

BECOME UNSTOPPABLE

with Krissy Leonard

The 5 Daily Habits That Will Transform
You Body, Career, and Life (Starting Right Now)



BECOME UNSTOPPABLE

with Krissy Leonard

Hello Hello! Welcome to How to Become Unstoppable: The 5 Daily Habits That Will Transform Your Body, Career, and Life starting today!

I'm Krissy Leonard, Holistic Nutritionist, Business Consultant and Coach for ambitious, creative women who want an amazing life AND a body to match.

Thank you so much for signing up for this FREE training!

The techniques I'm about to share with you took me over 15 years of study, from living in ashrams in India, to weeding through stacks of psychological studies, to investing thousands of my own dollars in travel and trainings, and a whole lot of personal pitfalls to acquire and distill and bring to you today.

I personally used these exact habits to help overcome a 10 year eating disorder, heal my relationship with food, lose 50 pounds, and was able to create a business doing work I love.

My intention is that this will be a short cut for you in creating the body and life you want right now so that you don't have to continue spinning your wheels or spending more of your time and energy trying to implement strategies that just aren't working for you.

You know, I find that women are actually incredibly intuitive, intelligent, and savvy about health and business, yet still so many of us feel stuck, exhausted, stressed and unable to gain any traction toward our big vision for what we know life COULD be like - not because we're lazy, but because we're too busy trying to get through our LIFE. You know what I mean?

Chances are if I asked you, "HEY, what SHOULD you be doing to advance your career, lose 10 pounds or be a more present partner?" You could probably rattle off a list of things. Am I right? Network more, exercise daily, don't bring work home with you... right?

You don't need me to tell you more things you SHOULD be doing, you need to know why you're not following through or doing things consistently enough to see any real results...right?

The problem here is not lack of AMBITION, it's that you're pounding away with the wrong set of TOOLS.

However, this is good news! Because I find that when powerful women are given the right TOOLS they can apply the same effort and finally see remarkable results.

I help my clients achieve what they previously thought was impossible. In a moment I'll share some of these incredible stories with you.

As Emerson says: "our chief want in life is somebody who shall make us do what we can."

This is what I am here to help you do...and here's how we're going to make it happen.

#1. **Give this your full attention.** If you want to create remarkable results in your life, the first step is making a **commitment** to yourself and cultivating the ability to **see things through to completion**. Become a FINISHER in life. Finish what you set out to do. So turn off any distractions, don't attempt to multitask, and take out a pen and paper. S

#2. **Be on the lookout for a breakthrough.** If you find yourself saying "I know this already" challenge yourself. Instead say "ok, where can I improve on this or take it to the next level." And instead of saying "this won't work for me" say "how can I MAKE this work for me?" It's great practice to challenge your mind in this way. It will help you move beyond the bog of eternal stuck-ness and straight to the bright new realm of possibility.

#3. **TAKE action.** This training is potent. I've seen it help women lose 5 pounds in 1 week. Business coaching clients have used these tools to get their next high-paying client. Women going through divorce or a move or major transition have used these daily habits to keep their sanity and to come out on top. Quite literally, I've seen this training change lives.

So, listen deeply, get your breakthrough, and put insight to ACTION.

Decide right now to use this training as the catalyst for the big change you've wanted to make in your life.

Sound good? Let's dive in.



1. HABIT #1: Start your morning with a glass of hot lemon water

You're might be thinking, Krissy what? I'm here, I'm ready for major change and you're telling me drink lemon water? Haha

Yes I am.

Every morning, simply boil some water, put it in your favorite mug and add a squeeze of fresh lemon juice (organic if you got it).

Here's why: studies show that what you do first thing in the morning sets the tone for the rest of the day. I've definitely began my day standing in front of the fridge eating take-out from the night before, or having chocolate for breakfast at the office, or scrolling through emails before I even get out of bed. I know I'm not alone in this, right?

And there's a lot of hype right now around crafting a morning routine or elegant ritual with instagram worthy bathtubs and pages of quiet journaling and pour over coffee with perfect lighting.

But here's the deal. This is real life. Things move pretty fast. So, the trick is to KEEP IT SIMPLE. Start with a glass of hot lemon water tomorrow morning and then go from there.

The hot lemon water habit dates back over 3,000 years to Ayurvedic medicine from India, and is even touted by Weight Watchers as a modern-day miracle weight loss tool.

So whether you like your reasoning scientific or esoteric, hot lemon water is an undisputed game changer.

Besides it being an anchor for starting the day off on the right foot you also get:

1. **Hydration.** Hydrating in the morning makes your skin brighter, keeps your system running smoother, and lessens hunger. Often times what we think is hunger is actually dehydration masquerading in disguise.

2. **Gentle Cleansing.** Lemon water creates peristalsis, ripple like contractions in intestines that push waste and toxins out. We all know what we use coffee for a lot of the time, with hot lemon water you'll get an energy boost and regularity without the side effects of caffeine.

Great way to start the day.

My client Kathy, was a regular coffee drinker, tried forever to go CAFFEINE FREE, NO COFFEE! When we started working together I told her she can have coffee, but only after the lemon water if she really wanted it. Two weeks in she told me that she loved making her lemon water and sipping it on her way to work. It was something that she could really feel good about "What about the caffeine?" I said. She replied, shocked: "Oh my god Krissy I haven't had ANY and didn't even realize it?!" Using small, targeted shifts like this, Kathy lost 12 pounds after being (as she called it) a weight watchers drop and not seeing any significant change for years. She kicked caffeine, got back her energy and found herself much more present and productive at work as a result.

So take action now. Write down Habit #1 Drink Lemon Water in the morning and make a plan to pick up your lemons for your morning ritual.

*HABIT #1: drink hot lemon water in the morning
tomorrow.*



2. **Habit #2: Make Meditation No Big Deal**

Oh my god where to start with meditation and the science behind this simple, life-changing practice. Meditation reduces stress, cravings, bingeing and addiction tendencies, it can lessen depression, treat pain,, increase creativity and productivity, and develop the ability to focus your attention, which makes you unstoppable in your life.

Not bad, right?! I've experienced this myself FOR SURE and my clients have too.

Take Sarah and Suzy for example, both women struggled for YEARS with overeating at night. They were successful in their lives but feeling trapped in their bodies. Both started a regular meditation practice when working with me and within weeks both women were noticing that the days they meditated were also the days they experienced less bingeing, less stress, and overall made much healthier choices.

Again, you probably heard this before. So where's your breakthrough?

If you haven't meditated every day this week, here's what to do next:

Tomorrow morning, make your lemon water and sit and meditate for **JUST 5 minutes** while it cools, then drink it and go on with your day.

The key here is not to TRY to start a meditation practice, just START MEDITATING. We think we need to build a Balinese-style meditation room or get a meditation rug or crystal set up from Anthropologie or have some 30 minute deep immersion to make it work. That mindset is taking you down.

Seriously 5 minutes. And you begin this week.

Don't you dare try to make it fancy until you master the 5 minute meditation. Most of my high-performing clients report that 5 minutes is all they need to become stress free, laser focused, and on top of their game. And If we work together I can share some really incredible techniques with you, and if you're new to meditation here's the quick and dirty:

1. Sit on a cushion on the floor somewhere clean and quiet. Literally just a cushion. The simpler the better actually. That's it.
2. Sit cross legged (or on a chair if your knees bother you) spine straight.
3. Set a timer
4. Breathe, relax, and most importantly enjoy. Listen to the stillness around you, notice the thoughts that are present and just keep breathing, relaxing, and enjoying the space you've created for yourself. It might be a challenge at first, the mind can be a pretty noisy place, but I promise, it gets easier.

So take action now. Write down where you'll meditate when you get up tomorrow, create a little space in your morning to connect with YOU.

You can't be of service to the world unless you get really clear on who you are, what you want, and what you're capable of. This is what meditation will help you to do. Even if it's in bed laying down pretending to be asleep before the kids get up.

HABIT #2: Make meditation no big deal (5 minutes).

I'll meditate on the floor next to the window in my bedroom tomorrow morning.



3. HABIT #3: Treat Movement as Medicine

Moving your body daily is a no brainer for health, creating the body you want, stress reduction, and like a million other things, seriously google it.

Movement DOES NOT need to be an hour or two slaving away at the gym to get amazing results. Consistency actually trumps intensity.

Often when we're used to dieting our whole lives or being totally type A personalities we think go hard or go home. But that mentality is actually part of what's keeping you stuck. We think of exercise as a punishment for eating or a way to bully our bodies into a different shape or make ourselves into better people.

Instead write this down: the key is to practice progress not perfection.

So if you aren't currently exercising 30-60 minutes a day start with a simple 20 minute walk, or what I call a **Soul Stroll** during your lunch break this week.

Taking 20-minute Soul Stroll actually INCREASES productivity, creativity, and it's fun to go window shopping or side-step into a gallery or library for some culture and relaxation in the middle of the grind.

If you're saying I know this already meditation and exercise Krissy really? I'm over it. Check yourself. Remember you are a finisher. Also let's get you a breakthrough. Look at the last 14 days. Write down how many of those days you took deliberate time to exercise and sweat for 30-60 minutes? If your answer is not every day - guess what? You don't know this already. Or you know it but you aren't following through. This is that problem and Habit 4 will change that so hold tight.

Think this sounds too easy?

Claudia, came to me after struggling with her weight for 40 years. She also felt stuck in her life despite achieving a tremendous amount. During our work together Claudia added in a Soul Stroll to the salad bar at the health food down the street into her daily routine. So simple. No weights, no crazy diet. Using simple habit shifts like this Claudia lost 17 pounds. More than she had in 40 years. She also reported feeling way more present and energized at work. And even took up painting again, something she has always loved. And for those of you saying I can't leave work or I'm too busy, etc etc... listen up: if Beyonce has time to exercise so do you.

Take action now. Write down Habit #3 Treat Movement as Medicine, don't exercise to punish yourself, exercise to free up your creativity and productivity. Block out 20 minutes today or tomorrow for

your soul stroll, or if you're already moving your body at least 20 min a day your action step is to find a couple movement practices you love this week that will take it next level: hit up an African dance class, or head out on a big hike.

*HABIT #3: Movement is Medicine. Block out 20 minute
Soul Strolls and look up a dance class or hike near me.*



4. **HABIT #4: Say YES instead of NO**

Alright you still with me?

We got you drinking some hot lemon water, meditating, and moving. Next I'm going to share with you a CRAZY POWERFUL tool that will literally change your life.

It's called **CROWDING OUT**.

Crowding out is a habit change technique backed by science and proven by practice, my God do I see this work wonders in women's lives.

Crowding out means saying YES instead of NO, or in other words bringing in more of what you WANT in your life and letting the rest fall away.

For example when I started my weight loss journey I worked at a health food store and they had these AH-AMAZING paninis.

I would tell myself Krissy **don't** get the Panini. Eat the salad.

But, if it was a stressful day (which was pretty much ALL the days) I would treat myself to the panini and a chocolate bar. Telling myself "I deserve it." Sound familiar?

This went on for, well, YEARS as you can imagine it didn't really work that well for me as a weight loss strategy nor did it make me feel powerful in my career or life. There was a LOT of panini and chocolate eating in those days, not so much salad. Lot's of excuses, not much change.

But then I started crowding out.

I would have the panini PLUS a side salad. I got really into the different toppings and flavor combinations with that side salad and eventually would have ½ a panini and a bigger salad. Before long I was eating big heaping salads, and paninis just seemed heavy and boring and no big deal.

I actually CRAVED salad. My clients love this because it means they can still go out to dinners and not have a rigid plan to follow yet still just make the healthy choice they want to make and get the results to go with it. It's seriously magic.

And maybe losing weight isn't something that you desire, but I'll tell you this same technique worked when I wanted to leave my job. I spent years focusing on how I wanted to do healing work and have my own business but didn't do anything but talk about it. The job consumed my life. But then I started crowding out. Bringing ME to my work so there wasn't "Work Krissy" and "Real Krissy" I went back to school and started seeing clients while in my job. Eventually I simply had too many clients that I had no more time available for my job! haha. It was the best feeling in the world and best part was when I gave my notice it was scary but not

so much that it stopped me, because I was building this bridge the whole time, it wasn't a big leap, it was a simple step.

Crowding out can help you get whatever you want out of your life. You truly become UNSTOPPABLE, and the best part is you aren't telling yourself what you CAN'T have all the time, instead, you tell yourself **I can literally have anything**, so what is it that I actually want?

This will fundamentally change the course of your life.

Take Marion for example. Marion came to me like most women do. Beautiful, talented, SMART...but 15 pounds overweight, bummed about her job, stressed all day and bringing it home at night. By focusing on what she WANTED TO BRING IN and saying yes to walks in nature, and YES to the work she really wanted to be doing, and pretty much yes to everything (our mantra) in just 3 months she lost the weight, cleared up her skin, her energy skyrocketed, AND she started her own private practice, launched her website, found the perfect sun-filled office space, bought her dream house (literally it just went on the market before her eyes) AND got engaged to the love of her life.

Can you see that Marion gets to have a totally new LIFE now? This is what I want for you.

So take action now. Write down Habit #4 Say YES instead of NO, practice Crowding Out.

Now, let's make this work for YOU. Think of 3 things that you would like to crowd out, your paninis if you will. Start with things like sugar, binge drinking, my job, unhealthy relationships, etc. Just pick 3 for right now. Got it? Great! Now pick ONE of those 3 that you know, if this was no longer an issue for you it would give you a tremendous amount of freedom. Circle it.

Now let's do a mini-brainstorm of some things you could do INSTEAD. What do you want to bring IN? What do you want to say YES to? This can be a little tricky starting out because you are literally changing the way your brain works. This is a good thing! Take a deep breath.

So for example if you want to crowd out sugar try bringing in or saying YES to stevia or natural sweeteners into your repertoire, or eating a piece of fruit every day to curb sweet cravings.

If you want to leave your job, start crowding it out by coming up with a strategy to transition out and BEGIN that side hustle or side job search, and by the way if you're not sure WHAT to do or where to begin or how to ensure you can make money doing something other than your current job, that is my forte, so feel free to email me at info@krissyleonard.com and I'd be happy to share more about my business coaching with you.

Ok, so we aren't saying quit sugar! Quit your job! We're saying try coconut sugar cookies this week or stevia in your smoothie. We're saying write out some ideas for what you want to do INSTEAD of your current job. Or have that powerful conversation in your current career that will advance you to the next level. Got it? Good.

So now choose one of those things that you will commit to doing THIS week. Circle it now.

HABIT #4: Say YES instead of NO.

Crowd out: late night eating

*Bring in: taking a bath a night then going to bed
instead of watching TV and snacking.*

ALRIGHT AWESOME WORK!!

Take a deep breath in and out because you are doing GREAT. We're in the home stretch. The last habit you need to practice daily if you want to transform your body, career and LIFE is...



5. **Habit #5: Follow the Joy**

Here's the deal, you can eat well, exercise, make money, and do all the things, but if you're not having a good time, what's the point?

The good news is, when you make JOY and FUN part of your path, you go a lot FURTHER a lot faster.

I'm a firm believer that JOY is the closest thing to God.

We often think we need to suffer and struggle to get what we want or to be our "best selves" but this is a misconception.

Studies show that people who are happy in their jobs and

lives are more productive.

Women who are having a good time and feel connected to other women often lose weight the fastest.

We think that when we are thinner or making six-figures a year we'll be happier, but the opposite is true, when we are happier, we will become thinner and much more profitable.

Again, there's science to back this up.

When we're stressed our body produces a hormone called cortisol. Cortisol tells your body to slow down your metabolism, store fat, and crave sugar and carbs.

Did you hear that?

When you are stressed (AKA not having fun or following the joy) your body undergoes a chemical reaction that makes you out of your fat burning state and into fat storing mode.

Stress makes you fat.

Get this: even STRESSING about getting fat, actually makes you fat.

Neuroscientists in Germany have actually found that just THINKING negatively about yourself your body or your life, or stressing about losing weight or not being good enough, can actually trigger the cortisol response and fat storage function.

So in short, negative thoughts can make you store more fat. So women come to me often for nutritional advice because they want to lose weight. But I won't give them a list of foods to avoid and shame them if they don't make their weigh in. That is the perfect way to lost 10 pounds and gain back 15.

Instead I help you remove deep emotional programming, understand what your body thrives on, and craft a bespoke, custom tailored experience for you to step into the most vibrant, sexy, magnetic, and joyful version of yourself. The weight loss, as my clients say, is the cherry on top.

Let's bring it on home with some more real life transformation stories...

Jocelyn, an Ivy League grad, amazing, intelligent woman came to me saying "Krissy I haven't lost weight in years. I track the calories for everything I eat, I exercise 5 times a week and the scale stays the same. I am a mathematical anomaly! HELP!" Jocelyn was a professional cookie and cake tester so cutting out all gluten, dairy and sugar wasn't even an option. After using the Light, Fit and Free Method and adding in more FUN Jocelyn lost 12 pounds in 8 weeks, left her stressful job and landed a management position at a new company, and met her now boyfriend in the process.

My career coaching client, Kassi is an incredible human, loving, brilliant, beautiful, but she struggled with her website and social media trying to get her brand just right. She was stressed about finances and had a baby on the way. After a power session of finding out how she can have more FUN with it and be more HERSELF and let her wild side shine, she revamped her brand, filled her on-on-one coaching practice, launched her first group program, landed a CNN interview, and her book quickly rose to #1 on Amazon. All while having a baby, moving to a new house, and going to school at Harvard you guys.

The power of habit change and high-level coaching makes impossible things possible. Truly if these women can do it, you can too.

Take action now. Write down Habit #5: Follow the Joy and write down 5 things that you know bring you joy. Here are some of my favs: fresh sheets, fresh flowers, fresh picked food, shaking my booty with my girls, eating beautiful meals off nice plates, traveling, yoga, burning candles, wearing

clothes and jewelry that make me feel like an eclectic artist, MAC Rebel lipstick, my Oliver People's sun glasses, making art, and not taking myself too seriously. Now choose ONE that you will commit to doing this week.

HABIT #5: Have Fun! Adorn myself daily, get a new haircut, get outside in nature, call a friend, play with my cat.

WOO HOO!! You did it! You now have 5 daily habits and action steps to take this week. Remember no action, no results.

And if you want more accountability and support in breaking through the barriers of what's held you back in the past and a proven path to get you to your goals I'm here to help you make it happen.

Until then, I'll see you in your inbox weekly(ish) with new action challenges, tools, and tips for helping you create the body and life you really want. Be sure to add me to your contacts list or drag me from the promotions folder to your inbox so we can keep this connection going.

See you soon!!