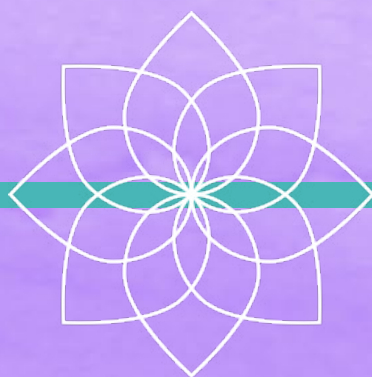
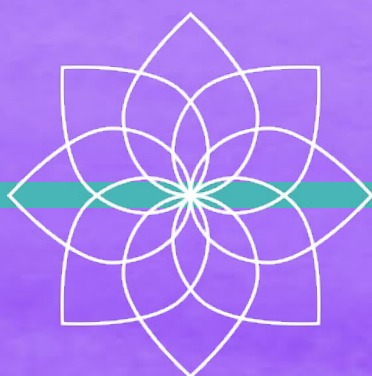




Your step-by-step guide to
creating a joyful, healthy life



www.gorgeouspresence.com.au

Hey there gorgeous,

Are you looking for some inspiration to live a happier and healthier life? Well you have come to the right place!

I know too well the challenges we face as women to be 'perfect' and attract the 'perfect' partner. Having grown up with a lack of confidence in myself, I thought it was 'normal' to be constantly counting calories and fitting in as many long runs as possible to control my weight.

However it doesn't have to be this way! I certainly know better now...

Based on what I have learnt from my own personal health and wellness journey, I wanted to share with you some very simple tips so that you too can live a life full to the brim with **love**, **joy** and a **strong mind and body** that takes you in the direction of your dreams!

I hope you enjoy this eBook that I have created especially for you.

Don't forget to check out the Gorgeous Actions (click on the text to access the links) to help you be your very best self!

Here's to living a Gorgeous Presence!

Amanda xxx

“As we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

– Marianne Williamson

*“Change begins when
we start acting like
the person we want
to become”*

– Lorna Jane Clarkson



Gorgeous Body

1. Move your body every single day

That seems like a lot of exercise, but not if you mix it up and remember that quality over quantity always prevails.

My favourite exercises are high intensity interval training and weights at the gym, combined with Bikram yoga and walking outside. Some days I even dedicate my gym sessions to stretching and foam rolling. With such a variety, it is easy to commit to some form of movement every day.

2. Exercise from a place of love rather than fear

Are you guilty of slogging it out on the treadmill after having a big meal or boozy weekend? This is not fun or sustainable, nor does it do your body any good!

Choose exercises that you ENJOY rather than those that you feel are necessary for weight-loss. Approaching your exercise from a place of love will increase the chances of keeping it up in the long term.

3. Don't be afraid to lift!

Picking up weights at the gym has completely changed body shape, along with my self-confidence. It is a complete myth that women can get bulky from lifting weights. In fact, my weight and shape has shrunk!

Make sure you lift heavy, but keep the reps to at least 8 to 12 so that you still get a cardio workout. Add some burpees for the perfect mix.

4. Squat, squat, squat!

Tight and toned butt, sculpted legs, visible core muscles - need I say more? Squats are the best way to work out the whole body and suitable for all levels.

Start with body weight squats to practice your technique and range of motion, then work up to back and front squats using a bar.

5. Try yoga

There is a yoga practice to suit anyone. It has so many benefits for both the body and mind. Try Bikram if you are adventurous and up for a challenge!



*“Choose love over
fear”*

– Melissa Ambrosini

Gorgeous Actions:



Try this:

Ultimate fat-busting workout by trainer Nardia Norman!



Read this:

Rushing Woman's Syndrome by Dr Libby Weaver



Watch this:

Lorna Jane's YouTube videos

Gorgeous Nourishment

1. Say no to diets and deprivation!

Diets and skipping meals will get you nowhere apart from feeling 'hangry' (angry + hungry).

Approach eating from a place of love and abundance by taking the focus away from what you can't eat. Instead of thinking about what to avoid, start focussing on how you can incorporate MORE nutrient-dense, whole-foods into your meals. You will automatically eat (and crave) LESS processed, chemically-made and sugar-ridden food. Your liver will thank you!

2. Nourishing tips for busy people

:: Always eat breakfast!

My absolute favourite choice is eggs, because they give your body a prolonged source of fuel, which means no need for biscuits at morning tea!

:: Prepare your lunches for the week on Sunday.

Not only do you avoid the temptation of fast food, but you save money too!

It is easy to cook a big batch of minced chicken, beef or kangaroo meat and then combine with steamed vegetables. Or **try a smoothie** with avocado, banana, blueberries and coconut water.

:: Try fermented foods, such as sauerkraut and kombucha.

Fermented foods are great for your digestive health. Learn how to make kombucha at home **here**!

:: Swap processed foods for whole foods where possible.

Try spiralled vegetables instead of pasta. Check out my easy zucchini pasta **here**!

:: You can eat healthy when dining out.

The key is variety. Explore the menus at pubs and local take-outs - you will be surprised at the healthy options available! My favourite is salmon and salad.

:: Try making your own nut "milk".

I love to make my own almond milk using our cold press juicer (you can also use a blender). It is as simple as soaking the nuts overnight, blending them with water and straining through a nut milk bag or cheese cloth.



“If you honestly want to
take care of yourself both
physically and mentally
you need to stop and take
care of the way you feed
yourself first”

- Lorna Jane Clarkson

Gorgeous Actions:



Make this:

My healthy nut bliss balls (see next page)



Read this:

Nourish by Lorna Jane Clarkson



Try this:

Kombucha - get your starter kit from The Whole Daily

Gorgeous Bliss Ball Recipe

When preparing meals and snacks I have two priorities - they must be healthy AND easy to make. With this in mind, I attended a raw food cooking class and was inspired to create my own version of the popular "bliss ball".

My secret recipe is set out below for you to try. There is no cooking required in order to retain the nutrients in the ingredients and save time. Once you are confident with the ingredients, be adventurous and experiment!

Ingredients:

- 1 cup of raw almonds (activated if possible)
- 1 cup of raw nuts of your choice (my favourites are cashews and macadamias)
 - 8 medjool dates - remove seeds and tear into pieces
 - 1/4 cup cacao powder
- 1/4 cup cacao butter - melt by sitting the cup in a bowl of boiled water
 - Spoon of coconut oil or water
- 1/4 cup your choice of dried goji berries or blueberries (or both!)
- Optional: handful of buckinnis, shredded coconut, hemp seeds, maca powder

Equipment:

- Food processor
- Brownie pan lined with baking paper if making into slices
- Glass bowl and ice cream scoop if making into bliss balls



...the perfect snack or brekkie

Method:

1. Add raw nuts to the food processor and process until fine.
2. Add dates, cacao powder and other dry ingredients. Process again until well mixed.
3. Add the melted cacao butter, spoon full of coconut oil or water to the mixture. Process again until the mixture sticks together.
4. If making a slice, spoon and press the mixture into a lined brownie pan and refrigerate/freeze until firm. Cut into pieces and refrigerate until serving.
or
If making bliss balls, place mixture in glass bowl. Use ice cream scoop to shape into balls and roll in shredded coconut. Refrigerate until serving.

These balls/slices contain so many superfoods and can be enjoyed as a snack or a nutritious addition to any meal! You can also freeze any leftovers if you would prefer to eat them over a longer term, however you'll likely consume them quickly!

Let me know what you think xxx



Gorgeous Mind

1. Be completely focussed in everything you do

Anxiety occurs when we forget what we are doing in the moment and get lost in the future of possibly. When your mind is focussed on the present, you won't have the time to create any crazy scenarios and possibilities in your mind that have no resemblance to reality.

Repeat: "I am here, now".

2. Don't listen to your inner ego

The inner ego can be critical, mean and self-righteous. It is a creation of your mind and deserves no attention or credit. Don't be guided by the ego! Instead be proud of your achievements. Celebrate the successes of others without feeling jealous. Learn to accept compliments with graciousness. Treat yourself with kindness and respect.

3. Breathe deeply

Diaphragmatic breathing is the best way to bring our mind and body back to the present. Whether it be through meditation, yoga, or simply taking a moment to focus on our breathing technique while sitting or walking, the practice of breathing is so powerful.

Your mantra: "Just breathe".

4. Try meditation

Like most people, I had a fear of meditation because my mind never switches off! However, a wandering mind is a normal! Meditation trains you to be more present in your day and set positive intentions in life. We should all aim to meditate every single day, even if it is for five minutes on the train ride to work.

5. Get spiritual

Spirituality is a connection to something bigger and there is no right or wrong way! Read more about getting in touch with your spirituality [here](#).

6. Boost your self-confidence

Don't let fear stop you from the amazing things that are waiting for you in your dream life. You have the power to turn your dreams into reality! Read more about how to boost your self-confidence [here](#).

7. Put yourself first

As women we find ourselves in a constant state of stress trying to please others because we simply care so much. However our own health can suffer in the process.

Looking after your own health and wellbeing will give you more energy and enthusiasm to help and inspire others!

“Awareness is the
greatest agent
for change”

- Eckhart Tolle



Gorgeous Actions:



Do this:

Keep a gratitude diary - aim to write in it each day



Read this:

Miracles Now by Gabrielle Bernstein

A New Earth by Eckhart Tolle



Listen to this:

Melissa Ambrosini's guided meditations

Gorgeous Manifesto

💖 For a gorgeous body...

- :: Exercise with LOVE rather than fear.
- :: Choose exercises that make you happy!
- :: Don't be afraid of lifting weights.

💖 Gorgeous nutrition involves...

- :: Eating foods that give your body the energy it needs.
- :: Always eating breakfast, especially protein!
- :: Preparation in advance.
- :: Variety.

💖 To have a gorgeous mind...

- :: Be present in each and every moment.
- :: Practice meditation regularly. Breathe deeply.
- :: Find your own version of spirituality.
- :: Always remember to put yourself first!

“I truly believe we have a choice. We can choose happiness...Once you choose it and equip yourself with the tools to navigate to it, then the serendipity, synchronicity and the people, events and things you attract into your life as a result are beyond anything you could have ever imagined possible”

– Lisa Messenger

Behind Gorgeous Presence

Amanda is on a mission to inspire professional women to be their happiest and healthiest self.

An accountant in the busy corporate world, Amanda knows first-hand the challenges women face to prioritise their wellbeing and she is passionate about changing this mindset.

Amanda proudly admits that she is a Lorna Jane addict and is dedicated to the Move Nourish Believe philosophy. When she's not in the office, Amanda can be found lifting weights in the gym, practising sweaty Bikram Yoga, taking walks by the beach with Cindy the Dalmatian, photographing everything and anything, trying new healthy recipes and dreaming of holidays in Bali. She loves homemade kombucha, almond mylk and a good glass of wine!

Amanda writes at Gorgeous Presence where she shares practical advice inspired from her very own health and wellness journey. Amanda wholeheartedly believes that it is possible for everyone to live their best life.

~

You can connect with Amanda on social media by clicking the buttons on the back page.





Thank you for being here! I would love to hear your feedback and please feel free to share!

Connect with me on social media:



www.gorgeouspresence.com.au

Daily inspo

1. Move Nourish Believe: <http://www.movenourishbelieve.com>
2. The Whole Daily: <http://thewholedaily.com.au>
3. Melissa Ambrosini: <http://melissaambrosini.com>



Notes

This image shows a blank sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. At the bottom center of the page, there is a small, stylized purple heart icon with a black outline.

Notes

