

AUTISM TURNAROUND SUCCESS PATH

	PHASE 1: MIND PRIMER	PHASE 2: ROOTS & BODY		PHASE 3: BODY & EATING		PHASE 4: EMOTIONAL HEALING		PHASE 5: SOUL, PASSION & PURPOSE
		Circadian Living	Environment	Healing & Body Type	Intuitive Eating	Inner Child & Self Sabotage	Love & Relating	
PATHWAY	You get clear on your intention/truth/turnaround blockers and tools crucial to tune into the state of healing.	You plug into nature and master the healing tools of electromagnetism, light and the rhythms of the day. Sleep, mood and eating are regulated for health and metabolism.	You optimize the temple (body) for healing and optimize learning behavior by changing the environment that got you sick.	You know and understand you and your child's biotype and get clearer on what to eat and why you haven't seen results before now. You heal old body issues.	You're getting good at intuitively choosing the right food and movement for you and your child. Yo-yos in mood, energy, behavior and appetite are replaced by balance.	You integrate and heal on a deep level to enter the higher levels of consciousness. You let go of the past and the self sabotage.	You build the foundation for healthy, lifelong soulmate love and monogamy. You deepen your relationships and eliminate drama and unconscious conflicts/arguments.	You "complete the healing puzzle". You understand why everything you have been through had a sacred purpose. You find your passion and purpose and learn the art of manifestation.
	<input type="checkbox"/> View lessons <input type="checkbox"/> Download PDFs <input type="checkbox"/> Listen to a zoom call <input type="checkbox"/> Take before pictures (you and child) <input type="checkbox"/> Set intention <input type="checkbox"/> Test stress type	<input type="checkbox"/> View lessons <input type="checkbox"/> Get outdoors and grounding daily <input type="checkbox"/> Journal for 3-4 weeks <input type="checkbox"/> Complete reflection guide <input type="checkbox"/> Meditation is a habit <input type="checkbox"/> Change eating and sleeping window	<input type="checkbox"/> View lessons <input type="checkbox"/> Create a role for each member of the tribe (family) <input type="checkbox"/> Journal for 3-4 weeks <input type="checkbox"/> Complete reflection guide <input type="checkbox"/> Drink enough EZ water every day <input type="checkbox"/> Meditation is a habit	<input type="checkbox"/> View lessons <input type="checkbox"/> Practice the 911 method <input type="checkbox"/> Determine you and your child's metabolic type <input type="checkbox"/> Non-judgement /non-performance body practice <input type="checkbox"/> Understand body's story <input type="checkbox"/> Complete reflection guide	<input type="checkbox"/> View lessons <input type="checkbox"/> Practice intuitive eating <input type="checkbox"/> Perfect your non-judgement and curious approach to body and symptoms <input type="checkbox"/> Practice cake therapy <input type="checkbox"/> Complete reflection guide <input type="checkbox"/> Meditate	<input type="checkbox"/> View lessons <input type="checkbox"/> Go on a date with your inner child <input type="checkbox"/> Use nervous system healing <input type="checkbox"/> Complete the self sabotage exercises and mirror work <input type="checkbox"/> Complete emotional healing audio <input type="checkbox"/> Notice distractions	<input type="checkbox"/> View lessons <input type="checkbox"/> Complete the bullshit exercise <input type="checkbox"/> Live a week in your most feminine energy <input type="checkbox"/> Make love to yourself <input type="checkbox"/> Complete meditation and reflection <input type="checkbox"/> Live from the heart	<input type="checkbox"/> View lessons <input type="checkbox"/> Complete reflections PDF <input type="checkbox"/> Go through your journal and red flags/green flags <input type="checkbox"/> Set a new intention and declare your new purpose <input type="checkbox"/> Take after pics <input type="checkbox"/> Test your level of awareness
ACTIONS								
MILESTONES & CHARACTERISTICS	LEVEL OF AWARENESS, HEALTH & TURNAROUND 1			LEVEL OF AWARENESS, HEALTH & TURNAROUND 2		LEVEL OF AWARENESS, HEALTH & TURNAROUND 3		LEVEL OF AWARENESS, HEALTH & TURNAROUND 4
	You've determined your stress type. You've declared your intentions. You understand addictions and turnaround blockers. You've started meditation practice. You understand red and green flags. You are motivated and excited.	You've determined your eating windows. You're seeing change in sleep, behavior, mood, appetite or symptoms in you and your child. You understand your body/your child's symptoms and how to regulate by adapting to circadian rhythm. You know what to do and become less dependent on outside sources.	You understand the importance of environment and have made changes to your environment. You all feel change. Change in you, your child, your body and the tribe dynamic. Life gets simpler. When you have problems/setbacks you use the journal, red/green flags to find your own solutions.	You know the signs of not eating right for your type (and child's type) and how to adjust. You no longer judge, battle with or fixate on results as relates to your body and your child's symptoms. You heal your body issues and your child changes as well as your body, appetite and symptoms. Cravings and self criticism are gone.	You know how to check any food, supplement, exercise or choice to see if it is good for you and your child. You understand what to do to sharpen your senses if you struggle with intuitive eating. You feel good and begin to see real change. You rely less on the journal because you know more.	You feel safe enough to access old pain and are no longer controlled by self sabotage. You feel mature and strong. You feel good and begin to see real change. You stand by your values and defend them always. You don't care about people's judgment and feel free. Your child changes more.	Conflicts, jealousy, arguments, drama, doubt, neediness and addictions disappear. You know exactly how to transmute conflicts and get the support you need. You become a strong, magnetic partner and wonderful mother. You balance the feminine/masculine to replace stress/control with pleasure/harmony.	Everything falls into place. You understand why everything happened for a reason. You know your purpose/unique gift, how to manifest your dream path, and what's blocking you. Your life, body, relationship and child are turned around. You know how to be a leader and change the lives of others.