

CREATE HABITS TO  
TRANSFORM YOUR  
*Mind and Body*



# WELCOME!

I am so glad you decided to join my in this 5-Day Yoga Challenge! If you are anything like me, you may have joined some other 5-day challenges before and probably didn't finish them. Here's what I did to help you stick to this one and finish it:

- 1- You can access the whole challenge on one easily accessible platform. [Click here for your login](#). [Begin the challenge here](#).
- 2- Check your inbox for my emails (if they are in your junk folder, move them to your inbox.). I want to ensure you receive your 5-Minute routines and mini-coaching sessions.
- 3- Connect with me on [social media](#) so I can support you. Tag me when you do your yoga routines.
- 4- I created this guide where you will find the [link to access the challenge](#) and useful info to help you create your yoga habit.

# WHY THIS 5-DAY MIND/BODY YOGA TRANSFORMATION CHALLENGE?

I spent the last 20 years learning about health and fitness because I am passionate about feeling amazing and taking care of my body. Throughout my childbearing years, I dealt with various health struggles, from weight gain to constant fatigue and food sensitivities. **After I turned 40, my struggles intensified as I started gaining weight mysteriously.** It seemed like nothing I did help anymore.

If you are anything like I was, you have probably tried many things to get in shape. You have done HIIT, weightlifting, walking, bare, Pilates, and maybe even yoga! You can't seem to stick to your workout plans and weight loss regimens. You get bored or find it too hard, unrewarding, and not worth the time and effort. **You feel like you lack direction and never see the results you were hoping to see.** You would love to notice more toning in your body. You want to see definition in your abs, shoulders, legs, and arms. You would love to feel strong and powerful as you increase your endurance and flexibility using yoga, but you are unsure where to start. You waste time trying videos off YouTube only to find that they are too slow, too fast, too easy, too hard, or not interesting enough. You end up not progressing, and so you give up.

Maybe you also tried all kinds of clean eating meal plans and detoxes to improve your health, lose weight, and get over your food cravings. **You ended up spending too much money, too much time in the kitchen while feeling more and more frustrated by your lack of results.**

It's not your fault! It's not because you lack willpower or "don't want it bad enough." I felt exactly like you just a few years ago. I tried all the diets under the sun, from keto and paleo to raw vegan, and often gave up before 7 days passed. I was doing HIIT and lifting weights at least 5 days a week (are these not supposed to be the most effective methods for women to get stronger and slimmer?).

Eventually, I was able to reach my goals. **I lost 30 pounds after 40 and became stronger and more flexible than I was in my twenties.** How did I manage that? By using the **power of mindful habits, mindful movement, and mindful eating to transform my**

**mind and body.** My goal is to save you the time I wasted by sharing what I learned.

This challenge is meant to give you a taste of what it's like to have a strategic and effective yoga routine that works together with a daily habit routine in a way that empowers you to reach any goal you set your mind to. Your strategic approach to reaching your fitness goals will build on same 3 main pillars that enabled me to finally get the results I wanted:

1- *Mindful Movement*

You signed up for a 5-Day Yoga Habit Transformation Habit Challenge, so I assume you understand the value of yoga. I still would like to emphasize that although yes, you will improve your mindfulness and flexibility using yoga, you will also build muscle and increase your strength. Many people don't realize that yoga can be used to build muscle and tone your body. I find it particularly effective for women over 40. I guarantee you will feel the burn during my quick yoga routines!

2- *Mindful Habits*

Once you know how to set up your habit system, the possibilities are endless. You no longer rely on willpower because your habits take you in the desired direction.

3- *Mindful Eating*

Once you know how to simplify mindful eating using meal blueprints, you no longer need to follow complicated meal plans to stay on track. All you need to do is pick some healthy meal habits and include them in your daily routine using practical meal blueprints. This is also the framework for my [3-Month Coaching Program, my Mind/Body Yoga Transformation](#).

# BY THE END OF THIS CHALLENGE...

During the next 5 days, you will learn what a habit is and how to create new habits that will benefit your mind, body, and spirit. You will learn how to design a daily routine suited to reaching your goals as you create the habit of showing up on the mat daily to do a quick but effective 5-minute yoga routine.

Too often, people have an all-or-nothing perspective, and that's why they struggle with making changes. Once you realize that you only have to show up, even for two minutes, you can start creating something new.

That's why, over the next few days, I want you to set aside your expectations of what an effective workout should be (like an hour-long sweat-breaking routine). Instead, focus on creating the habit of showing up.

Imagine if you could get in shape without jumping around and feeling like you are going to die... Imagine if, in only 15-30 minutes a day, you could see a noticeable difference in the way your body feels and looks. Imagine if you had a workout routine that you look forward to because it makes you feel energized, stronger, and more flexible. Imagine discovering that yoga not only has the power to change your body but that instilling the habit of yoga can transform your mind in a way that improves the rest of your life.

You will stop obsessing over the scale and start measuring your progress through flexibility and endurance and the life lessons you will discover to rewire your brain. You will transform your body and mind with yoga.

The result? A strong and flexible body with lifestyle habits that will change your life forever.

Congratulations on taking the first step of joining this 5-Day Mind/Body Yoga Transformation challenge! You have made a decision that has the potential to change your life. One year from now, you may look back at your progress and feel forever grateful for the moment you decided to get serious about creating habits that support your fitness goals.

# ABOUT ME

My name is Sylvie. I am a **certified Health Coach and a 500-hour certified yoga instructor**. I am excited you decided to trust me to lead you during the next 5 days.

I discovered yoga after losing 30 lbs. after 40. I was at my goal weight, but I looked like I had no waist! I had been working out consistently doing High Intensity Interval Training and lifting dumbbells (I was even a **NASM certified fitness trainer!**). The thing is, I didn't enjoy my workouts very much and didn't look as toned as I would have liked. What you will discover is that yoga has a way to engage your whole body for extraordinary results!

## 1-Year Yoga Transformation



[Learn more about my weight loss journey here.](#)

Can't wait to see where this challenge takes you! Please connect with me on Instagram [@justsylviepajot](#) to share your progress and ask me questions.



*Sylvie*

500-HR Certified Yoga Instructor and Health Coach

It's not your fault if you have inherited unhelpful habits, but it is your responsibility to figure out how to adjust them in a meaningful way.

Your current life is the sum of your habits. You do not rise to the level of your goals; you fall to the level of your systems. Your goals are what you want to achieve, or your desired

outcome. The collection of your habits is your system. When you optimize your habits, you optimize your system. That's what I am going to help you with because whenever there is a gap between your goals and your system, the system always wins. It doesn't matter what your intentions were. It doesn't matter what you hoped to achieve. Your habits will win.

Now the next section of this GUIDE is all about creating new habits but remember to check-into the [Challenge Platform](#) daily for your follow along yoga routines.

## WHAT IS A HABIT?

Before you set out to change things in your life, it's best to know what you're trying to create or change in its entirety!

We talk about habits constantly in every context. There are healthy habits, mental health habits, career habits, daily habits, and everything in between! But what are these behaviors that tend to govern every moment of our lives?

In its essence, habits are simply behaviors that are repeated regularly! This can be a single action or a full routine.

Habits enter a different realm when you don't realize that you're doing the behavior as you go through the day. You may suddenly look up and realize you're engaging in a habit or behavior and have no idea when you made the choice to indulge in the behavior.

There are three different parts of a habit: trigger, routine, and outcome.



## TRIGGER

This is the scenario or instant that sets off your habit. A trigger can range from a planned alarm to a mental situation. Some will be easy to identify but as you take stock of the habits that populate your life, you may need to dig a little deeper to find the trigger to deep-seated habits.

## ROUTINE

Your routine within a habit is the actual repetition of the habit. How often, how many times per day, and when you repeat a habit, all play into what the routine is. When you take stock of your habits, you want to keep track of when and how often you repeat your habits throughout the day.

## OUTCOME

Once you've completed a habit, you get an outcome. This might be a physical or emotional release or leave you with a tangible item. Some of the outcomes you'll see can be hard to determine when you're assessing your habits.

To create habits that will result in the desired outcome, it is important that you find a daily routine that you can easily manage. Your routine will include triggers to encourage the formation of your new habits.

For example, during this challenge, you will show up on the mat to do your 5- minute yoga. Make this part of your daily routine by always doing your yoga after the same trigger. It could be changing into a yoga outfit or after having your morning coffee, or maybe after drinking a protein shake that you enjoy.

# STEPS TO CREATE NEW HABITS

One of the first things you'll do as you change your habits is take stock of what habits, both good and bad, you currently have! After you have a good picture of what your current habits look like, you can step into creating new habits with confidence.

There are three key areas that you want to develop if you're trying to build a new habit: your mind, your body, and your spirit. You don't have to do it all at once! In fact, I don't want you to!

Take note of the other action steps that relate to your mind, body, and spirit to keep moving forward when you are ready. The essential habit during this challenge is to do your 5-minute yoga routine. It's only 5 minutes! The only thing that matters right now as you create this new habit to get in shape is to show up!

A daily routine that includes waking up early will help because most of us will let other obligations get in the way unless we wake up early and work out right here and there.

If you don't want to wake up early, find a routine that can accommodate the new habits you want to create. The tasks in your routine will become habits.

In the presentation, I mention my Meal Blueprints. I am offering you one of my Meal Blueprints for free as a Bonus for participating in this challenge.

Small things snowball when you give them the time and attention they deserve!

## MIND POWER

The first step is to shore up your mind so you can create new habits!

Start each day with affirmations and positive mantras! You can find these across the web and can even write your own to make them specific to your situation and lifestyle. The key here is consistency. When you're consistently building yourself up, it becomes easier to manage stress and feel positive about each day.

Take time to have a real morning routine. Skip over the urge to check your email or log into social media right away when you wake up in the morning! Creating your new habits might mean breaking with old ones and letting your body and mind wake up is a departure from the norm and allows your mind and body to adjust.

Place the idea of your success at the front of your mind! When you visualize your success, it's easier to make choices and create habits that push you toward that overall goal.

## Steps to Take

As you create a new habit there are some mindfulness steps you can take to help you on your journey!

The first step to take is to always take time out of your day to read. Even if you just spend time reading a page or so each day, that increase in learning and development and the mental stimulation you get from the action is crucial to forming and formulating those habits.

Take time out of your day to make a to-do list each day. Not only will this keep you organized, but it also helps you keep track of the progress you're making within your habit development.

Finally, create a schedule. Set up your day into structured routines for wake-up, bedtime, and even things in between! These schedules and structures will turn into new habits so plan them out well! Consider your overall goal and what you want to succeed in and build your schedule around that plan.

## BODY POWER

Your body is powerful and has so much to offer. Your habits affect every area of your life but one of the areas you'll feel changes and new habits most keenly is within your body. To prepare your body for changing and creating new habits, there are some things you should be doing!

Take time each day to breathe deeply throughout the day. The act of breathing in and breathing deeply resets your mind and your body and puts it in a healthier place. Toxins that can get trapped in your body are typically released through the lungs and breath. Deep breathing pushes out those toxins and gives your body a fresh start.

To be able to tackle taking on new habits, you want to be sure to be consuming foods that help your body function. Food should be serving your body as fuel and not as just another routine or reaction to a situation. Seek to feed your body foods that produce results rather than simply give comfort!

## Steps to Take

To create good habits within your body, nourish your body with nutrient-dense foods. Simplify healthy eating by following Healthy Eating blueprints or whole food meal plans that respect your tastes and resources.

Get moving! Take your water bottle with you and start moving! These may be small movements to start but just getting up off the couch or out of your office chair gets the blood pumping and your mind and body moving.

To care for your body and the rest of your health as you create new habits, be sure you're getting plenty of sleep. Start to build a good sleep routine by developing a nighttime routine that includes shutting off your devices, engaging in some yoga, and integrating self-care tactics like aromatherapy and meditation!

## SPIRIT POWER

The spirit is one of the areas of our lives that it can be hard to see direct results when changing habits or developing new ones. Digging into the emotional and spiritual aspects of life and creating routines surrounding them gives you some control over your mental and emotional health.

Start by engaging in meditation throughout the day. Taking a few moments of quiet contemplation or prayer can give you clarity for decision making, give you better focus, and make it easier to problem solve issues that arise. You'll also notice a decrease in stress and anxiety the more you take time to meditate!

Stress and anxiety are two of the key ways that you can find yourself stuck in a cycle of an unhealthy mental state. Situations and tasks can cause your stress to spike but the biggest factor in stress and anxiety is the people we surround ourselves with daily. It can be hard to cut people out of our lives but to set yourself up for success in creating new habits, surround yourself with a community that supports you rather than drags you down.

The same can be said for what inspires you! We aren't all motivated or inspired by the same thing so find what sparks your inspiration and learn more. Gather information and listen to what your well of inspiration has to say about anything and everything you encounter! When things get tough, relying on this inspiration center keeps you motivated.

# Steps to Take

Let's get down to the nitty-gritty! Creating habits around your spiritual and mental health can be hard but the key with any habit, big or small, is to repeat it and find purpose within the action.

Take time out of each day to write in a gratitude journal! As you write, meditate on why you're grateful, how you could be more engaged with the world, and where you could be more grateful or understanding of others. The simple act of writing out your day gives you perspective and creates a conscious thought process surrounding your day.

Set aside time within the day or week to learn something new. Pick a topic that relates to your life or just something you've always been curious about and start doing the research! It may be something as small as learning a new board game that's always been on your mind or might be as big and substantial as tackling how best to cook a meal for a small gathering. Whatever you want to learn, set aside time to make that learning possible.

Track your progress as you go and grow with your new habits! Journal or write down what you've done, how you've seen improvement, and what your new goals are moving forward. You might be surprised to see your progress and goals change and develop as you go through the process of building new habits. Not only will you replace old habits with new ones, but you'll begin the process of creating a new life focused on what you want to achieve.

## REMEMBER THIS

Habits dictate almost every area of our lives from when we wake up to the time, we eat lunch to the way we like to drink our coffee. Breaking bad habits is hard but the easiest way to create success is to replace the bad habits with good ones! Creating a habit and routine from scratch takes dedication and no small amount of perseverance. After all, it takes an average of 60 days for a habit to become permanent!

Preparing your mind, body, and soul before diving in and setting new habits gives you control over your habits and routines! Once you're prepared, you can easily begin to add new habits into the day and ensure that you're finding success. Small things snowball and become big habits when you give them the time and attention they deserve.

As a health coach, I can help you create daily habits that help improve your overall health!

If you'd like more coaching support around this, feel free to check out my [3- Month Mind/Body Yoga Transformation](#).

# HOW YOUR HABITS CHANGE YOUR LIFE

Whatever those habits are, they all play a part in your life and health, either negatively or positively. At any time in your life, you can choose to change some of your habits to improve health and wellness and create more happiness. **Fundamentally, habits are not about having something (losing weight, making money, reducing stress), they are about becoming someone.**

Ultimately, your habits matter because they help you become the type of person you wish to be. They are the channel through which you develop your deepest beliefs about yourself. Quite literally, you become your habits.

We all have habits that we've created either through what we learned as children and growing up or that we've learned as adults due to certain experiences. You may look at the habits you currently have and find yourself unhappy with them. Or maybe you've grown and been on a path of self-improvement that has led you to create some good habits. **It's not your fault if you have inherited unhelpful habits, but it is your responsibility to figure out how to adjust them in a meaningful way.**

Habits can affect every area of your life including your health, career, finances, relationships, and stress levels. Our habits can lead to destruction, or they can lead to growth but only YOU get to choose!

## WEIGHT LOSS

Simple habits like mindful movement and mindful eating will help you maintain a healthy weight. I found the habit of fasting to be an effective tool to reset my hormones and learn to listen to my hunger cues when I was losing weight after 40.

## IMPROVED MOOD

Mindful movement stimulates brain chemicals that often leave you feeling both happier and more relaxed. Eating a healthy diet as well as exercising can lead to a better

physique, so you may also feel better about your appearance, which can boost your confidence and self-esteem. The American Council on Exercise reports that the short-term results of exercise include decreased stress and ability to think better.

### SIMPLE LIFE

Healthy habits help cut down the mental load you carry each day. Imagine not having to wonder what's for dinner! Or not having to figure out what kind of workout you should try today. You know because you have a structure in place.

### PROTECTION AGAINST CERTAIN DISEASES

Healthy habits help prevent certain health conditions, such as heart disease, stroke, and high blood pressure. If you take care of yourself, you can keep your cholesterol and blood pressure within a safe range. This keeps your blood flowing smoothly, decreasing your risk of cardiovascular diseases.

### MORE ENERGY

We've all experienced the energy drop that comes from eating foods high in sugar or simply foods your body doesn't respond well to. When you eat a nutrient-dense and anti-inflammatory diet. Your body has the fuel that it needs to manage your energy level. Refer to your Salad Blueprint to add daily salads to your health habits.

### LONGEVITY

When you practice healthy habits, you boost your chances of a longer life. The American Council on Exercise reported on an eight-year study of 13,000 people. The study showed that those who walked just 30 minutes each day significantly reduced their chances of dying prematurely, compared with those who exercised infrequently. Looking forward to more time with loved ones can be a powerful motivator to practice mindful movement.



# NEXT STEPS

## HOW TO STOP WAISTING TIME AND FINALLY REACH YOUR GOALS

During the challenge you probably fell into one of three categories:

1. You signed up and had the best intentions to get started but never got started.
2. You signed up and started but stopped.
3. You signed up and crushed it!!!

No matter where you are, I am here to support you. Send me a [DM on Instagram](#). Together, we can remove roadblocks and identify blind spots to stay accountable to yourself every step of the way so that you can create the habits that will benefit your body, mind, and soul.

You know why people give up? Because they don't see the results they want, and they decide that whatever they are doing isn't working. So, what is the key to stop giving up? Figuring out an action plan that works! As a coach, I offer personalized help to enable you to create the health habits that will take you where you want to go!

For example, meet my previous coaching client. Her name is Kat. Kat felt anxious about food. No wonder why: as a practitioner of integrative medicine, she was very health conscious. She ate nourishing foods and exercised regularly. Yet, she was watching her weight climb. She wanted some personalized support and accountability to experiment with fasting to heal her body and lose some weight. That's why she came to me. I helped her learn to experiment with healing fasts while tuning into her body's cues. She was able to start trusting her body again as she let go of some of her fears.

Maybe, like Michelle, you've always done weights and cardio, but at this stage in your life, you want to tone your body in a way that doesn't require jumping around.

Or, like Hana, you would like to increase your flexibility to do cool things like the splits because you know that you can achieve much more than most women give themselves credit for during the second half of your life.

You could get yoga classes from a yoga studio or pick and choose online yoga routines, or you could stop wasting time on random plans that don't meet you where you are today. You know you need a strategic and time-efficient approach that builds from the foundation up. Furthermore, you are tired of letting your fitness goals fall to the wayside and you are ready to commit to taking a route that gets to the root of your lack of commitment: your lack of results and poor habit creation. That's exactly why I created my [3-Month Mind/Body Transformation Coaching Program](#) designed for women over 40 who want to get in the best shape of their lives without doing HIIT or lifting dumbbells. I wanted to offer an all-in-one coaching solution for flexibility, strength, and endurance because I consistently hear

and see so many women struggling and you deserve more with less work. My all-in-one coaching transformation works because it includes personalized coaching based on three pillars of healthy living:

- 1- Mindful eating
- 2- Mindful habits
- 3- Mindful movement

I use these pillars to enable you to make long-lasting changes as you take your focus off weight loss and shift your focus to strength and flexibility.

What you have been doing so far hasn't been working, or you wouldn't have signed up for this 5-Day Challenge. Now you understand the importance of creating habits that support your fitness goals. You have experienced the power of just showing up on the mat, even for only 5 minutes because you know creating habits matters. You have had a taste of my signature approach to using yoga for strength, flexibility, and endurance because you have seen how I strategically focus on core, back, and leg strength and how I use flexibility training as a key component to achieve your fitness goals using yoga.

You have a pretty good idea of how I simplify mindful eating using Meal Blueprints.

So, what's the next step to keep the momentum going and to stop wasting time?

Check-out my [3-Month Mind-Body Yoga Transformation Coaching Program](#) or [book a clarity](#) call with me. I will answer all your questions so you can rest assured that you know if the program is the right fit for you. We will discuss your fitness goals and your specific challenges and desired outcomes when it comes to transforming your mind and body using yoga.

Get in touch with me if you need any help [throughout the challenge](#)! I am here for you!