

00:05:43 Ashley Lamberson: WTG!!

00:12:14 Christine: Working on getting a hold of my sleep

00:12:23 Ashley Lamberson: Reacted to "Working on getting a..." with ♥

00:14:27 Catarina: Stack our habits. When I do this... Then I will...  
(Link one habit with another habit that is already in place).

00:14:36 Ashley Lamberson: Reacted to "Stack our habits. W..." with ♥

00:15:05 Catarina: When I eat, I prioritize protein first. Make this  
the same time each day and have a plan for it.

00:16:26 Catarina: Information becomes application.

00:16:51 Catarina: We confuse emotional relief for growth. What is  
missing is the CHANGE.

00:17:25 Michelle Boyer: Oh boy I agree...

00:17:35 Melinda: I love our vibration plate!!!!

00:17:50 Catarina: Reacted to "Oh boy I agree..." with ♥

00:17:53 Catarina: Reacted to "I love our vibration..." with ♥

00:17:57 Marlene DeLachica-Hiebert: i just got a vibrational plate!!!

00:18:01 Catarina: Reacted to "i just got a vibrati..." with ♥

00:18:30 Catarina: Emotions do not have to drive my identity.

00:18:35 Ashley Lamberson: Reacted to "Emotions do not have..." with ♥

00:19:17 Catarina: I become what I believe. Who do I want to be in this  
moment? What would that person think, choose and move through? Create a pause  
between the thinking and the choosing.

00:19:32 Ashley Lamberson: Reacted to "I become what I beli..." with ♥

00:19:41 Catarina: Growth happens in the pause.

00:20:48 Stephanie Coon: Adding more consistent exercise

00:20:54 Lynn Masters: Food choices and bad eating habits

00:20:56 Ashley Lamberson: Emotional eating...

00:20:56 Michelle Boyer: Consistent work outs at same time each day

00:21:02 Tracey Chavez: Exercise- moving my body

00:21:08 Samantha Anne: sleeping an extra 20 minutes.... my goal is 5am  
..... most time its 5:25am

00:21:18 Christine: Staying on track

00:21:20 Katie Ashby: consistent 6000 - 10,000 steps a day

00:21:25 Chrissy Anderson: Not caving in to sugar when my husband  
brings it into the house.

00:21:26 Christina DeRojas: Emotional "drinking"

00:21:28 Tracey J - IBC: Exercise and food

00:21:30 Krista Kuenning: Cutting out sugar!

00:21:30 Lynn Foust: ~~zz~~ regularly scheduled sleep

00:21:31 Christine: Track. Staying on

00:21:31 Catarina: What is a place in my habit loop that I want to  
grow? Mine is financial – I want to hold five Mary Kay Parties a week.

00:21:33 Lori Post: Consistent exercise

00:21:35 Catarina: Reacted to "Consistent exercise" with ♥

00:21:44 Catarina: Reacted to "Track. Staying on" with ♥

00:21:48 Catarina: Reacted to "Cutting out sugar!" with ♥

00:21:50 Catarina: Reacted to "Exercise and food" with ♥

00:21:51 Stephanie Coon: Reacted to "What is a place in m..." with 👍

00:21:51 Terry Jones: exercise and food

00:21:52 Regina McDermott: Coffee Habit

00:21:54           Catarina:            Reacted to "consistent 6000 - 10..." with 🍷  
00:21:56           Catarina:            Reacted to "Staying on track" with 🍷  
00:21:57           Melinda:             emotional eating after a tough day at work  
00:21:57           Melissa W Koller:     Kindle reading over Bible time.  
00:21:59           Catarina:            Reacted to "Consistent work outs..." with 🍷  
00:22:03           Michelle's iPhone:    Running 🏃 up against obstacles - thinking  
🤔 the obstacle is bigger than me? - meal planning, challenging situations with  
work  
00:22:03           Catarina:            Reacted to "Adding more consiste..." with 🍷  
00:22:03           Kim Ransom:          Drink water consistently. Track regularly  
00:22:04           Becky:   Going to bed by 10:00pm  
00:22:05           Catarina:            Reacted to "Food choices and bad..." with 🍷  
00:22:10           Catarina:            Reacted to "Exercise- moving my ..." with 🍷  
00:22:14           Catarina:            Reacted to "sleeping an extra 20..." with 🍷  
00:22:19           Catarina:            Reacted to "Not caving in to sug..." with 🍷  
00:22:22           Catarina:            Reacted to "Emotional "drinking"" with 🍷  
00:22:29           Catarina:            Reacted to "Going to bed by 10:0..." with 🍷  
00:22:32           Carol Tracy:         Doing one more thing before going to bed by 9:00  
p.m.  
00:22:34           Melissa Davis:        Reacted to "consistent 6000 - 10..." with 🍷  
00:22:36           Catarina:            Reacted to "Doing one more thing..." with 🍷  
00:22:43           Samantha Anne:      Dr.Henry Cloud is so good!!  
00:22:43           Jamie Huntey:        Emotions at night, very tired and must stay up late  
with little children...so I snack. This is where I need to change  
00:22:43           Melissa Davis:        Replying to "consistent 6000 - 10..."

Me too!

00:23:04           Marlene DeLachica-Hiebert:     be more consistent to exersise  
daily as i used to be.and better sleep habits, i tend to get insomnia and stay up  
all night.  
00:23:16           Catarina:            My decisions define me. If I want a different life,  
make different choices. Say no, where I have been saying yes. Pull everything out  
of my pantry and throw away anything that does not align.  
00:23:25           Sally Quinn:         Sticking to what I've planned to do the night  
before, regardless of how an event my have trigger me emotionally  
00:23:26           Catarina:            Reacted to "Me too!" with 🍷  
00:23:26           Ashley Lamberson:     Reacted to "My decisions define ..." with 🍷  
00:23:34           Catarina:            Reacted to "Sticking to what I've..." with 🍷  
00:23:43           Catarina:            Reacted to "Dr.Henry Cloud is so..." with 🍷  
00:23:47           Catarina:            Reacted to "Emotions at night, v..." with 🍷  
00:23:55           Catarina:            Reacted to "be more consistent t..." with 🍷  
00:24:04           Catarina:            Reacted to "Drink water consiste..." with 🍷  
00:24:06           Catarina:            Reacted to "Running 🏃 up agains..." with 🍷  
00:24:10           Catarina:            Reacted to "Kindle reading over ..." with 🍷  
00:24:24           Michelle Boyer:      Did not eat one candy 🍷  
00:24:25           Christine:            Had none  
00:24:28           Samantha Anne:      I dont celebrate Halloween and I dont eat sugar  
00:24:29           Catarina:            I did not eat any Halloween Candy and yes, I WANTED  
TO..  
00:24:34           Catarina:            Reacted to "I dont celebrate Hal..." with 🍷

00:24:35 Ashley Lamberson: Reacted to "I dont celebrate Hal..." with ❤️  
00:24:37 Samantha Anne: we go bowling as a family :)  
00:24:43 Catarina: Replying to "I dont celebrate Hal..."

You are AWESOME!

00:24:48 Catarina: Reacted to "Did not eat one cand..." with ❤️  
00:24:52 Tracey Chavez: I just said NO 😞  
00:24:52 Melinda: bought candy I dont like :)  
00:24:53 Catarina: Replying to "Did not eat one cand..."

YAY!

00:25:02 Catarina: Replying to "bought candy I dont ..."

Great idea!

00:25:05 Catarina: Reacted to "bought candy I dont ..." with ❤️  
00:25:10 Catarina: Reacted to "we go bowling as a f..." with ❤️  
00:25:16 Catarina: Reacted to "I just said NO 😞" with ❤️  
00:25:47 Marlene DeLachica-Hiebert: we did a full keyo thanksgiving none  
year and did not tell the family they thought it was delicious. even the desert  
00:25:47 Catarina: What is the single goal I want to accomplish over  
the next 60 days?  
00:25:53 Catarina: Reacted to "we did a full keyo t..." with ❤️  
00:26:01 Michelle's iPhone: A new job  
00:26:04 Michelle Boyer: So not comfortable!!!  
00:26:24 Catarina: Replying to "What is the single g..."

My goal is to be a Director in Qualification with Mary Kay.

00:26:29 Catarina: Reacted to "A new job" with ❤️  
00:26:32 Catarina: Reacted to "So not comfortable!!..." with ❤️  
00:26:47 Christina DeRojas: Replying to "What is the single g..."  
Me too  
00:26:56 Catarina: Reacted to "Me too" with ❤️  
00:27:05 Catarina: Replying to "What is the single g..."

@Christina DeRojas You can do it!

00:27:28 Catarina: Reacted to "Coffee Habit" with ❤️  
00:27:30 Catarina: Reacted to "emotional eating aft..." with ❤️  
00:27:33 Marlene DeLachica-Hiebert: i love the academy thank you  
00:27:35 Catarina: Reacted to "exercise and food" with ❤️  
00:27:38 Christina DeRojas: Replying to "What is the single g..."

Awww thank you, you too

00:27:40 Catarina: Reacted to "zz regularly schedul..." with ❤️  
00:28:45 Catarina: Reacted to "Awww thank you, you..." with ❤️  
00:29:19 Catarina: This time of year is a launching pad for more  
freedom, joy and success.  
00:29:36 Catarina: What will I be glad on January 1 that I started on  
November 2?

00:29:57 Ashley Lamberson: Reacted to "What will I be glad ..." with ❤️

00:30:39 Catarina: I am being conditioned and programmed by  
pharmaceutical companies, politics, education, finance and more. It is important to

condition myself.

00:31:22           Catarina:           Foundation of wellness. A symptom is something being out of balance in exercise, water, nutrition, supplements and sleep.

00:32:08           Florida Robin:      Love DOAC!

00:38:25           Stephanie Coon:    Love Barbara!

00:39:41           Catarina:           Reacted to "Love Barbara!" with ❤️

00:39:43           Catarina:           Reacted to "Love DOAC!" with ❤️

00:39:49           Chrissy Anderson:    I wish I could get my husband to listen to all this and stop all the meds!

00:39:59           Catarina:           I had no idea about this information about cholesterol.

00:40:03           Catarina:           Reacted to "I wish I could get m..." with ❤️

00:40:37           Catarina:           Research the Life Wave Patches.

00:40:45           Tammy Hare:        I had my husband watch at least 10 reels about this. He finally quit using his statin.

00:40:54           Catarina:           Reacted to "I had my husband wat..." with ❤️

00:41:37           Chrissy Anderson:    Reacted to "I had my husband wat..." with 🙌

00:41:44           Jamie Huntey:      Thank you Pam for showing these. These were so good. I know about statins...and fight not to use them.

00:41:51           Catarina:           Reacted to "Thank you Pam for sh..." with ❤️

00:42:27           Tracey Chavez:      That is what Nursing school looked like. Pharma was the main focus

00:42:33           Catarina:           Shaped by the Word, by Dr. Robert Muhulohan. Seek the whole wheel of God with a fixed intent to do it.

00:42:36           Catarina:           Reacted to "That is what Nursing..." with ❤️

00:43:33           Catarina:           Romans 12 1 & 2.

00:43:34           Christina DeRojas:    I need to get off mine

00:43:38           Catarina:           Reacted to "I need to get off mi..." with ❤️

00:43:43           Patricia Fitzgerald:    Love Roman's 12:1-4

00:43:47           Catarina:           Reacted to "Love Roman's 12:1-4" with ❤️

00:44:04           Catarina:           The way we think is the way we operate.

00:45:58           Catarina:           Eat whole foods, organic foods, prioritize protein, eat 100 grams of protein. Having a fasting window that is never short of 12 hours. Most feel better on a longer window. Shake it up so that our bodies do not get used to it. One fasting day of 24 hours.

00:46:11           Catarina:           For colds, go into a fast to get rid of it.

00:46:50           Catarina:           Do not eat empty cards, bad seed oils (they are rancid), if I cannot pronounce it, my body cannot process it.

00:47:32           Carol Tracy:        Is stevia an artificial sweetener?

00:47:55           Samantha Anne Schaffer:    water, perrier, organic coffee drip

00:48:04           Catarina:           Choose sparkling flavored water. Train the brain to drink drinks with local honey, allulose, stevia in moderation and monk fruit in moderation.

00:48:07           Catarina:           Reacted to "water, perrier, orga..." with ❤️

00:48:11           Catarina:           Reacted to "Is stevia an artific..." with ❤️

00:48:58           Catarina:           To age fast – EAT SUGAR. Ahhhh. Sugar is the biggest driver of inflammation. Ditch the sugar and starch.

00:49:23           Sally Quinn:        Replying to "water, perrier, orga..."

Stevia is a plant. You could probably grow it yourself. When you buy it at the store it's bleached and processed

00:49:56           Catarina:           Find a functional medical doctor. Get a Quest4 Scan.

00:49:58           Catarina:           Reacted to "Stevia is a plant. Y..." with ❤️

00:50:06           Catarina:           Replying to "water, perrier, orga..."

@Sally Quinn I love this idea!

00:50:11           Sally Quinn:        Reacted to "@Sally Quinn I love ..." with ❤️

00:50:28           Sally Quinn:        Replying to "water, perrier, orga..."

That you!

00:50:54           Carol Tracy:        Do you have a functional doctor in California to recommend?

00:50:58           Catarina:           Reacted to "Do you have a functi..." with ❤️

00:51:09           Catarina:           Pam recommends an Aura Ring.

00:52:50           Marlene DeLachica-Hiebert:        what is vo2 max

00:52:57           Catarina:           Strength and Vo2 max. Walking is one of the best things we can do for our health.

00:53:02           Catarina:           Reacted to "what is vo2 max" with ❤️

00:54:02           Catarina:           One minute of walking will elevate blood flow.

After 30 minutes fat burning begins. After 60 minutes, dopamine increase. 10,000 steps a day is magic.

00:54:35           Samantha Anne Schaffer: Pam thank you so much for today! I so appreciate everything you have to offer! I have a meeting in 6 minutes, have a great day ya'll, thank you again!

00:54:46           Catarina:           Muscles are pretty. Do body training with planking and other types of full body workouts. Using dumbbells is always a good idea.

00:54:52           Catarina:           Reacted to "Pam thank you so muc..." with ❤️

00:55:39           Catarina:           Sleep, quantity, quality and regularity. My brain cleans up while we sleep.

00:56:21           Lori Post:           Heard recently sleeping on left was better for lymph cleansing??

00:56:25           Catarina:           Reacted to "Heard recently sleep..." with ❤️

00:57:24           Catarina:           Staying up late interferes with our natural circadian rhythms. Alcohol cuts sleep by 40%. In bed between 9-11pm. Cool, dark, no screens one hour before sleep. Side sleep allows for better drainage.

00:57:46           Catarina:           Sleep on our backs to save our faces.

00:58:30           Kim Ransom:        Thank you Pam, I have a meeting in four minutes.

00:58:34           Catarina:           If we wake up during the night, do some deep breathing and it will help us get back to sleep.

00:58:37           Catarina:           Reacted to "Thank you Pam, I hav..." with ❤️

00:58:59           Becky: My doctor told me not to sleep on my left side because it puts pressure on my heart.

00:59:04           Catarina:           Reacted to "My doctor told me no..." with ❤️

00:59:16           Catarina:           Breathe during the day.

01:00:52           Catarina:           Calm our nervous systems before bed. Add a sleep trigger like sleepy time tea or journaling. A heating pad our feet.

01:01:06           Melinda:           bringing work home

01:01:23           Catarina:           What makes regular bed time hard for me is trying to

“get it all done” before bedtime.

01:01:30 Michelle's iPhone: Need my wind down time

01:01:31 Sally Quinn: Loosing track of time on Sunday nights

01:01:34 Chrissy Anderson: Inconsistent work hours

01:01:35 Catarina: Reacted to "Loosing track of tim..." with 🍷

01:01:37 Catarina: Reacted to "Inconsistent work ho..." with 🍷

01:01:38 Melinda: grading papers or creating lesson plans

01:01:39 Michelle Boyer: My day gets full and its hard to shut down my thoughts...

01:01:40 Melissa W Koller: I've struggled since becoming single. The hatred of sleeping alone created a bad habit that has become hard to break.

01:01:42 Catarina: Reacted to "Need my wind down ti..." with 🍷

01:01:43 Jamie Huntey: Toddler that won't go to sleep, working on him. Lights out at 11, that

01:01:49 Lynn Masters: watching old TV reruns

01:01:50 Lori Post: Trying to do too much before bed.

01:02:04 Krista Kuenning: Responding to the texts from the messages I sent out earlier in the day.

01:02:10 Marlene DeLachica-Hiebert: husband comess home late from work, we do dinner late.

01:02:28 Kathy Wylder: season of life being the wife of a high school coach who comes in late. I've always waited to go to bed when he does.

01:02:37 Florida Robin: Procrastination from not getting enough done during the day

01:02:44 Chrissy Anderson: Is there a reason the burke sits on the counter instead of the fridge?

01:02:51 Catarina: Use a hydrogen bottle for water with water from a BERKEY. Two large charcoal filters. It takes out fluoride, metals and other things that go into the ground.

01:02:55 Catarina: Reacted to "Is there a reason th..." with 🍷

01:02:59 Catarina: Reacted to "husband comess home ..." with 🍷

01:03:02 Catarina: Reacted to "season of life being..." with 🍷

01:03:54 Catarina: People consume the equivalent of a credit card worth of microplastics every month.

01:04:03 Catarina: Short showers.

01:04:20 Catarina: Our DNA does not have to be our Destinies.

01:04:45 Catarina: It is not the way we are, it is the way we have practiced.

01:05:32 Catarina: Gratitude is key for health.

01:05:41 Catarina: Create a fasting window.

01:05:47 Catarina: Lift weights and walk daily.

01:05:53 Catarina: Sleep in a dark room with a low temperature.

01:06:09 Catarina: Prioritize Whole Foods, filtered water and prayer time and community.

01:06:38 Catarina: Comfort never changed anyone's life.

01:07:01 Catarina: What needs to be subtracted that I have been carrying around in my life?

01:07:12 Sally Quinn: Sugar BUZZ!

01:08:00 Catarina: Reacted to "Sugar BUZZ!" with 🍷

01:08:17 Sally Quinn: Scrolling in bed

01:08:23           Catarina:           We cannot sleep deeply when all of our energy is in our digestive system.  
01:08:41           Lynn Masters:       stop being on phone before bedtime  
01:09:03           Yoly:           Getting to sleep at the same time each night  
01:09:23           Michelle's iPhone:       Walk , prioritize protein write 📖  
something I am grateful for  
01:09:38           Michelle's iPhone:       Obsess over progress  
01:09:48           Tracey Chavez:       Pam, thank you for tonight. It was for me! Blinding lights of the obvious. And also...OUCH  
01:09:56           Michelle's iPhone:       Walk  
01:10:08           Lori Post:           Walking every day...  
01:10:19           Yoly:           I'm in recovery mode from surgery so this is the time to get this in motion; tough with one arm in a splint so sleep & eating plan  
01:10:25           Terry Jones:       walk and lift weights  
01:10:27           Catarina:           Three hacks I will do this week for 90 days: 1) Take Magnesium, Vitamin C and Zinc each day. 2) Wake at 5am and take a shower to wake myself up, put on my work out clothes and watch my Mind Movie. 3) Drink 10 glasses of filtered water each day.  
01:10:29           Christina DeRojas:       Walking everyday  
01:10:46           Catarina:           Replying to "Three hacks I will d..."

Oops, I meant 7 days...

01:11:06           Catarina:           Reacted to "Walking everyday" with ❤️  
01:11:11           Catarina:           Reacted to "walk and lift weight..." with ❤️  
01:11:14           Catarina:           Reacted to "Walking every day..." with ❤️  
01:11:16           Catarina:           Reacted to "Walk" with ❤️  
01:11:19           Catarina:           Reacted to "Walk , prioritize pr..." with ❤️  
01:11:22           Catarina:           Reacted to "Obsess over progress" with ❤️  
01:11:26           Catarina:           Reacted to "stop being on phone ..." with ❤️  
01:11:27           Michelle Boyer:       I missed this?  
01:11:36           Catarina:           Reacted to "I missed this?" with ❤️  
01:11:36           Cindy Duplechain:       Yes I want in  
01:11:40           Catarina:           Reacted to "Yes I want in" with ❤️  
01:11:49           Marlene DeLachica-Hiebert:       get up exsersise, no sugar, go to bed 1 hr earlier  
01:11:56           Melinda:           Teaching schedule didn't work with the session time - praying for those getting to participate :)  
01:11:57           Catarina:           Reacted to "I'm in recovery mode..." with ❤️  
01:12:04           Catarina:           Reacted to "Pam, thank you for t..." with ❤️  
01:12:11           Catarina:           Reacted to "get up exsersise, no..." with ❤️  
01:12:11           Lori Post:           ❤️❤️  
01:12:14           Catarina:           Reacted to "Teaching schedule di..." with ❤️  
01:12:17           Catarina:           Reacted to "❤️❤️" with ❤️  
01:12:22           Catarina:           Thank you so very much!!!  
01:12:29           Michelle Boyer:       Thank you for it all!!!!  
01:12:33           Lynn Masters:       so helpful!!  
01:12:37           Catarina:           Reacted to "Thank you for it all..." with ❤️  
01:12:40           Catarina:           Reacted to "so helpful!!" with ❤️  
01:13:16           Kenya Weaver:       I so need to watch this again!  
01:13:18           Melinda:           gratitude stats again please!

01:13:22 Christine: Thank you so much  
01:13:32 Catarina: Reacted to "I so need to watch t..." with ❤️  
01:13:34 Catarina: Reacted to "gratitude stats agai..." with ❤️  
01:13:39 Catarina: Reacted to "Thank you so much" with ❤️  
01:13:57 Catarina: You are right Michelle, you can figure it out if you really want it.  
01:14:18 Melinda: I use to close skin care classes with, "If a woman won't take the time, time will take the woman."  
01:16:31 Carol Tracy: Fill out the 90 day planner tonight and daily. Exercise more, get to bed by 9:00 pm, prioritize protein, I'm looking for a functional medicine doctor in California.  
01:16:55 Catarina: Tonight was AMAZING!!!  
01:16:58 Marlene DeLachica-Hiebert: thank you  
01:16:58 Catarina: Reacted to "Fill out the 90 day ..." with ❤️  
01:16:59 Sally Quinn: Thank you Pam!!  
01:17:01 Catarina: Reacted to "Thank you Pam!!" with ❤️  
01:17:03 Catarina: Reacted to "thank you" with ❤️  
01:17:03 Chrissy Anderson: Thank you!  
01:17:10 Regina McDermott: Thank You Pam!  
01:17:11 Catarina: Reacted to "I use to close skin ..." with ❤️  
01:17:17 Catarina: Replying to "I use to close skin ..."

That is powerful.

01:17:21 Catarina: Reacted to "Thank You Pam!" with ❤️  
01:17:23 Catarina: Reacted to "Thank you!" with ❤️  
01:17:26 Mara Lane: Thank You!  
01:17:29 Kathy Wylder: How energizing this is to my soul for growth!!! Thank you!  
01:17:30 Catarina: Love you too!  
01:17:33 Catarina: Reacted to "How energizing this ..." with ❤️  
01:17:36 Catarina: Reacted to "Thank You!" with ❤️