



Welcome to the Jill Novak Yoga Year of YOU Guide.

I am so glad that you are researching further. This guide is meant as a tool to decide whether this course is indeed for you. There are many different ways to invest your time and money out there. I respect that, and want to help you make the right choice. This year is a transformational journey. You purposefully design your life. One small step at a time, you create connection to your innate wisdom and re-pattern old stories. As you clean your lenses, a clearer vision for your future becomes apparent.

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What is the Year of YOU?

An Online Habit Evolution Course

Let's put that into layman's terms. The Year of YOU is a course that helps you examine your daily patterns and switch out your default behavior to more purposeful, helpful alternatives. We make small changes and allow each one to anchor. As we find the support, and the rewards of these practices start to flourish, we will notice the side benefits of our expanded awareness. We are clearer on who we are, what we want, and how to navigate relationships. We learn to respect our own boundaries and are clear on our intrinsic unique value.

10 Ayurvedic Habits

We take the 10 biggest bang for your buck Ayurvedic Habits and we dial them in. Over the course of a year we study each habit 4 times.

Each quarter we allow the knowledge to integrate to a new level.

Q1 - Learn It

Q2 - Work It

Q3 - Live it

Q4 - Be it

Coincidentally, we study each habit in each of the 4 seasons. This allows us to see what adjustments we need to make to support ourselves differently as the influences of the seasons are taken into consideration.

(Actually this is not coincidental at all. This is purposeful and by design. Ayurveda tells us that the two things that affect us most are our unique constitutions and the seasons. Here, just west of the Rocky Mountains in Southern Alberta, we get a long winter and short summer. This has a huge impact on us and we need to understand that. It will go a long way to help us modify daily routines and to acknowledge what we are facing outside our door).



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HABITS HEAL

EAT EARLY & CLOSE YOUR KITCHEN

Give your digestion the night off and let the cleaners get in there and do some good work.

SET UP A DREAMY EVENING ROUTINE

Give sleep the respect it deserves. It is your #1 supporter of vibrant health.

START THE DAY RIGHT

How do you kick start your day for maximum greatness? If you haven't pooped, you should.

GET BREATH INTO YOUR BODY

Breathing well is the secret cure for everything. Move, breathe, infuse your cells with this life force.

EAT MORE PLANTS

I didn't say only plants, I said more plants. Just eat more plants. That easy.

OIL UP YOUR SKIN

If you can't eat it, your skin can't digest it. Learn the sweet habit of self-massage and mixing delicious luxurious oils.

QUIET TIME

Meditation, Silence, Stillness. Truly the antidote to our busy lives. Get comfortable with hanging out with yourself.

HEALTHY EATING

Meals. Don't get all fancy unless you love the art of cooking. Healthy food can be streamlined, fast and easy.

PAMPER YOUR SENSES

Your eyes, ears, nose, taste, touch senses are such a source of pleasure in this world. Keep them happy and vital.

SIT BACK AND ENJOY

Why are you here? To do big things. To live big and love big. To experience life with ease and absolute pleasure. Here's to your Vibrant Life!!

Habit Psychology

If the truth be told the Habits are the easy part. They are simple, free, life-hacks that you see splashed across the front of wellness magazines and bursting from business best sellers. Acknowledging that meditation and productivity are a winning combination. Most of the “5 Best Tips for” articles are stolen from the well worn philosophies of Ayurveda and Yoga. It is astounding to me how they are being repackaged everywhere we look. Access to



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information is not the problem.

The problem is our mindset. Our current beliefs. Our daily patterns. These are the obstacles, the human experience that make this dream lifestyle so hard to attain.

The Year of YOU breaks this up. We take a new approach, taking time to understand WHY we get in our own way, and how we resist change. Only then can we move forward with greater awareness.

This is key to our success.

Kaizen

If you are ready to totally let go of the “No Pain No Gain” mentality, then I have a little secret for you - there is an easier way. The usual approach to change is to muscle through, relying on willpower to push you forward. You succeed as long as your willpower holds. You crash as soon as it doesn't. I call this rollercoaster the [Exhaustion Loop](#). There is a much easier way to create sustainable lasting change in life. The principle is that of Kaizen.

Small incremental change is the key. If this interests you I have written more and can share my video with you. Check out [“The Principles of Kaizen”](#)

Course Outline

This is what a normal week looks like around here.

Habit Email:

I send you a weekly email detailing a key principle of our focus habit for the week. The course includes habit videos, links, tools and journal questions that can support your implementation of the habit..

Live Call:

We have a live Zoom call. At least 44 weeks of the year we share. (Even when I am on vacation, I create time to log in with you, because we are ALWAYS too busy getting ready for, or recovering from something). This call is our time to anchor, and reminds us to just be present in whatever busyness is happening around us.

Course Hub:

You will get a Member Login to the Year of YOU course hub, where you will find a

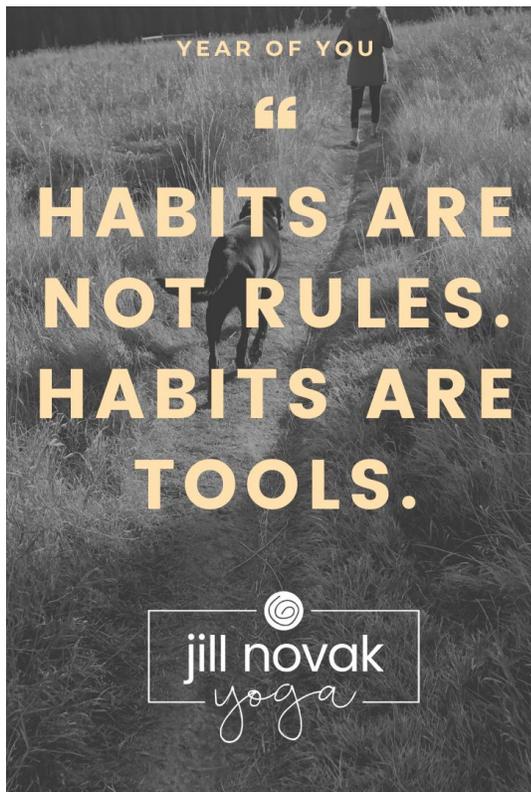


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library of support for each habit. Habit videos, a workbook and inquiry questions help you design your small steps.

Facebook Group:

Our Year of YOU private facebook group is where we connect. I post weekly recipes and links to articles that highlight our reasons for change. We banter, hold each other accountable, share insights, reach out, and confess our setbacks. There is a shared language in this gang, a deeper understanding of Ayurvedic principles and the tools we can access. Everyone brings their wisdom to the table.



Your Commitment

As a member of this group there are some expectations:

- Learning the process and engaging in the lessons
- Showing up authentically, with a willingness to improve your health
- Maintaining a positive, safe space for yourself and your co-members to learn, grow, and engage in healthier habits for body, mind and spirit
- Learning the process of identity evolution and understanding that you are the architect of your future self.
- Completing weekly exercises as required by the group. Investing the time into this program necessary for the outcomes that you want.
- Using your 1-1 Sessions with me.

I believe in creating Dynamic Groups. I know how to create the structures that make evolution possible. Through my Yogi Bookclub, Teacher Training Program, and Yoga Classes I create safe spaces for change to happen. This group is the flagship model for that. We follow the [Ground Rules for Dynamic Groups](#) developed by my teacher Cate Stillman.



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Identity Evolution

The Year of YOU is about finding clarity around who you want to be next, and allowing that person to show up in the world; real, vulnerable, and standing strong.

Identity Evolution

If we are clear about who we are becoming we have more ability to make the necessary small changes.

Let's use the following exercise to immerse in the possibilities of what we can be...

I am the kind of person who..

I feel.....

I want....

I understand...

I am best when....

The habits that support this for me...

I am derailed by

Others see me as.....



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FAQ’s

Q: What if I can’t make the Zoom calls Live?

A: Live is best. I will tell you that. Often the best tip you hear each week comes from one of your counterparts in the course. But if you can’t show up for some reason, (you know life stuff) know that all calls are recorded. You can listen later while you fold laundry or walk the dog (more life stuff). Showing up is highly recommended and it will enhance your ability to get results.

Q: What will I get out of the experience?

A: You can expect to experience huge Ah-Ha moments. You can expect to have a personal breakthrough or two, or 10. You can expect to look back a year from now and know to your core what self care really means. You will know how it makes you a better person, and how everyone around you benefits too. You will have a toolkit of skills that you know can help you perform better, create focus and clarity, allow ease and flow. You will recognize your “yellow lights” that warn about your break from health, and you will be able to self correct them with small behavioral changes. You will be in charge of your health, your stress levels, and the direction of your life. You will be in the Driver’s Seat.

Q: Is there a payment plan?

A: If you need to negotiate a plan that works for you I am all in. I care about sharing this information. It changes lives. To date no one has backed out of paying me. I trust the people I work with and I want to give the best to them.

Q: What is the refund policy if I want out?

A: I get that life changes. My deal is that if you can prove to me that this just doesn’t work for you, then you can have a full refund. But you need to give it at least 30 days and be able to show me that you did the work. If you quit because it is hard and you don’t really want to do the work, well you are out of luck. I screen people who come to this course and we ensure that you are a good fit. The Year of YOU will demand that you make changes, get unstuck, and create a new path forward. If you are quitting, if you are “giving up” on yourself, sorry, I am keeping your money. I will not participate in your self sabotage. (Hmm that is another great topic, Ayurveda shares [3 Ways that We Self Sabotage](#)).



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Getting to Know Yourself

For the Year of YOU to work, you need to understand a few things about yourself. We want you to get acquainted with your most noticeable personality traits, and your physical and mental constitution. We want to increase your awareness so you know where your skill level is high and where you have gaps. Yoga calls these gaps Adikara.

"The Sanskrit word Adikara means right to know or right to have. This word challenges us to the reality that if we want something, then we better grow the competency required to have it. We can dream and wish all we want, but we only get what we have the competency to have and to keep. Anything else is stealing."

—Deborah Adele, The Yamas and Niyamas.

Awareness is the greatest agent of change they say (well, Eckhart Tolle said it first).

So let's dig in, see our skill sets clearly and understand how we can capitalize on the stuff that is just innate wisdom for us:

- Do a quick online Ayurvedic [Constitution Quiz](#)
- Take the Year of YOU [“Self Assessment”](#) and see if this aligns with your needs.
- Book an [Ayurveda Consultation](#) with me and let's dig in deeper. (Cost will be applied toward the Year of YOU should you choose to register)
- [Schedule a call](#) with me to just talk it out.

Once you've figured out your starting point we get to design your plan. Week by week, tiny step by tiny step, we will navigate through the right course of action that leads you toward your deeper life purpose or Dharma..



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The Year of YOU Mission

This is my mission. To help people live their Dharma. Making the most out of this amazing life we have been given.

I believe that the universe chooses who comes.

My purpose is to be as clear as possible about what this year is about. I want to create the best probability to encourage the right people to participate. We have had singles, young parents, new empty nesters, seniors. 9-5er’s, entrepreneurs, men, women and retirees. This is for everyone who is willing to truly commit and invest in themselves.

If there is anything else that I have failed to cover, just shoot me an email. We are entering our 3rd year of working these habits. Some people have chosen to stay with me since day one. I learn more every cycle and we evolve more every time.

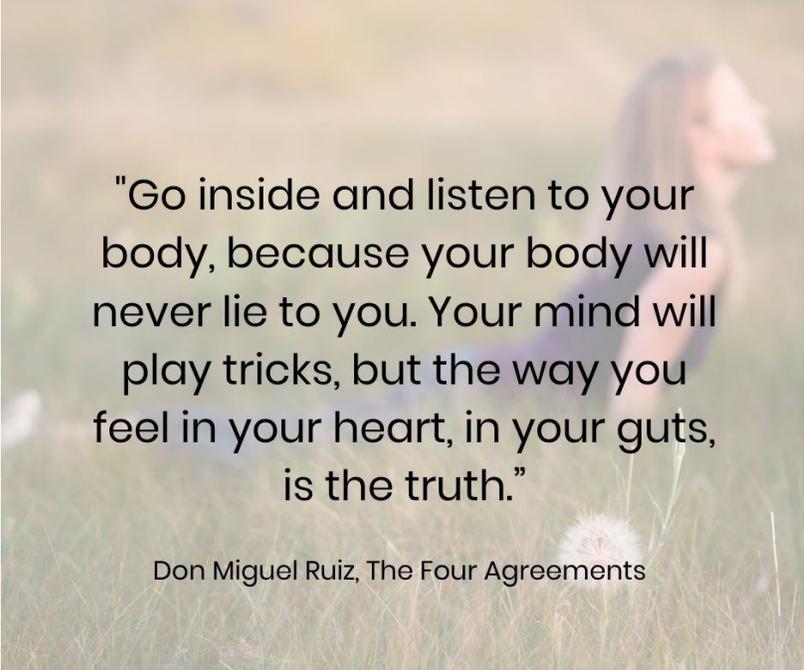
I look forward to meeting who the universe assembles this year.

Love,
Jill

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A photograph of a woman with long hair, seen from the side, standing in a field of tall grass. The image is slightly blurred, creating a soft, ethereal atmosphere. A quote is overlaid on the center of the image.

"Go inside and listen to your body, because your body will never lie to you. Your mind will play tricks, but the way you feel in your heart, in your guts, is the truth."

Don Miguel Ruiz, The Four Agreements

