

radiate

WITH
LAINA CALTAGIRONE

radiate

"Everywhere you go and everyone you meet,
is affected by the energy you radiate."

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START HERE

Hi!

Thanks so much for being on this journey with me! I can't wait to see the transformation and elevation that occurs over these 30 days together. This is the EXACT plan I'm using to help me feel my best mind, body and soul. Please read through this booklet as well as listen to the 5 minute audio below from me about how this works! We're about to become our most RADIANT self!

GET [AUDIO HERE](#)

Love,
L

DAILY SCHEDULE

AMM

am

hydration
beauty
mindset
movement
breakfast
supplements

DAY

day

hydration
lunch
supplements
meditation
circulate

PMM

pm

hydration
dinner
beauty
mindset
supplement

AM



- Hydration: drink 1 x-large bottle water
- Beauty ritual: face, nails, body
- Mindset: deep breathing + morning practice
- Movement: movement of the day
- Breakfast: eat a healthy and nutritious breakfast
- Supplements: multi, probiotic

MORNING BEAUTY RITUAL

Do this with presence + intention

- Face: cleanse, serums (vit c), massage, moisturize, SPF
- Nails: cuticle oil, lotion, SPF
- Body: moisturize
- Hair: scalp massage

MORNING MINDSET PRACTICE

Reflect on or write down answers

- I'm excited about...
- I'm grateful for...
- Something I love about me...
- My intention for today and how I want to feel...
- Affirmation...

MOVEMENT SCHEDULE

- M: full body
- T: booty
- W: long walk + rest
- TH: arms + abs
- F: long walk + rest
- SA: booty
- SU: yoga + stretch

DAY

DAY

day

—

- Hydration: drink 1 x-large bottle water
- Lunch: eat a healthy and nutritious lunch
- Meditation: 7 mins chill + relax (choose a song from [this playlist](#))
- Circulate: cold shower, body-brush, or elevate legs
- Supplements: greens powder, collagen

PM



- Hydration: drink 1 x-large bottle water
- Dinner: eat a healthy and nutritious dinner
- Beauty ritual: face, nails, body
- Mindset: deep breathing + evening practice
- Supplements: magnesium

EVENING BEAUTY RITUAL

Do this with presence + intention

- Face: cleanse, serums (retinol), moisturize (exfoliate 1-2x week)
- Nails: cuticle oil, lotion
- Body: moisturize
- Hair: scalp massage

EVENING MINDSET PRACTICE

Reflect on or write down answers

- Best moment of today...
- Something I'm proud of myself for...
- My intention for tomm / how I want to feel...

WKND SCHEDULE

WKND
wknd

- Weekend Beauty Ritual
- Self Growth Moment

WEEKEND BEAUTY RITUAL

Do this with presence + intention

- Face: cleanse, exfoliate, mask + hydrate
- Nails: exfoliate + hydrate
- Body: exfoliate, steam, + hydrate
- Hair: mask (30+ minutes)
- Teeth: whitening treatment

SELF GROWTH MOMENT

Explanations on next page4

- Week 1: 11.11 intentions
- Week 2: List of positive aspects
- Week 3: Date yourself
- Week 4: Treat yourself
- Week 5: Love letter

WEEKLY SELF GROWTH MOMENT

01
one

11.11 intentions.

write down your intentions for yourself. at the end of these 30 days, how do you want to feel - inside and out? describe your energy, qualities, and characteristics.

02
two

list of positive aspects.

write down everything you love about yourself- all your best qualities, skills, traits, quirks, the things that make you YOU. once you write it, reflect on it - let it hit for you and sink in how amazing you are.

03
three

date yourself.

spend some quality time with yourself and do something solo you enjoy. go for a walk with music, have a glass of wine, take yourself out to eat, cook yourself a beautiful meal.

WEEKLY SELF GROWTH MOMENT

04
four

—
treat yourself.

get yourself a gift today - it can be big or small, simple or extravagant - flowers or a fendi.

05
five

—
love letter.

write yourself a hand-written love letter from the Universe. What would God/Universe say to you right now if it could write you just this one letter?

SHOPPING LIST

HIGH FREQUENCY, GLOW-INDUCING

Groceries:

- Fruits: berries, apples, kiwi, grapes, peaches, lemons, ginger, pomegranate seeds, frozen fruit (berries, bananas, peaches)
- Veggies: onions, carrots, celery, cucumbers, beets, broccoli, spinach, lettuce, tomatoes, mushrooms
- Seeds: pumpkin seeds, flax, chia
- Nuts: walnuts, pine nuts, pistachios
- Beans: lentils, black beans, garbanzo beans
- Grains: brown/wild rice, quinoa, 7 grain bread
- Misc: dark chocolate, PB, cacao powder, hummus
- Protein: salmon, ground turkey, chicken, eggs, tuna, sliced Turkey
- Herbs: bay leaves, cumin, fresh parsley, fresh cilantro
- Dairy: greek yogurt, plant butter

Supplements

- Probiotic
- Greens powder
- Collagen
- Magnesium
- Multivitamin

Drinks:

- Green tea
- Turmeric tea
- Peppermint / other tea
- Ginger tea
- Nut milks (clean)
- Coconut water

Beauty:

- Face wash
- Eye cream
- Vitamin C
- Retinol
- Scrub / Exfoliant
- Moisturizer
- SPF
- Face Masks
- Hair Mask
- Dry Brush
- Body Oil
- Teeth Whitener

Home:

- Big water bottle
- Journal
- Headphones
- Palo Santa
- Essential Oils for calming

radiante

"Beauty is not in the face;
beauty is a light in the heart."

- Kahlil Gibran