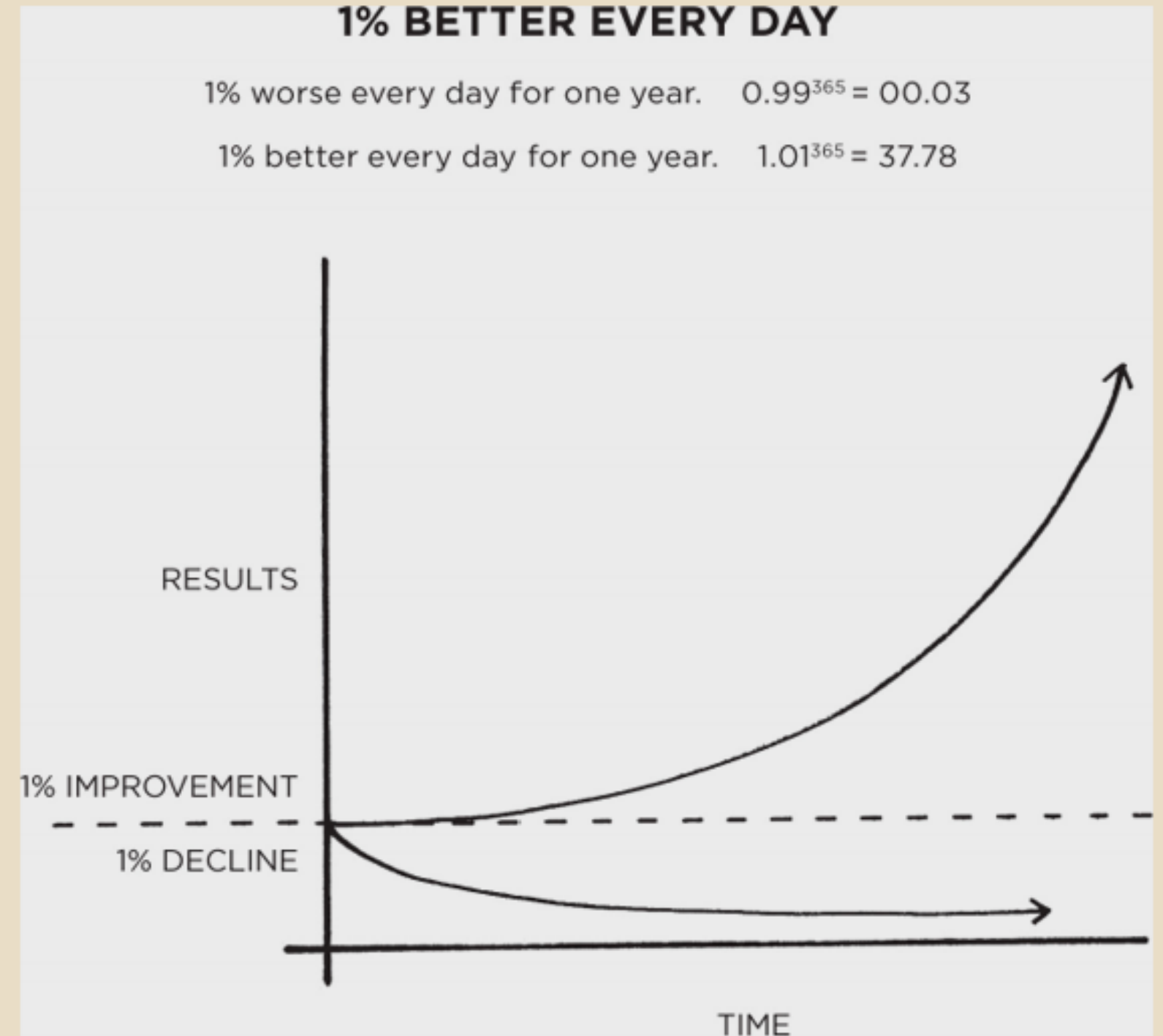
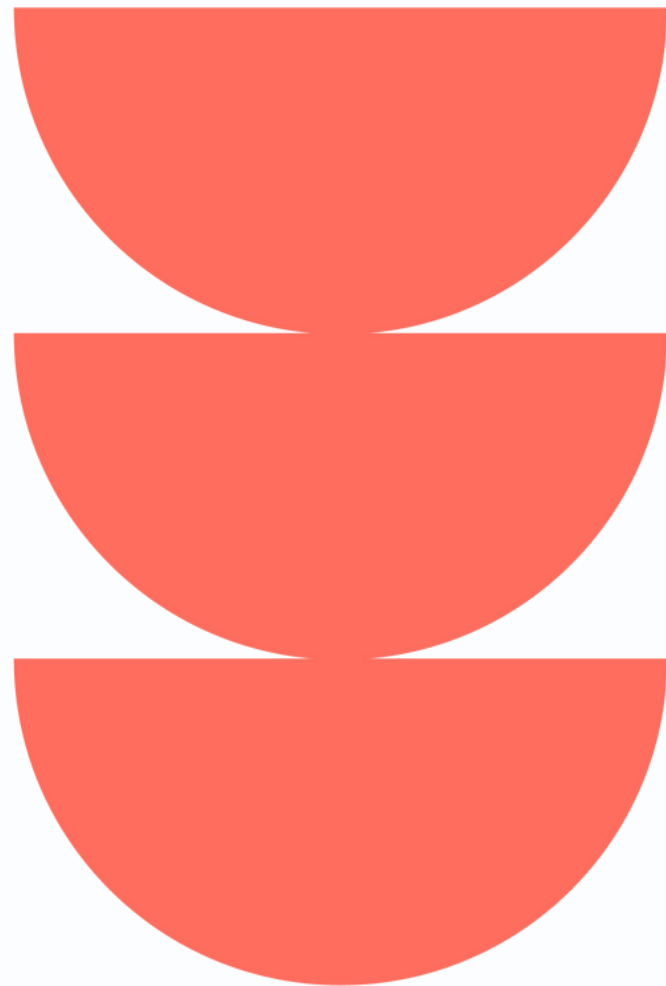


FIGURE 1: The effects of small habits compound over time. For example, if you can get just 1 percent better each day, you'll end up with results that are nearly 37 times better after one year.

Trigger, Habit, Reward



The 5 Habit Triggers	Example
Emotional	When I'm sad, I . . .
Prior action	Before I floss, I . . .
Other people	When my spouse comes home, I . . .
Specific time	At 6:00 p.m., I . . .
Specific place	When I get to work, I . . .

Bad Habit You Want to Change	Identified Trigger (Which of the 5 Triggers?)	Identified Reward	Better Habit
Eating chocolate to take a break from work	Emotional trigger when I feel frustration or excitement	Emotional pacification due to chocolate (sweet taste)	Eat celery and raisins

Yes, and...

"Yes, and" is a rule of improvisational comedy that requires members of a troop to say "yes" to whatever invitation they have been given, and to add to the building narrative. "Yes, and" is the opposite of "No, but." The rule is similar to a yogic principle of seeing the Shri or recognizing the good, the true, or the beautiful in any given situation.

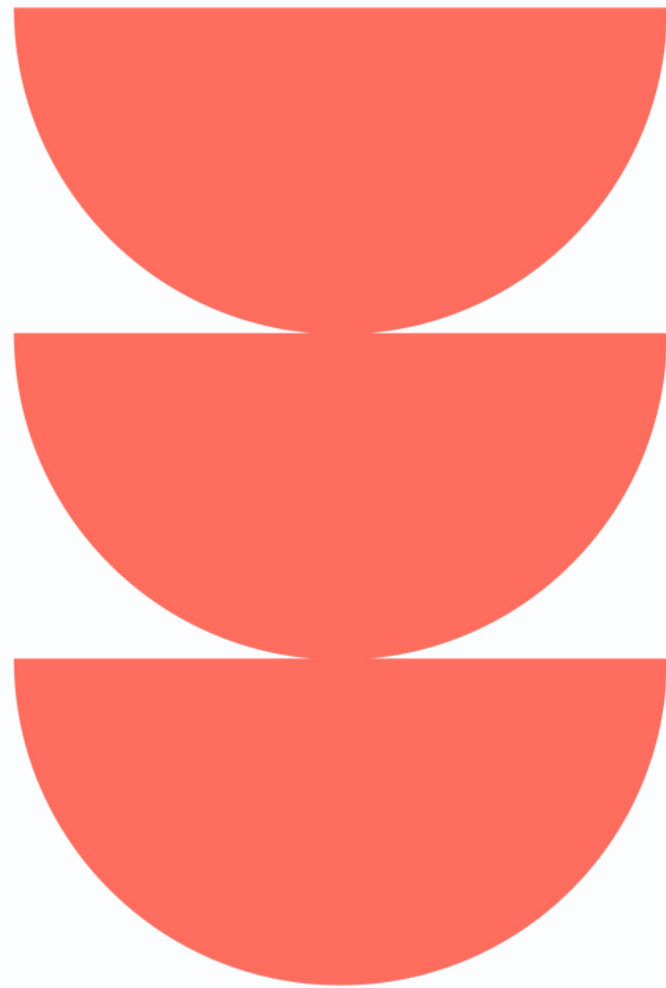
Resistance

As you read through the habits, the voice in your head will naturally resist some of the habit changes. The voice may say, "No, but I can't do that. I can't go to bed any earlier, I have so much that needs to get done." That is classic "No, but."

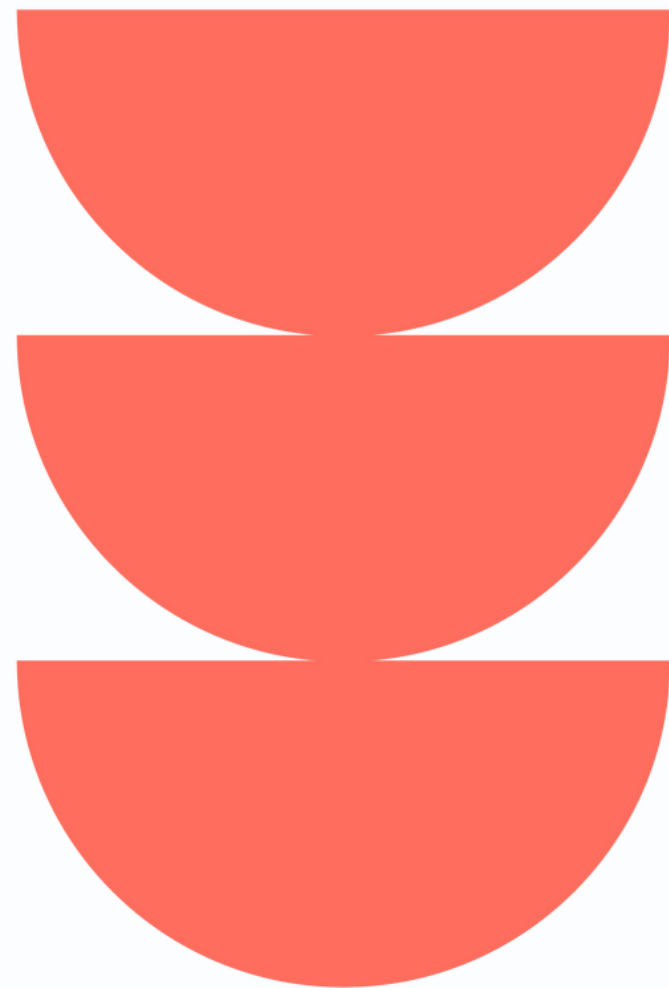
Turn a "No, but..." into a "Yes, and..."

See if you can turn your "No, but" into "Yes, and." "Yes, getting more sleep sounds great. And I can probably go to bed five minutes earlier this week."

Quote: [Body Thrive](#) by Cate Stillman



Architect Your Choices, Design Your Environment



Making Your New Pattern The Default

You want to make your new pattern the default. You want to make your old pattern more difficult to reinstate.

Your Environment is Malleable

Your environment is malleable. Your home should continually shift as a reflection of your upgrading habits.

#3 Power of the Posse

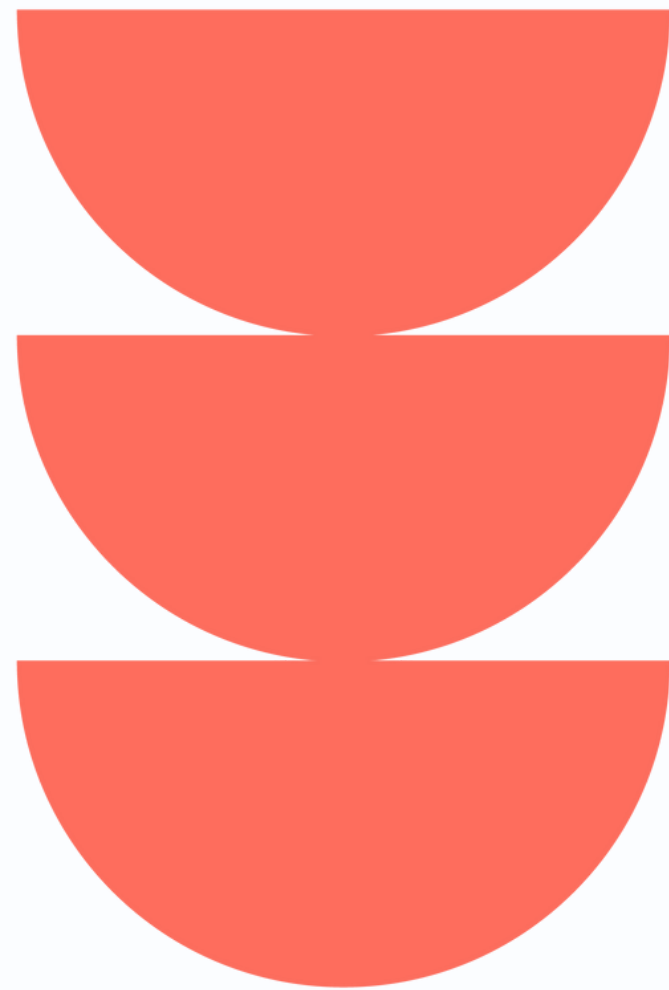
Anchoring yourself in a culture while you rebuild yourself, shift habits, and connect with people who are on the same wavelength you want to be on. Research shows that working in a group to achieve your goals is 70% more effective!

How to Break Stubborn Patterns

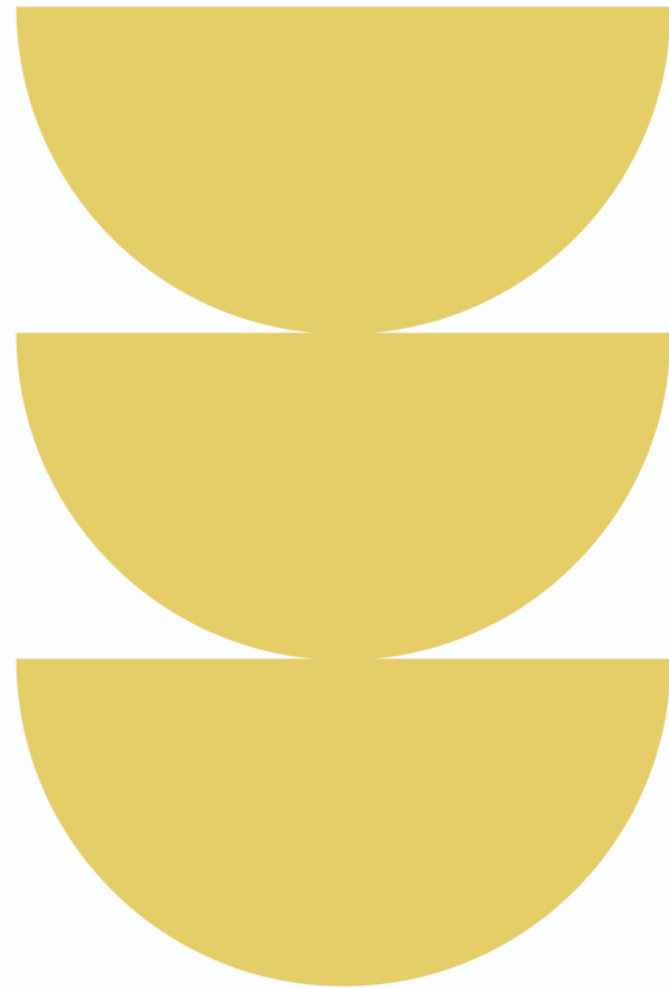
Although many of our patterns become fixed by the time we reach puberty, there are two things that help to "soften the cement" of those fixed patterns - oxytocin and focus.

The Pathology of Mainstream Culture

High levels of lifestyle illness shows us that mainstream culture has a lot of pathology. When you try to evolve in isolation or against the momentum of your current company, you make it exponentially more difficult.



Chaos, Aligned Action + Identity Evolution



Chaos is unordered energy. When we grow and move into our next phase of evolution, of who we are becoming, there is always an element of chaos. To create order out of chaos, we need two things:

Consciousness

Clarity about WHAT we want and WHY we want it, and who we need to become to experience that.

Aligned Action

Incrementally and repeatedly orient our resources (time, energy, money, thoughts, etc.) towards what we desire.

WRITING EXERCISE:

Your WHAT + Your WHY

01

Your WHATS

List 3-5 goals for your health, habits. etc.
Make them "SMART":

- Specific
 - Measurable
 - Achievable
 - Relevant
 - Timebound
-

02

Your WHYs

What are the deepest reasons why you want want to reach your biggest goals. For each why, keep doing deeper by continuing to ask yourself "Why do I want to be/feel/experience.....?"



BREAKOUT GROUP EXERCISE

- Share 3 specific goals (WHAT)
- Share your WHYs
- Your partner asks only clarifying questions

WRITING EXERCISE:

The Cost + Obstacles

01

Your Costs

What is it costing you to not already be experiencing this?

- health
 - time
 - money
 - relationships
 - career
 - lifestyle
-

02

Your Obstacles

What's getting in the way of you already experiencing it?

WRITING EXERCISE:

Min Specs

01

Define the challenge or new habit – Your WHAT

Be specific. No platitudes.

02

Do's and Dont's

Generate the entire list of all the do's and don'ts you should pay attention to in order to achieve a successful outcome.

03

Ask the Question

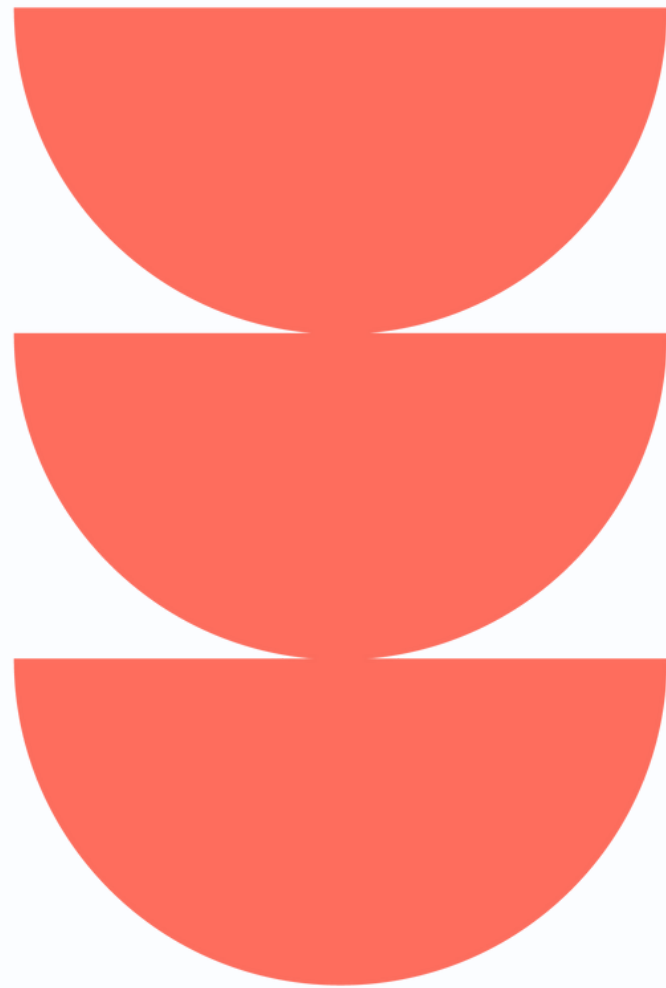
After the list of Max Specs has been developed, reduce it to the absolute minimum needed to achieve your purpose. Sift through the list one item at a time and eliminate every rule that gets a positive answer to the question, "If I broke or ignored this rule, could I still achieve my purpose?"

04

Make Your Short List

Consolidate the shortest list for each of your challenges/goals

Offerings



Free 30-min Discovery Process

The Discovery Process is an opportunity for you to get clear on what you desire most for your health, habits, life purpose, relationships and more. The Discovery Process includes 1-3 free 30-min Zoom session, which you can schedule here:

<https://calendly.com/courtneylacava/introdiscoverysession>

Essential Living Course – Starts February 15th

Essential Living empowers you with the knowledge and practical tools to deeply heal yourself. By living the habits, you remove obstacles to your body's innate healing potential. You create a lifestyle that nourishes and vitalizes rather than one that overwhelms and depletes. You experience vitality, immunity, clarity of purpose and ease. You do this all within a group of other committed, growth-minded people.

Sources

Body Thrive
Cate Stillman

Atarva Ayurveda and Pancha Karma Centre
<https://atharvaayu.com/theory-of-dhatus-in-ayurveda/>

Paul Nixon
<https://www.paulnixon.org/compound-effect>

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