

THE ROCKSTAR GUIDE TO

DITCHING THE QUARANTINE 15

5 Steps to stay on top of your wellness game even when the world has turned upside down!

BY ANNIEDI ESSIEN

Hello **Rockstar,**

Health has always been personal to me - especially in the moments before I started my wellness journey. I was finally ready to shed what had been weighing me down.

Sometimes life whispers with subtle signs that nudge us to slow down and pay attention. Other times, it comes in the form of a global pandemic that shakes up the entire world and forces us to re-prioritize our health. We can choose to push the snooze button on our wellness goals -or- answer the wake up call to take that first step.

When my career was at an all-time high, my health fell to an all-time low. My hair was falling out by the handful; I was experiencing heart palpitations that kept me up at night, and my on-the-go lifestyle was frequently derailed by severe, excruciating knee pain. One day I caught a glimpse of my reflection in the mirror and realized that I'd lost the sparkle in my eyes.

How ironic that while I was a busy healthcare exec building solutions to save other people's lives, I hadn't

quite yet figured out how to create my own wellness groove. Talk about classic **#bossladyproblems**.

When I got laid off from my corporate executive job, I hit rock bottom and had to figure out how to put the pieces of my life back together and find my swagger. I made big changes to transform my health and finally put my wellness on center stage.

After I lost 50 lbs, I began seriously thinking about the legacy I wanted to leave behind. I embarked on a mission to empower women to put wellness at the center of their work and life so they don't have to sacrifice health for ambition.

Are you ready to ditch the quarantine 15? Here's the top 5 lessons I've learned from my transformation journey. Take these steps to stay on top of your wellness game even when the world has turned upside down.

Get your sparkle on,

Annedi



Have you been waiting for the stars to align perfectly so that you can live your best life?

For years, I kept sleeping on my dreams, waiting for the "right" time to take action on my wellness goals. I finally gained traction when I decided to make a commitment to progress over perfection. I'm so glad I stopped pushing the snooze button on my dreams. Because to me, self-care is more than a resolution. It's a revolution.

You've got this. Even if life has handed you a ton of lemons lately, and you're drowning in a pool of lemonade. Even in the midst of a pandemic. Figuring out how to embrace change is a powerful skill to master during seasons of transition. Transformation allows you to become the author and star of your story.

Start where you are. It can be tempting to allow our dreams to go into hibernation mode. But now is the perfect time to begin planting seeds of victory that will make this your best year yet. Momentum begins with you moving your vision forward, one step at a time.



This is your moment to discover what life looks like when you shed what's been weighing you down. Stuck and not sure where to begin?

Take our 7 Day Reset!

TAKE ACTION

Ditch the excuses, remove the obstacles and honor yourself first.

Make a commitment today to begin your wellness journey. Write on a post-it note, index card or journal...



"I, _____, am a rockstar. It's my time to shine. On <MM/DD/YYYY> I commit to making my wellness a top priority so that I can live my best life now."



Are you done evaluating your self worth by other's standards?

When I first started my weight loss journey, I was obsessed with the scale. At my heaviest, the screen read "ERR" because I had exceeded the maximum weight; I concluded I was the error. I felt like a failure and would beat myself up when the numbers wouldn't budge (hello sodium, hello muscle gain, hello hormones) despite my efforts. I lost focus on what is really important and set off a vicious cycle of chasing the wrong wins and derailing my progress.

Ditch the scale. Focus on the non-scale victories that will continue to motivate you and keep your head in the game. Progress photos and measuring tape are great alternatives. Listen to your body. Are you sleeping better? Have more energy? These are all solid clues that you're on the right track!



You are more than the size of your jeans. Our focus is not a number on the scale, but seeing you **sparkle**.



Even if you've battled with weight since childhood, you have the power to **redefine how you measure your self-worth**. So what does that look like for YOU? Whatever it is, it must be grounded in an unconditional love and acceptance of who you are in this moment- not just who you want to become. In a society that encourages us to hate ourselves and each other, loving yourself today can truly be a revolutionary act.

TAKE ACTION

This is the day you get to redefine how you will measure progress along your wellness journey.

Take a picture of yourself today to embrace this moment. Keep the picture in a safe place along with the updated photos you will capture as you move closer to achieving your goals.



3 FIGURE OUT WHAT YOU'RE REALLY HUNGRY FOR

How do you properly nourish your body when your soul is starving?



Mindless snacking was a major pitfall along my wellness journey, particularly in the absence of a balanced meal. And while a deficiency in required nutrients led to my overeating, other powerful triggers included stressful jobs, shallow relationships and grief from the loss of a loved one. During difficult seasons I often found myself reaching for an empty treat that was seldom satiating, only to be left with a nagging hunger.

Mindful eating is an essential skill to master on the transformation journey. Keep track of your emotions – loneliness, boredom, fatigue, etc. – when you’ve got the munchies to determine what you are really craving and prevent spiritual malnourishment.

Even if you are in a joyless job today, you can begin taking active steps to **identify what feeds your soul**. Getting in touch with what fuels you can energize and motivate you to make better choices that increase fulfillment.

On the path to total health, give yourself space to discern what you really want. Align your actions to your heart’s desires. Only then will you realize your highest self.



3 FIGURE OUT WHAT YOU'RE REALLY HUNGRY FOR

TAKE ACTION

It's time to explore what brings you joy and meaningful purpose.

Write down a list of 3 things you love, 3 things you're good at, 3 things you can get paid for and 3 things the world needs.

Review this list to assess common themes and identify areas where you can align your energy to your values.



Are you overwhelmed with trying to figure out all the answers alone without adequate support on your journey?

Whenever you are leveling up in work, life, or health, it can sometimes feel like a very lonely road. I learned this lesson the hard way when I moved to a new city with few friends and got laid off. As a fiercely independent woman, I had to get comfortable with being vulnerable and asking for help. I struggled to gain my footing, desperately in search of a safe space to find my stride. I found a great source of strength from others who had faced similar seasons in life and grew the most from engaging with those whose perspectives challenged my own. Has social distancing made it harder for you to make meaningful connections during quarantine?

Identify your support systems. Whether you are making bold moves as a boss lady or taking active steps to achieve your health goals, it take a village to transform a life. To create lasting changes that stick you must surround yourself with uplifting people for accountability and positive reinforcement.

If you are struggling to juggle your personal health and professional ambitions, it is essential to **create your own dream team**. Even if you don't have an expansive network. Even if you're an introvert that hates small talk. Whether you are changing the world, changing the game, or changing your lifestyle it's important to find your tribe.



Teamwork makes the dream work. Community is the key to success in achieving lifestyle changes that you can maintain for a lifetime.

TAKE ACTION

Assemble your personal board of directors, starting first with finding an accountability partner.

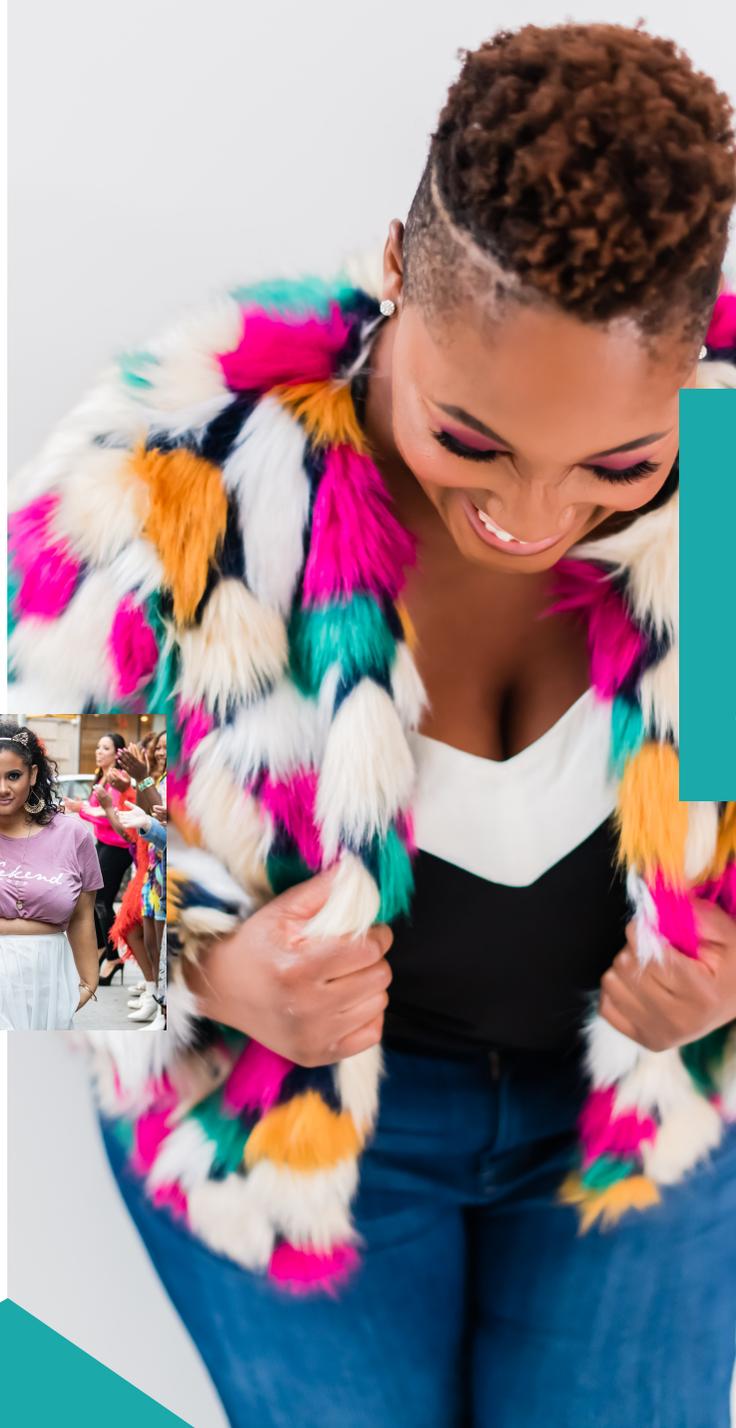
Text a friend today to invite them to support you on your wellness goals.



5 GET YOUR SPARKLE ON

Are you a rockstar at heart and feel like the time is now to put yourself on center stage?

For years, I worked behind the scenes of some of the largest global brands, including Fortune 10 clients, as a busy health executive and rising star. The majority of my closet, however, was basic black as I tried to fit into a box that wasn't built for me. As I progressed in my wellness journey and advanced in my career, I no longer felt the need to dull my shine. I was free to experiment with bold colors and new do's that helped me show up in the world as unapologetically me. I began to see myself in a different light and celebrate my newfound swagger.



Play more. Don't be afraid to color outside the lines. The key to unlocking your highest potential is discovering a signature style that is uniquely authentic to you. Every woman sparkles differently.

Give yourself permission to shine, even on Zoom. What you're wearing should make you feel comfortable in your own skin and give you the confidence to conquer the world. Own the room.

Finding your swagger in work, life and health will empower you to slay your goals while you unleash your inner rockstar. It's your time to shine.

T A K E A C T I O N

Open up this month's calendar. Identify one date you can rock your unique swagger and showcase your shine to the world.

Whether it's an upcoming power meeting or a virtual happy hour, every day brings new opportunities for you to sparkle.





Idem Spark Is Here For *You!*

Idem Spark is here to help you shine on as you level up for total health.

Disclaimer: The views expressed in this article are based on the opinions of the author and are not intended to replace medical advice related to the diagnosis, prevention, treatment or cure of a specific disease or condition. Consult with your doctor before making any health changes.

▶▶ NEXT STEP

[Take the 7 Day Reset](#) where you will receive a guide to jumpstart your transformation journey around the key areas needed to level up for total health. Participants will learn how to find a wellness groove that fits their lifestyle, their swagger and their stride.