

CORNELIA MIKOLASH | LIFE. BALANCE. PASSION.

LIFT OFF! PROGRAM

workbook

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LIFT OFF! OVERVIEW

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LIFT OFF! BONUS

Bonus 1 - 8 Guides

Bonus 2 - Lift Off! Hub & Chat

Bonus 3 - APP always with you

Bonus 4 - email / app reminders

Bonus 5 - next steps community

Bonus 6 - life long access

Hello!



Who is this Cornelia person?

That's me! A wellness-preneur of natural medicine and a German-licensed Naturopath.

Within the last 10 years we have grown as a community of people, interested in taking their wellbeing into their own hands - with simple changes creating a wellness lifestyle & mindset. My passion is to empower you to make healthier decisions so that you know how WHAT to do and HOW.

The Life. Balance. Passion. Lift Off! Program is a PERFECT start to reignite your engines, drop what is harmful and implement new habits into your life for an active and healthier future with energy, balance and vibrance. It is simple - not always easy!

It's up to you how much you integrate - if you want sustainable change - you follow ALL the suggestions.

Let's GOOO! and start together into this "rest of your life" !

xoxo *Cornelia*

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Before you get started!

GET YOUR MIND RIGHT

Get ready for the next 11 days! ... that's nothing!

This is going to be an empowering and life changing journey. You might have moments where you crave unhealthy snacks. I did! Pay attention to those moments and record your thoughts in your daily journal.

What were you thinking about when that craving came up?
How do you feel, emotionally?

These next 11 days will give you so much insight about yourself, especially what brings on those cravings and you to turn to comfort food.

Usually it's stress, exhaustion, frustration or feeling overwhelmed, but whatever the reason, make sure to write them down so you can address them in a healthy way, instead of giving in to the temptation.

SELFIE OR SCALE TIME?

Take a pic in the mirror. No need to share this. It's for you.
How often should you get on the scale?

Maybe never. Keep in mind that this challenge is not about achieving feelings of guilt but empowerment!

However, if you up to it, step on that scale once at the beginning and once at the end.

KEEP TRACK

Set up a folder on your desktop to keep the recipes you really enjoy and for your journal, if you don't want to write you feelings in this workbook.

BE AWESOME...TO YOURSELF

My fellow lionesses, remember to be kind to yourself. You are incredible. This is NOT a diet - it's a switch in our daily lifestyle towards a healthier and happier you. If you "slip up", don't mentally berate yourself. It's not the end of the world.

Get up, adjust the tiara, dust yourself off, get back on the path and keep pushing forward. Believe it or not, once you get started, you won't be craving all those sweets and breads anymore. These changes get easier as the days go by.

SHARE YOUR EXPERIENCE

Some people will post to social media and share the the magic of this Lift-Off! Experience. Your family and friends can be a wonderful source of encouragement and provide that little LIFT you need to push through any struggles.

ALONG THE WAY

For all the sassy and confident women out there, track...your...progress...

But it doesn't have to be boring. Here are three fun options to try:

1. Take measurements of your arms, legs, waist, chest, and your toosh. That way you can compare your results at the end.
2. String is another option. You can use different colors to mark your progress along the string and see the changes.
3. Lastly, put on your favorite outfit, snap a before photo, then snap another at the end to see how much more room you have! This is definitely the most fun option and will give you an easy way to visualize your progress.

ACCOUNTABILITY

If you're wanting to find an accountability partner, tell a supportive friend about it and share this workbook with them, so they can follow along with your daily tasks. They will support and applaud you with every single day.

It is only eleven days! ... Friends love to help and support, especially with something they know, you are struggling with! Maybe they want to join as well - share your member ID with them and receive a "Thank you surprise" by Young Living!

THE DAILY WORKOUT

For the next 11-days, it's time to get our bodies moving! In this workbook, there are exercise suggestions but here's the thing; what is most important, is that you get moving consistently every day. If your favorite way to do that is walking 30-minutes per day or playing pickelball, then go for it!

It does not matter WHAT you do, it matters THAT you do!

THE WATER WE DRINK

Some participants might not be used to consuming as much water as suggested but it is incredibly important that you do so and continue to do so for the remainder of your days. Keep an eye on your urine, it should be clear or nearly clear around noon. If it is not, it's simple, you are not drinking enough water. Water is life!

IF YOU HAVE ANY MEDICAL CONDITIONS, CONSULT YOUR PHYSICIAN BEFORE PROCEEDING WITH THE LIFT-OFF PROGRAM!

DISCLAIMER:

By purchasing these products and participating in the program, you agree that Cornelia Mikolash is not liable for any potential damages incurred. She is not a doctor or RD, the wellness program is simply meant to guide you to eat well. Any statements made have not been evaluated by the Food and Drug Administration in any nation and not meant to treat, diagnose or cure you.

This plan in its entirety, all guides, and journals as well as instructional videos are the intellectual property of Fuzzy Giraffe Productions, LLC, Any sharing with outside parties, defined as any person not supporting OR experiencing it, is prohibited.

Daily Checklist

Divide your body weight in half
(= lbs) - then drink that in oz of
water today, no exceptions!

NOT DOING can interrupt the
weight loss AND flushing out
toxins

☐ Daily Ningxia Red amount?

☐ Prepare your water intake

☐ Plan your meals

☐ Intermittent Fasting

☐ Workout

☐ Write down your
experience



Day 1



Check in & the kitchen

[Check in the Online course for details and video](#)

WAKE UP

Drink **4 oz (120ml)**
(+ nitro if you want an extra kick)

Go to Recipe Book Page [HERE](#)

12pm: 1st meal: Sweet Potato Hash

2pm: drink **2 oz (60ml) juice**

4pm: 2nd meal: Tuna Avocado Wrap

6pm: drink **4 oz (120ml) juice**

8pm: 3rd meal: Baked Salmon

+ **2 oz (60ml) juice**

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

PICK YOUR WORKOUT

Youtube Links
for inspiration
at home:

[Tabata](#)

[Yoga at home](#)

[HIIT at home](#)

[Pilates at](#)

[home](#)

EXPRESS YOUR FEELINGS & EXPERIENCES, HERE BELOW

Day 2



The Water We Drink

[Check in the Online course for details and video](#)

WAKE UP

Drink 4 oz (120ml)
(+ nitro if you want an extra kick)

Go to Recipe Book Page [HERE](#)

12pm: 1st meal: Broccoli Egg Bake

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: Meatball Sandwich

6pm: drink 4 oz (120ml) juice

8pm: 3rd meal: Thai Red Curry

+ 2 oz (60ml) juice

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

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Day 3



Paleo - the elephant in the room?

[Check in the Online course for details and video](#)

WAKE UP

Drink 4 oz (120ml)
(+ nitro if you want an extra kick)

Go to Recipe Book Page [HERE](#)

12pm: 1st meal: Breakfast Burritos

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: Healthy Paleo Nachos

6pm: drink 4 oz (120ml) juice

8pm: 3rd meal: Spaghetti Squash

Shrimp

+ 2 oz (60ml) juice

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

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Day 4



Mindset - "the Schweinehund"?

[Check in the Online course for details and video](#)

WAKE UP

Drink **2 oz (120ml)**
(+ nitro if you want an extra kick)

Go to Recipe Book Page [HERE](#)

12pm: 1st meal: Breakfast Pizza

2pm: drink **2 oz (60ml) juice**

4pm: 2nd meal: Chipotle Chicken Wraps

6pm: drink **2 oz (120ml) juice**

8pm: 3rd meal: Beef & Broccoli Stir Fry [home](#)

PICK YOUR WORKOUT

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[HIIT at home](#)

[Pilates at](#)

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

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Day 5



Dining Out - sweet temptations

[Check in the Online course for details and video](#)

WAKE UP

Drink 2 oz (120ml)
(+ nitro if you want an extra kick)

Go to Recipe Book Page [HERE](#)

12pm: 1st meal: Granola

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: Shrimp Fried Rice

6pm: drink 2 oz (120ml) juice

8pm: 3rd meal: :Pasta" Casserole

PICK YOUR WORKOUT

Youtube Links
for inspiration
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[Tabata](#)

[Yoga at home](#)

[HIIT at home](#)

[Pilates at](#)

[home](#)

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

EXPRESS YOUR FEELINGS & EXPERIENCES, HERE BELOW

Day 6



Intermittent Fasting

[Check in the Online course for details and video](#)

WAKE UP

Drink 2 oz (120ml)
(+ nitro if you want an extra kick)

Go to Recipe Book Page [HERE](#)

12pm: 1st meal: Pumpkin Pancakes

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: Taco Salad

6pm: drink 2 oz (120ml) juice

8pm: 3rd meal: Grassfed Steak

PICK YOUR WORKOUT

Youtube Links
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[Pilates at](#)

[home](#)

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

EXPRESS YOUR FEELINGS & EXPERIENCES, HERE BELOW

Day 7



Grocery Shopping

[Check in the Online course for details and video](#)

WAKE UP

Drink 2 oz (60ml)
(+ nitro if you want an extra kick)

Go to Recipe Page [HERE](#)

12pm: 1st meal: [Frittata](#)

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: [Shrimp Tacos](#)

6pm: drink 2 oz (60ml) juice

8pm: 3rd meal: [Slow Cooker Pot Roast](#)

PICK YOUR WORKOUT

Youtube Links
for inspiration
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[Tabata](#)

[Yoga at home](#)

[HIIT at home](#)

[Pilates at home](#)

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

EXPRESS YOUR FEELINGS & EXPERIENCES, HERE BELOW

Day 8



the Juice with the "weird" name

[Check in the Online course for details and video](#)

WAKE UP

Drink 2 oz (60ml)
(+ nitro if you want an extra kick)

Go to Recipe Page [HERE](#)

12pm: 1st meal: French Toast

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: Spicy Chicken Stir Fry

6pm: drink 2 oz (60ml) juice

8pm: 3rd meal: Stuffed Yellow Squash

PICK YOUR WORKOUT

Youtube Links
for inspiration
at home:

[Tabata](#)

[Yoga at home](#)

[HIIT at home](#)

[Pilates at home](#)

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

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Day 9



Non-Toxic Cleaning

[Check in the Online course for details and video](#)

WAKE UP

Drink 2 oz (60ml)
(+ nitro if you want an extra kick)

Go to Recipe Page [HERE](#)
(alternatives [HERE](#))

12pm: 1st meal: Stuffed Breakfast
Peppers

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: Spaghetti & Meat Sauce

8pm: 3rd meal: Shepherd's Pie

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

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Day 10



The Un-Fun Fact

[Check in the Online course for details and video](#)

WAKE UP

Drink 2 oz (60ml)
(+ nitro if you want an extra kick)

Go to Recipe Page [HERE](#)
(more alternatives [HERE](#))

12pm: 1st meal: Savory Breakfast Muffins

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: Citrus an Herb Chicken

8pm: 3rd meal: Salmon with Lemon &
Thyme

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

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Day 11



What Next? the transformation

[Check in the Online course for details and video](#)

WAKE UP

Drink 2 oz (60ml)
(+ nitro if you want an extra kick)

Go to Recipe Page [HERE](#)
(more alternatives [HERE](#))

12pm: 1st meal: Savory Breakfast Muffins

2pm: drink 2 oz (60ml) juice

4pm: 2nd meal: Citrus an Herb Chicken

8pm: 3rd meal: Salmon with Lemon &
Thyme

Just pick one serving (If you're not hungry enough for this, no need to eat if you're not hungry, you have plenty of nutrition from earlier in the day) If you're making a dessert, keep it at 1 serving of a dessert per day

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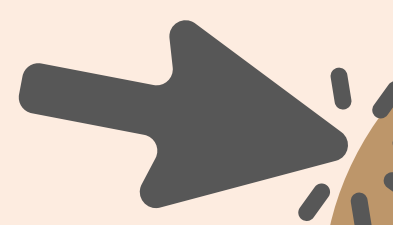
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Now what?



Schedule A Free Call with me
to create your customized
Wellness plan



click
here!

Cornelia