

Jacqueline
MORASCO

CLARITY KICKSTART

an illuminated guide

BOOK TWO

LET'S GET REALLY CLEAR ABOUT THE AREAS
OF POSITIVE CHANGE YOU DESIRE



about jacqueline

I have a story to tell and it's real. This all happened and I lived to tell about it.

I was put on this path of self-care, healing and recovery at a considerably young age. Planning a quick demise through alcohol and substance abuse, when I was 19 I woke up in ICU after having been in a coma for 3 days. I wanted to die. It was a year and a half later that I found myself in rehab and cried for the entire day. I had realized that I wanted to live and if I kept doing what I was doing that would never happen. It was a spiritual experience for me because up until that point, it had not mattered whether I lived or died. Truly, I never thought I would live past the ripe age of 23.

I started doing yoga around the same time I stopped abusing substances. I didn't have many life skills except for the ability to be resilient--no matter the circumstances. I still struggled with body image, eating well regularly, exercising, smoking and yes, even doing a daily yoga and meditation practice. I've spent the last thirty years creating a healthy lifestyle—physically, emotionally and spiritually once after a month long cleanse, I developed this booklet out of a realization that I like many people, needed something to guide me through self-care. I found that the hardest thing was finding ways to make healthy changes stick. So here we are!

While this work may not be easy, it is simple and in completing this workbook, I hope it will help you connect with how you want to feel and give you a foundation to develop routines and rituals that support you and your purpose.

Please keep in mind that my way is not the only way, yet it has proven helpful to hundreds of people over the years that I have been teaching. What's important is not about doing what I do; it is about doing what supports you and your life. There is a practice that fits each person's individual needs and this is only the beginning! No matter what, don't give up. Change takes time. Be patient and gentle with yourself.

Jacqueline along with her husband and teenage boys call Salt Lake City Utah home. As a woman, mother, teacher, family member, mentor, partner she has devoted over 20 years to following her purpose by working with mostly women to help create the healthy life they dream about. Jacqueline has been a public school teacher for 24 years teaching health and science and human sexuality to middle and high school students and she has a small business teaching yoga and meditation. Jacqueline is also a writes a successful blog.





about me

Thank you for investigating IN with me!

Name	Phone
Email	Address

Since wellness is about more than your physical health, these questions probe issues that may be connected across many life areas. This is an opportunity to participate fully in framing your future and to experience how this six-month journey can support you.

Your answers will also assist me in working with you during our sessions, to create maximum value for you. This is not a test. Your information is kept confidential.

NUMBER 1 CHANGE: What are the biggest changes you want to make in your life and/or health in the next 3 months?

- 1,
- 2.
- 3.

What is the biggest change you want to make in your life over the next 6 months?

- 1,

NUMBER 2 AREA OF FOCUS: Number the three areas that are most important to you in order of importance.

Career
Finacnces
Family
Organizing
Creativity
Health/Fitness

Spirituality
Home
Wellness/Wellbeing
Learning
Character
Other: _____

Reconciliation
Life Purpose
Relationships
Service
Self-Improvement



about me

NUMBER THREE IMPROVEMENT/COMPLETION: What is the one area or project that, if you improved or finished, would give you and others the greatest return on time, energy and money invested?

NUMBER FOUR POSSIBILITIES/CHOICE: What is the most important decision or dream that you've put off?

NUMBER FIVE OTHER'S PERSPECTIVE: If others were to write a one-sentence story about you, how would they remember and speak about you?

NUMBER SIX EXPECTATIONS: What are your goals and expectations for this journey? What questions do you have for me?

NUMBER SEVEN MOVING FORWARD: At the end of our session, I will ask you if you would like to continue the relationship. If you believe that this journey is something that could help you in your particular challenges and achieve your goals better and faster, how committed are you to invest your time, energy and money into starting your journey?

(Low) 1 2 3 4 5 (High)

change statements



BELIEFS

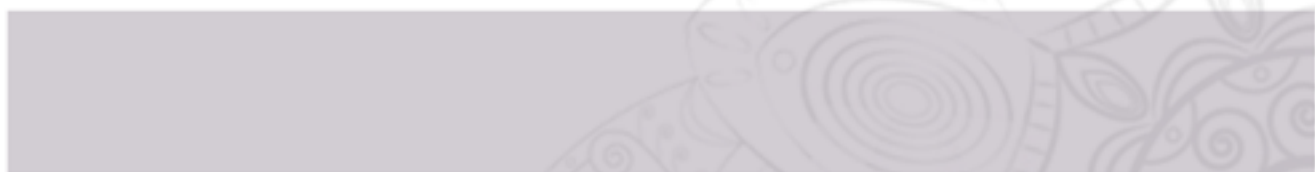
1. Change is: _____.
2. I am _____ at change.
3. Life is: _____.
4. The purpose of life is to: _____.
5. A crisis is a time when: _____.
6. Work is: _____.
7. Relationships are: _____.
8. I am: _____.
9. God will: _____.
10. My best qualities are: _____.
11. My greatest challenges are: _____.

CHANGES

1. Name 3 changes that you've made and list the outcomes.



2. List 3 people you've seen go through changes and their outcomes.



change statements



3. What tasks do you need to complete each day in order to get to work?

4. Which tasks do you need to do each day for your kids (and/or pets)?

5. Which tasks do you need to do each day to eat?

6. Which errands do you need to get done daily?

7. Which tasks need to get done each day in order for you to exercise/do yoga?

8. Which tasks do you need to get done to maintain an organized home?

change statements



9. Which tasks do you need to do each week?

10. Which tasks do you need to do each month?

11. Which tasks do you need to do each year?

control your environment



- Make the positive things you want to do, easier to do (I put my supplements in a small dish, make the kids lunches and set out my clothes the night before so that I remember them; have fresh fruit and veggies available-I cut celery and carrots and put in the refrigerator in water so they are easy to access).
- Make the things we want to let go of, harder to do (get rid of snack foods, ice cream, coffee-even if you give it to a friend to hold until the cleanse is done or donate it).



control your environment

- Set a timer when using electronics (computer, phone, tablet, TV).
- Put your phone on the counter where you can't reach for it every two minutes.
- Add new habits to things you already do (I wanted to start oil pulling so I added it right after tongue scraping and now it's a habit that's part of my existing routine).
- Watch for time-wasters-people and things. My favorites are checking email and "researching" on the Internet.
- Let go of procrastination—turn it into action.
- Get rid of guess work-plan your meals and stick to it. I am most likely to eat things off my food plan when I am hungry and searching for something to fill me up in a hurry.
- Give people your complete attention and expect the same.
- Prioritize.
- Make time for what's important.
- Just do it-borrowed from Nike ;-)
- Clear out the clutter, get rid of things you don't need as soon as you can.
- Distractions-block them before they get to you.
- Make lists, follow them and try not to lose them.
- Put things in the same place.





weekly

MORNING	DAYTIME	EVENING

monthly

MORNING	DAYTIME	EVENING

yearly

MORNING	DAYTIME	EVENING



weekly meal planner

	BREAKFAST	LUNCH	DINNER	EXERCISE/YOGA
SATURDAY				
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				

SHOPPING LIST: