

ULTIMATE HEALTH CHALLENGE

NOTES - Day 19

- We have completed all the 7 habits of the Ultimate Health Challenge.



1

Keep a Clean
Body Within

2

Eat Food that's Living,
Wholesome & Plant-based



3

Sleep Like
a Baby



4

Celebrate
Movement

5

Nourish
Relationships



6


Live with a Purpose Worth
Jumping Out of Bed for

7

Live in the Mode
of Surrender



Even though this knowledge is shared with everyone, **not all benefit from it.**

- There are **certain traps** that people often fall into, and that comes in the way of them receiving full benefit of the 7 habits. 
- In today's session, we'll meet **5 types of people who don't succeed** and understand what steps we can take to not fall into those same traps.



① The Extremist



② The Preacher



③ The Snob



④ Excuse Master



⑤ Easily Shakeable

① EXTREMIST ESHA

- We got a glimpse into the life of Extremist Esha who -

~ tries to have dinner exactly by 7pm, **gulping down** her food in a hurry



~ **strictly refuses** to have even a bite of cake brought by her best friend, as it's made using brown sugar

~ **abruptly denies** the barfi prasad offered to her by her mother



- When you become an extremist, you don't only cause stress to yourself but you also **start causing stress to others around you.**
- By becoming a hardliner like Extremist Esha, you end up **losing the joy of the Satvic way of living,** and distance people away from yourself.

How do you avoid being an Extremist?

1

Be disciplined, but also know when to be flexible

- When other family members' genuine emotions are involved, you need to be careful how to practice the lifestyle.
- In the roleplay, we saw that Esha's mother had made milk barfi as a part of the bhog offering.
- To practise her discipline, Esha could have..
 - ~ either been involved & made something that aligned with her food choices
 - OR
 - ~ she could have had a little, knowing fully well that she was making an exception
- Remember, you cannot be happy by making others around you unhappy or uneasy.

- Follow the 7 habits in such a way that they do not cause hurt to your family, friends or loved ones.



2

Create a mental list of negotiables & non-negotiables

NEGOTIABLES

There may be habits which you want to follow but you know that you can't follow them a 100% of the time. Those are your negotiables.

NON-NEGOTIABLES

On the other hand, there may be a few principles that you know you don't want to compromise on, no matter what happens. Those are your non-negotiables.

- Here's an example list -

NEGOTIABLES

1. Having dinner after 7 pm
2. Dropping digital devices after 8 pm

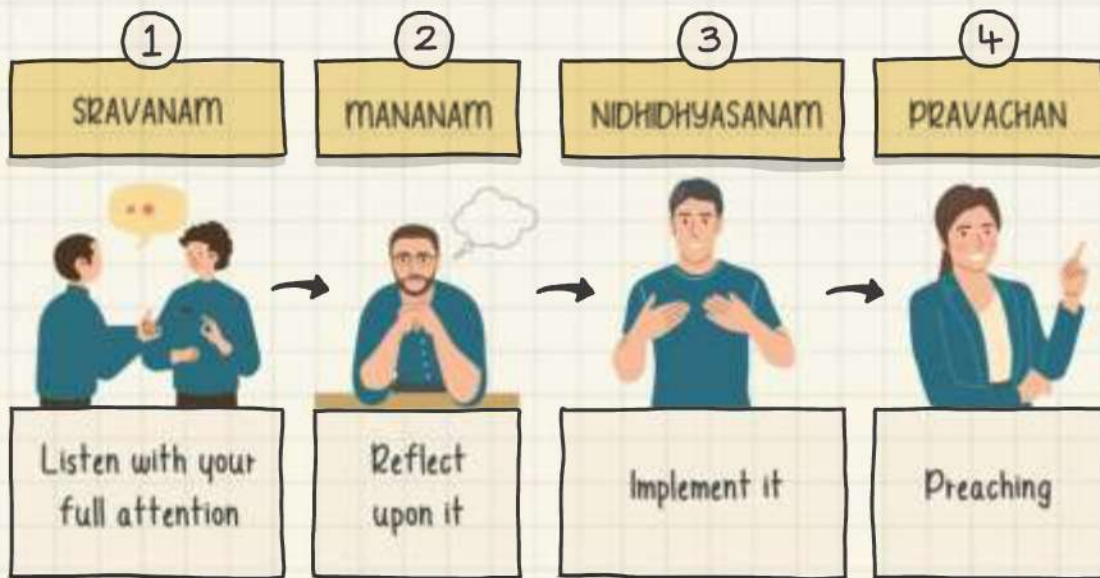
NON-NEGOTIABLES

1. Eating a plant-based diet
2. Practising movement every day

- Being prepared with this mental list in advance will help you make quick decisions whenever such situations come up. This will also allow you to maintain balance while making the switch to a Satvic way of life.

② PINKY THE PREACHER

- Like preacher Pinky aunty in the roleplay, if you start preaching to others or giving advice to others when it's not asked for,
 - ~ you **push people** away
 - ~ you **unsettle them** deep within
- As a result, they start fearing your presence.
- Before we start preaching, we must first do the **first 3 steps**.



How do you avoid being a Preacher?

1

Don't give **unsolicited advice**

- Don't interrupt conversations and tell people what they should and shouldn't do.



- If someone asks you a simple question, don't go into a lecture mode if they haven't asked for it.

2

Be a **role model**, not a judge

1

Don't supply knowledge. **Apply knowledge.**



2

Don't criticise them for their habits. **Live that change yourself, with love & harmony.**



③ SONU THE SNOB

- Each one of us has a tendency to unknowingly look down upon others who are not following what we follow.
- When we receive this knowledge, we develop a subtle ego and start feeling better about ourselves for making healthier choices. That completely defeats the point of following the 7 habits.



How do you avoid being a Snob?

1

Realise that each one is on their own journey

- Remember they are not wrong.
- Even if you think that your family is wrong, you send negative energy to them & in return they send negative energy back to you.

2

Remember till yesterday, you were eating the same food

- Do not criticise anyone, even in your thoughts.
- The right attitude to have is,



I'm doing what's best for me as per what I know

I will allow others to do what is best for them as per what they know

- When we have such an attitude in our heart, we will be able to live these habits with much more peace.

④ EXCUSE MASTER MONTY

- When our conviction level to follow this lifestyle is low, we look for excuses all the time, just like Excuse Master Monty.



How do you avoid being an Excuse Master?

1

Commit to watching 1 Satvic Movement video everyday



Click here & gain knowledge through various videos by Satvic Movement

- When you watch knowledge videos, that knowledge becomes a part of you and hence, your conviction and belief in this way of living increases.
- Thus you can say goodbye to all your excuses.

2

Commit to watching 1 documentary every week

- Watching relevant documentaries or reading books on the topic help us firm up our conviction in the concepts we have learnt in the Ultimate Health Challenge.

5 EASILY SHAKEABLE SHEELA

- As we saw in the roleplay, even after receiving knowledge, Sheela didn't have firm conviction in it.
- So, when anyone from the outside said something to her or made a comment on her choices, she got easily shaken up.
- This would not allow her to be consistent & sustain the habits learnt in the UHC.



How do you avoid becoming Easily Shakeable?

1

Create a goal and a timeline for yourself

- For example - For the next 3 months, live the habits to your best capacity. Don't keep reviewing these habits or their results during this time, no matter what people say. After 3 months, you will know for yourself whether these habits work for you or not. Once you have experiential knowledge, nobody will be able to shake you up.

2

Don't get disturbed by what others around you say

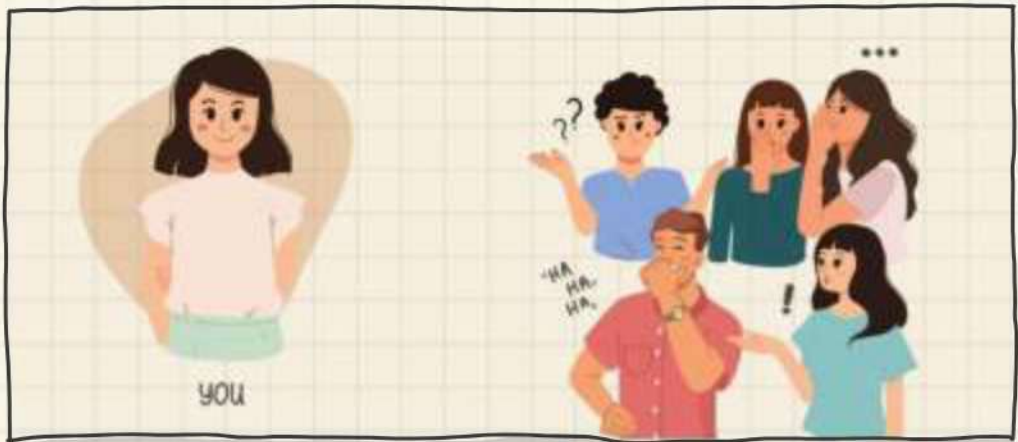
- Once you complete 3-4 months of living the habits -



You will have your own conviction

Your results will speak for themselves

- Till that time period, you remain with yourself. Don't allow others to disturb you.
- Remember, when you start walking on any new path, often people come & try to take you away from your path.

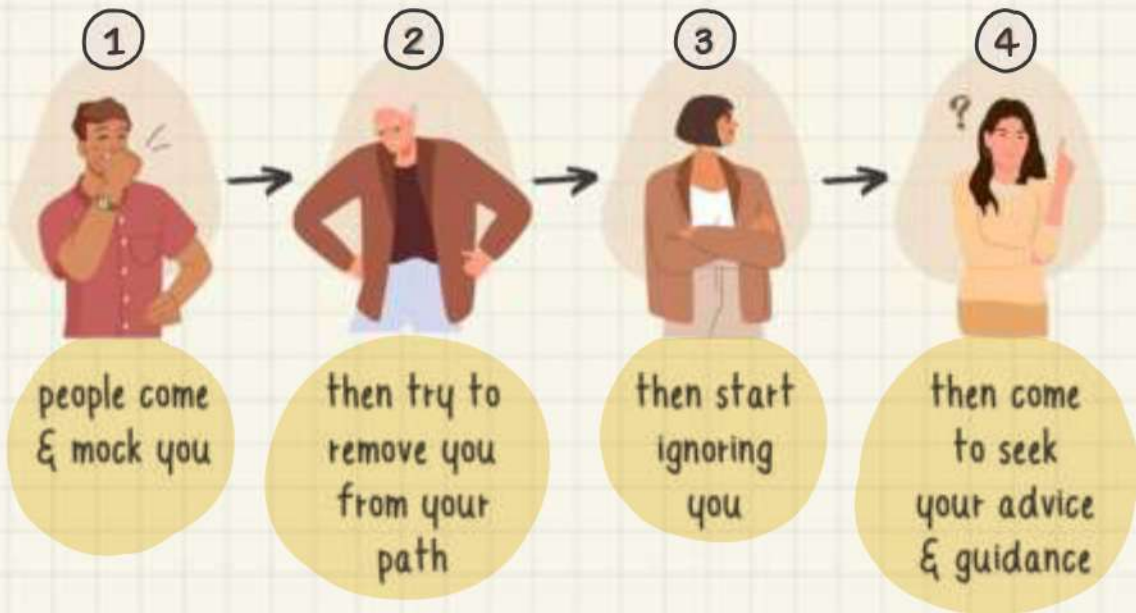


- Remember -



- Don't get **perturbed**.
- **Fully know the answers** to their comments in your own heart.
- Get clarity on all your doubts in the **FAQ section** on the dashboard.

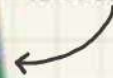
- **4 step cycle** when you start a new path



- The Daily Challenge -

Make a **satvic dessert** and share it with your family or friends

Click here for delicious Satvic dessert recipes



Post a photo or video on the Ultimate Health group.

- Quote of the Day -

Life should not only be lived,
it should be **celebrated**.

So replace the rigidity, judgement &
fear with **compassion, acceptance & joy**.

~ SATVIC MOVEMENT