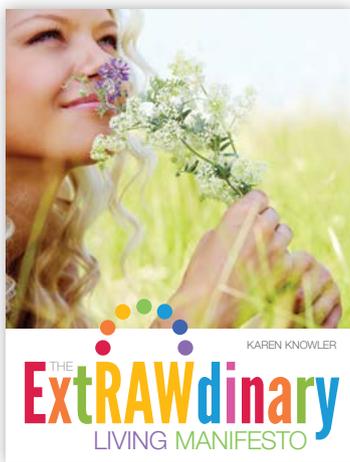




KAREN KNOWLER

THE
ExtRAWdinary
LIVING MANIFESTO



THE EXTRAWDINARY LIVING MANIFESTO

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Welcome

... to **The ExtRAWdinary Living Manifesto**, your one-stop guide to assisting you to get clear on what matters most to you in all areas of your life.

Today I have a question for you, and it's a juicy one!

How extRAWdinary do YOU desire to be?

Don't rush to answer this question just yet!

This is the question I'll be asking you again at the end of this manifesto.

For now, so that you are in a position to answer this question, it's time to dive deeper into the concept of being extRAWdinary ... What is it? What does it look like? What level of extRAWdinary are you ready for? Why is being extRAWdinary important? Indeed, *is* it important?

All shall be revealed in the pages that follow!

And finally, as for the know-how. As I unveil each of the extRAWdinary dimensions to you for your consideration, I'll also be sharing with you some simple but profound ideas for how to bring more extRAWdinary-ness into every aspect of your life via a series of life-changing questions, so that you can start your extRAWdinary journey right away.

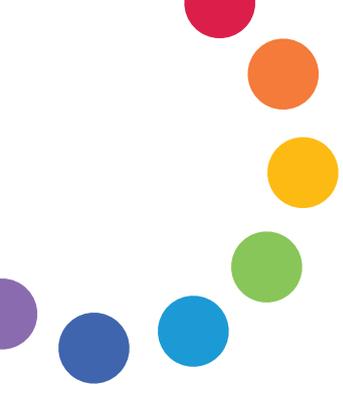
With that said, I invite you to turn the page and dive in to the fullness and juiciness of *The ExtRAWdinary Living Manifesto* so that you can find out what it's all about for yourself.

Enjoy!



Karen Knowler
The World's #1 Raw Food Coach





What is ExtRAWdinary?

Official definition: ExtRAWdinary is a way of being in the world that is driven by a positive consciousness, the sincere and unwavering desire and pursuit of growth, and a path that is created and fuelled to ever increasing and extraordinary heights by a diet that comprises of 70%–100% clean plant-based raw and living foods.

What does being ExtRAWdinary look like?

There are many different ways that you can be extRAWdinary in your life, and the diagram on the following page illustrates **The 7 Dimensions of ExtRAWdinary Living**.

There are no rules as to where you *start* in the extRAWdinary living universe, however, experience shows that when you start from the inside (with YOU) and allow things to organically filter out, your personal definition and experience of what it means to be extRAWdinary will automatically change *as you change*. This means that the life you once aspired to before you went raw (or more raw), may no longer hold its sparkle. The dreams that you once held dear may now fail to ignite your inner fire and you simply don't desire them. The legacy you once thought you might leave may become just a pale reflection of what you KNOW you can and *will* leave.

The reality is that by cleaning up your diet to an extRAWdinary degree, **the more extRAWdinary your life can and will become.**

Why?

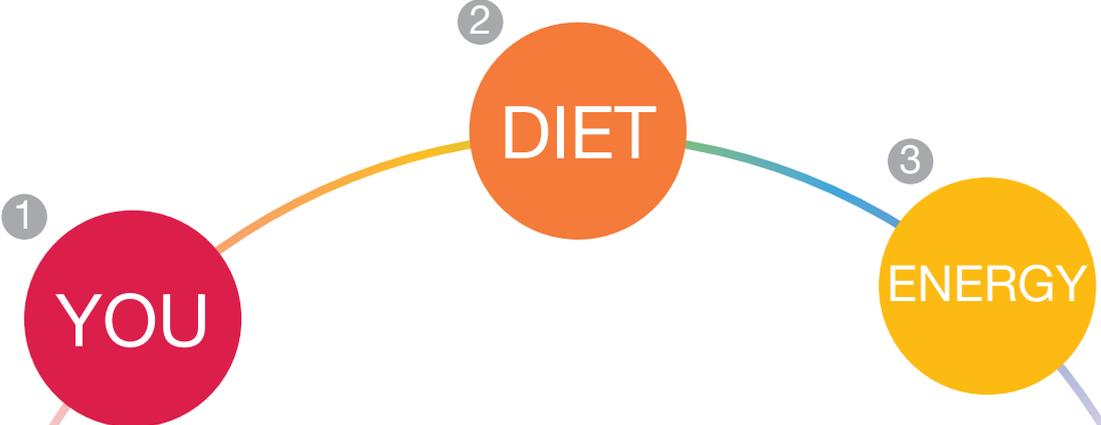
Because by putting top quality fuel into your body on a consistent daily basis (the less exceptions the better, because these undermine you and dilute or smother your extRAWdinary potential), you automatically put yourself on course to become the healthiest, most radiant, alive, centred, compassionate, balanced, harmonious, clear minded and spiritually connected version of you possible.

And as this process naturally unfolds, you will detoxify physically, emotionally, mentally and spiritually to a point where you redefine not just what “food” means for you, but moreover, and much more powerfully, what LIFE means to you and exactly how you want and plan to live it.

In short, by eating mostly or all raw food – specifically because raw food has the most energy, life-force, power and nutrition of any foods on the planet – you automatically put yourself into the extRAWdinary living universe. And, once you're there, it's time to start getting conscious – or you might just find yourself getting lost and confused up there and not knowing what to do or where to go with it!

With this said, it's time to welcome you now to the extRAWdinary questions that absolutely have the power to change your life.

Are you ready?



THE 7 DIMENSIONS OF

ExtRAWdinary

LIVING





DIMENSION 1

ExtRAWdinary YOU

Definition: Living as your most extRAWdinary Self – in essence living from your highest place of brilliance and truth, and in full alignment with your values.

3 extRAWdinary YOU alignment exercises to help your journey get started:

- 1 List out your top 5 values.** Refer to the next page for a values list that will give you examples from which to draw. Circle all of those that resonate with you and then whittle them down to your top five. These are the values that, when you live by them, will enable you to create an extRAWdinary life.

List your top 5 values here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Values List

Abundance | Acceptance | Accessibility | Accomplishment | Accountability | Accuracy | Achievement
Acknowledgement | Activeness | Adaptability | Adoration | Adroitness | Advancement | Adventure | Affection
Affluence | Aggressiveness | Agility | Alertness | Altruism | Amazement | Ambition | Amusement | Anticipation
Appreciation | Approachability | Approval | Art | Articulation | Artistry | Assertiveness | Assurance | Attentiveness
Attractiveness | Audacity | Availability | Awareness | Awe | Balance | Beauty | Being the best | Belonging
Benevolence | Bliss | Boldness | Bravery | Brilliance | Buoyancy | Calmness | Camaraderie | Candor | Capability
Care | Carefulness | Celebrity | Certainty | Challenge | Change | Charity | Charm | Chastity | Cheerfulness
Clarity | Cleanliness | Clear-mindedness | Cleverness | Closeness | Comfort | Commitment | Community
Compassion | Competence | Competition | Completion | Composure | Concentration | Confidence | Conformity
Congruency | Connection | Consciousness | Conservation | Consistency | Contentment | Continuity | Contribution
Control | Conviction | Conviviality | Coolness | Cooperation | Cordiality | Correctness | Country | Courage
Courtesy | Craftiness | Creativity | Credibility | Cunning | Curiosity | Daring | Decisiveness | Decorum | Deference
Delight | Dependability | Depth | Desire | Determination | Devotion | Devoutness | Dexterity | Dignity | Diligence
Direction | Directness | Discipline | Discovery | Discretion | Diversity | Dominance | Dreaming | Drive | Duty
Dynamism | Eagerness | Ease | Economy | Ecstasy | Education | Effectiveness | Efficiency | Elation | Elegance
Empathy | Encouragement | Endurance | Energy | Enjoyment | Entertainment | Enthusiasm | Environmentalism
Ethics | Euphoria | Excellence | Excitement | Exhilaration | Expectancy | Expediency | Experience | Expertise
Exploration | Expressiveness | Extravagance | Extroversion | Exuberance | Fairness | Faith | Fame | Family
Fascination | Fashion | Fearlessness | Ferocity | Fidelity | Fierceness | Financial independence | Firmness | Fitness
Flexibility | Flow | Fluency | Focus | Fortitude | Frankness | Freedom | Friendliness | Friendship | Frugality | Fun
Gallantry | Generosity | Gentility | Giving | Grace | Gratitude | Gregariousness | Growth | Guidance | Happiness
Harmony | Health | Heart | Helpfulness | Heroism | Holiness | Honesty | Honour | Hopefulness | Hospitality
Humility | Humour | Hygiene | Imagination | Impact | Impartiality | Independence | Individuality | Industry
Influence | Ingenuity | Inquisitiveness | Insightfulness | Inspiration | Integrity | Intellect | Intelligence | Intensity
Intimacy | Intrepidness | Introspection | Introversion | Intuition | Intuitiveness | Inventiveness | Investing | Involvement
Joy | Judiciousness | Justice | Keenness | Kindness | Knowledge | Leadership | Learning | Liberation | Liberty
Lightness | Liveliness | Logic | Longevity | Love | Loyalty | Majesty | Making a difference | Marriage | Mastery
Maturity | Meaning | Meekness | Mellowness | Meticulousness | Mindfulness | Modesty | Motivation
Mysteriousness | Nature | Neatness | Nerve | Non-conformity | Obedience | Open-mindedness | Openness
Optimism | Order | Organization | Originality | Outdoors | Outlandishness | Outrageousness | Partnership
Patience | Passion | Peace | Perceptiveness | Perfection | Perkinsness | Perseverance | Persistence
Persuasiveness | Philanthropy | Piety | Playfulness | Pleasantness | Pleasure | Poise | Polish | Popularity
Potency | Power | Practicality | Pragmatism | Precision | Preparedness | Presence | Pride | Privacy | Proactivity
Professionalism | Prosperity | Prudence | Punctuality | Purity | Rationality | Realism | Reason | Reasonableness
Recognition | Recreation | Refinement | Reflection | Relaxation | Reliability | Relief | Religiousness | Reputation
Resilience | Resolution | Resolve | Resourcefulness | Respect | Responsibility | Rest | Restraint | Reverence
Richness | Rigor | Sacredness | Sacrifice | Sagacity | Saintliness | Sanguinity | Satisfaction | Science | Security
Self-control | Selflessness | Self-reliance | Self-respect | Sensitivity | Sensuality | Serenity | Service | Sexiness
Sexuality | Sharing | Shrewdness | Significance | Silence | Silliness | Simplicity | Sincerity | Skilfulness | Solidarity
Solitude | Sophistication | Soundness | Speed | Spirit | Spirituality | Spontaneity | Spunk | Stability | Status
Stealth | Stillness | Strength | Structure | Success | Support | Supremacy | Surprise | Sympathy | Synergy
Teaching | Teamwork | Temperance | Thankfulness | Thoroughness | Thoughtfulness | Thrift | Tidiness
Timeliness | Traditionalism | Tranquillity | Transcendence | Trust | Trustworthiness | Truth | Understanding
Unflappability | Uniqueness | Unity | Usefulness | Utility | Valour | Variety | Victory | Vigour | Virtue | Vision
Vitality | Vivacity | Volunteering | Warm-heartedness | Warmth | Watchfulness | Wealth | Wilfulness | Willingness
Winning | Wisdom | Wittiness | Wonder | Worthiness | Youthfulness | Zeal | Zest



2 List 10 things that always, without fail, make you happy. These can be activities, things, people, places, experiences, memories, anything. Next to each item, write why you think it makes you happy. To get to the gold of this exercise, really dig deep to find the value at the core of each thing. For example, if you were to write: “Spending time with my partner”, what would be at the core of that? My guess is love or companionship or intimacy or connection. The correct answer is whatever is true for you. These are the things that, when you consciously bring them into your life on a daily or more-regular-than-you-think-they-should-be basis, will enable you to live and enjoy an extRAWdinary life.

List the 10 things that always make you happy, together with the core value of each one here:

What makes me happy	Underlying value
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____
6 _____	_____
7 _____	_____
8 _____	_____
9 _____	_____
10 _____	_____





3 List 7 things that you know make you different and/or special. Yes, it's time to cast your modesty aside! This list may or may not come easily to you. It's not always easy to see our own brilliance. If this is the case, ask those near and dear to you for their input, those people who you know see things in you that you simply don't see. To give you a tip here, think of things that have always come easily or naturally to you, that most other people do not find as easy or natural as you do. These are the qualities or talents that, when you integrate them more significantly and powerfully into your life, will enable you to shine everyday (and love it!) while creating an extRAWdinary life.

List the 7 qualities or talents that make you different/special here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____





DIMENSION 2

ExtRAWdinary DIET

Definition: An extRAWdinary diet is one that is by default high in raw and living plant foods, and one that supports you in reaching your full potential as a human being.

3 extRAWdinary DIET alignment exercises to help your journey get started:

- 1 List out the foods that you know really work for you.** These can be both raw foods and cooked foods – whatever is true for you. How do you know what works for you? After eating these foods you feel stronger, more balanced, more connected, more alive. These are the foods that, when you create your menu and meal plans from them, and only them, will enable you to create an extRAWdinary diet for yourself.

List the foods that you know really work for you here:





2 List 3 eating habits that you know really support you. Specifically, we're talking about things like the best times of day for you to eat, portion size, number of meals – that kind of thing. It can be all too easy to fall into the three meals per day routine, but is that what really works best for you? If you don't know yet, it's time to find out! For now, note what you do know below. When you do know, this is the kind of information that, when you live by it every day of your life, will enable you to enjoy an extRAWdinary diet and create extRAWdinary energy to live your extRAWdinary life.

List your 3 most supportive eating habits here:

- 1 _____
- 2 _____
- 3 _____

3 List 3-5 specific dietary shifts that you know will take you to the next level. Whether you are brand new to raw foods or a raw food expert, there is always a next level. Your next level lives outside of your current comfort zone and is going to take to a new level of extRAWdinary-ness in every aspect of your life. You will have a feeling for what that might look or feel like, and you will also have some idea as to what will take you there. Whether it's a specific food, recipe, way of eating, vision for yourself or belief, these are the things that, when you bring them into your world, will enable you to move to the next level in your diet and create even more of an extRAWdinary life.

List your 3-5 dietary shifts here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____





DIMENSION 3

ExtRAWdinary ENERGY

Definition: ExtRAWdinary energy is what courses through your body, heart, mind and soul when you are fully aligned with your SELF and fuelled by an extRAWdinary diet. ExtRAWdinary energy will enable you to think big, live big and essentially creates the tidal wave needed to grow at lightning speed and to live extrawdinarily in the world for as long as you desire it.

3 extRAWdinary ENERGY alignment exercises to help your journey get started:

- 1 List out 10 things that you feel are out of alignment or causing you stress in your world right now.** Examples might include unfinished projects, a messy desk, piles of old anything that isn't assisting you in your life, a relationship that should be completed, unfiled accounts, anything broken etc. etc. These are the things that, when you take care of them, will free up inordinate amounts of extRAWdinary energy within you and your world, thus enabling you to create an even more extRAWdinary life.

List your 10 current energy blockers/sappers here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____





2 List 10 things that you know ALWAYS increase your energy. This time we're not talking about food. We're talking about anything that you know tops up your tank in other ways. For me, it's doing exercise, cleaning up a room, spending time in nature, reading an inspiring book, doing a detox on any level, completing a task in my business or home that makes a difference, dancing all night, playing dance music, having a fun day out, and playing like a child. That's my list of 10 – now it's your turn! These are the things that, when you integrate them into your life on a daily or weekly basis, will enable you to create and enjoy extRAWdinary amounts of energy while simultaneously creating and enjoying an extRAWdinary life.

List your 10 energy givers here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

3 List 3–5 energy-enhancing habits that you can (and will!) bring into your life every day drawing on the list above. There will be certain things that, when you do them every day, will make all of the difference to your life. These are the things that complement your diet. They cannot replace the powerful effects of a clean, raw diet, but they will absolutely multiply the effects of eating this way. These are the habits that, when you make them a part of your everyday life, will form some of the all-important foundations for your next level of extRAWdinary living.

List the 3-5 energy-enhancing habits that you're committing to integrating daily here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



DIMENSION 4

ExtRAWdinary LIFE

Definition: An extRAWdinary life is one where you know you are living full-out and in alignment with your true self. Every day you are becoming and enjoying more of who you aspire to be, and you are loving the journey because you're 100% on your own side and it just keeps getting better and better.

3 extRAWdinary LIFE alignment exercises to help your journey get started:

- 1 List 10 things that would absolutely define an extRAWdinary life for YOU.** These are the things that, if they were true for you, you would know that you are absolutely living your very own extRAWdinary life.

List your 10 extRAWdinary life definers here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

- 2 Of all of the things on your list, which one is the most urgent and important for you?** At any given point in time, we can only truly focus on one aspect of our life in order to powerfully transform it. It is important that you recognise this and don't try to do too much too soon – everything will come all in good time! For now I invite you to choose the one thing from your list that will have the biggest impact on your life right now and/or the one that is most calling you. This is the thing that, when you transform it in the way that you desire, will enable you to make a huge stride forward and create incredible momentum in creating your extRAWdinary life.

Note your most urgent and important game-changing transformation here:



Where are you at NOW in relation to this thing?

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Where do you want to be and by when?
(Be specific – what does “arrival” look like to you?)

Blank green rectangular area for writing.

What will get to change for you (specifically) when you have transformed this aspect of your life in the way that you’ve written above?

Large blank green rectangular area for writing.





3 Decide from where you will “work” on creating your extRAWdinary life. Right now, today, you are in creation mode. This, in fact, will never change as we are always creating! However, right now, today, you are living in a certain environment which may or may not be your perfect environment, but is nonetheless your starting point. In order to create your extRAWdinary life you need to find an environment for yourself that truly supports both the vision that you hold for yourself and also the practices and behaviours that you need to incorporate in order to make it happen. This environment may or may not be in your home. It’s preferable that it is, but sometimes that’s just not possible for whatever reason. In any case, your assignment here is to find somewhere sacred or special that you will go to to do all of your extRAWdinary work. For me right now, I have two places, depending on how I feel. So you’ll find me either in my home office or in my bedroom under my deliciously soft duvet! And in both cases I have taken the time and energy to make both as gorgeous, luxurious and nurturing as possible – this part is crucial. Think of a caterpillar spinning its cocoon in preparation for emerging as a butterfly. This is what we are looking for here. This is the place that, when you ensconce yourself in it, will put you in the energy and possibility of visualising and creating your extRAWdinary life.

What environment are you choosing for yourself from which to create your extRAWdinary life?

What do you need to do with or to this environment in order for it to fully support you in creating your extRAWdinary life?





DIMENSION 5

ExtRAWdinary DREAMS

Definition: ExtRAWdinary dreams often start small and grow as we grow. ExtRAWdinary dreams are the visions that, when acted upon, have the power to transform your world and the world at large in the most amazing ways.

3 extRAWdinary DREAMS alignment exercises to help your journey get started:

- 1** List out the top 10 dreams that you hold for yourself and/or your life today. Do not judge them or think them too small or negate them in any way. Your criteria is simply to list the 10 dreams that most light you up TODAY and make you want to take control of your life and destiny in order to make them happen. These are the dreams that, when you go after them, will automatically mean that you are living an extRAWdinary life.

List your 10 extRAWdinary dreams here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____





2 Of all of the dreams on your list, which one would you love to make happen first? As with your extRAWdinary Life list, we have to keep our focus on just one thing at a time. In this case it may or may not be the same thing as you listed in your extRAWdinary life list – there can be overlap sometimes, which is a good thing – it makes focusing even easier. If your dream is something entirely different, that’s awesome too – it means you have two great things to give your attention to, both requiring different types of energy so there will not be a lack of focus. This is good for those who have a lot of energy to spare. Your number one dream is the dream that, when you choose to give all of your focus and energy to it, has the power to skyrocket you to living an extRAWdinary life faster than anything else that I know.

Note your number one extRAWdinary dream here:

Where are you at NOW in relation to this dream?

**Where do you want to be and by when?
(Be specific – what does “arrival” look like to you?)**

What will get to change for you (specifically) when this dream has come true?



3 Of all of the dreams on your list, which one feels like your biggest? This is the one that likely holds the most energy for you – both joy and fear. You may tell yourself that it’s “too big” or “impossible”, but likely neither are true. While you may or may not yet feel ready to pursue this extRAWdinary dream, this is the dream that, when you choose to go after it, will potentially have the most significant and life-changing impact on you, your life and the world around you. It also potentially holds the key to you leading the most potent version of an extRAWdinary life at this particular stage of your life.

Note your biggest, most juicy, exciting-yet-scary extRAWdinary dream here:

What are you telling yourself about this dream?

Is the story you’re telling yourself about this dream supporting you in the pursuit and attainment of it? (Be honest!)

What will get to change for you (specifically) when this dream has come true?



When would be the best time to start pursuing this dream?

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What support do you want/need to help you pursue this dream and successfully attain it?

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What commitments are you ready to make to yourself now, TODAY, in relation to this dream?

Large blank light blue rectangular area for response.





DIMENSION 6

ExtRAWdinary VOCATION

Definition: Your extRAWdinary vocation is the career or occupation that you dream of for yourself; the one that you will find the most rewarding, fulfilling and joyful for you. This may manifest as a business, working with or for another person or organisation, or taking on the role of carer, homemaker or parent. Whatever you choose, your extRAWdinary vocation lights you up from the inside out and gives the all-important sense of purpose and meaning to your life.

3 extRAWdinary VOCATION alignment exercises to help your journey get started:

- 1 List out all the things you'd love to do.** Don't limit yourself to thinking about what you've already done, or specific jobs that you know already exist in the world – anything is possible! (When I decided to become a raw food coach, this wasn't yet recognised as an official "job title", but it didn't stop me from creating it!). Let your imagination and your heart run amok and write down all the things you could imagine yourself doing happily and wholeheartedly for the rest of your life. This is what we're looking for! These are the things that, when you imagine doing them, automatically make you feel like you're living an extRAWdinary life.

List your extRAWdinary vocation ideas here:

- 2 From the list above, choose the 3 that get you most excited.** Resist the temptation to weigh them up from an intellectual standpoint. The mind has its limitations, its judgements and preconceptions and speaks an entirely different language to our heart. The thinking can come later! We're looking for the three vocations that, if you imagine living any single one of them you would have no qualms in categorically stating that you live an extRAWdinary life.

List your favourite 3 extRAWdinary vocations here:

1 _____

2 _____

3 _____



3 It's time to choose! Yes, I know we are talking about something MASSIVE here and there's no denying that the work you're doing via this manifesto is getting bigger all the time! However – your extRAWdinary life is waiting! Getting clear on what your extRAWdinary vocation is and going after it is one of the single most powerful things you will ever do in your life, and everything will change because of it. Life is too short to continue doing something that makes you unhappy or even feels just “okay” to you. You and your life are worth so much more than that. So now we're looking for you to name and claim the one vocation that, when you imagine yourself doing it, there is no question that you are living and breathing your own best version of an extRAWdinary life.

My absolute favourite extRAWdinary vocation is:





DIMENSION 7

ExtRAWdinary LEGACY

Definition: An extRAWdinary legacy is something of magnitude that you have done that leaves a lasting impact on the world, be it through another person, a body of work you have created, a social change you have effected, or something of a similar far-reaching nature.

3 extRAWdinary LEGACY alignment exercises to help your journey get started:

- 1 List out the 10 things that you would love to see change in this world for the better.**
If these don't come immediately to you, as some inspiration, think about things that concern, upset or distress you and then write down what you want to see instead. Think about the things that you consider to be already okay or good that you would love to see improved even more. Also consider things that you are simply passionate about and want to see in the world that there isn't, or isn't enough of, already. These are the things that, when you think about them, you know will play a part in creating an extRAWdinary planet.

List the 10 things you would love to see change in this world here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____



2 From the list above, choose the 3 changes you would love to see that you feel most passionate about. Again, let your heart do the talking. We're looking for the three changes that, if you imagine any single one of them happening in the world to a significant and far-reaching degree, you know that it would be contributing immensely to creating an extRAWdinary planet.

List the 3 changes you are most passionate about seeing happen here:

1 _____

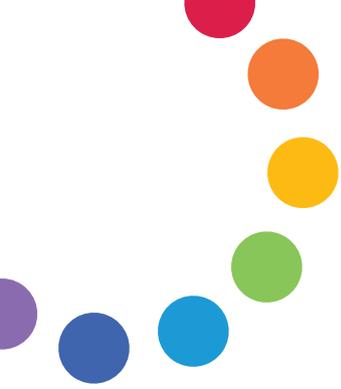
2 _____

3 _____

3 Claim your extRAWdinary legacy! In the list of three changes above lays the extRAWdinary legacy that you have the potential to leave. Creating and leaving a legacy does not need to feel big or scary. A legacy is created day-by-day, action-by-action – it builds over time. All great legacies start small and grow as the person creating them grows, so don't be scared! You, as do all of us, have the potential to create an extRAWdinary legacy that has the power to change the future of your family, your community, your country and yes, indeed, the world. So now we're looking for you to name and claim the one legacy that, when you imagine yourself creating and building it for the highest good of all concerned, you know without question that you are playing your part in creating an even more extRAWdinary planet.

My chosen legacy is...





Wow!

This is big work, right? Congratulations on making it this far – you should be proud.

As I said earlier, start where you are right now, and only dive in to the dimensions that you feel drawn to and ready for – the rest will unfold in its own sweet time.

Now that you have got clear on what your own extRAWdinary life could look like, it's time to take some action!

What to do next

Do you remember that question I asked you way back at the start?
Here it is again:

**How extRAWdinary
do YOU desire to be?**

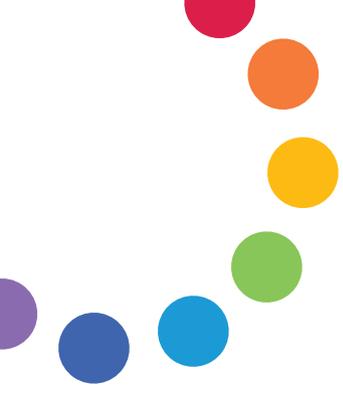
I bet you have a slightly different perspective on this question now than you did a few pages ago!

So, I invite you again to think about this for a moment...

And now to write your answer in the box below:

Congratulations! You have taken your first important step – you have CLARITY!

As mentioned throughout this guide, whatever you are claiming for yourself, I strongly recommend that you start with just one thing. Trying to take on too much all at once is a recipe for overwhelm and intimidation! You are also unlikely to get very far or do very well with what you do.



As one of my mentors once said to me: “Drive one train home at a time, otherwise no trains will get home – or it will take a VERY long time!”

There is a lot of wisdom in that.

So, here's my recommendation for you...

STEP 1: Decide which dimension of the extRAWdinary universe you want to begin with.

It makes sense to start with the first dimension (YOU), but you may feel that this is already taken care of. If it is, you can move into the second dimension or choose any of the others depending on what you feel ready for and to where you are being called.

STEP 2: Work out your plan. There are going to be steps that you need to take to bring this new level of extRAWdinariness into your life, so it's time to get clear on what those are. Make your list and set your goals!

STEP 3: Commit to yourself and your extRAWdinary life. Commitment is vital. It's like a sacred bond between yourself and your soul. Each of us owes it to ourselves, our creator, our loved ones, our fellow (wo)man and mother Earth to live our best lives. Remember, anything else is also a choice. So why choose less? As you will discover, the more raw food you eat and the cleaner you get, the more you realise that this is not Pollyanna thinking as many tend to believe, but does in fact, make complete sense. And with raw power running through your veins, you'll absolutely have the clarity, energy, power and courage to pull it all off!

STEP 4: Get support. Many people mistakenly assume that securing support is a form of weakness. Quite the contrary! Getting support is smart. Assuming you get the right support, it will save you vast amounts of time, money, energy and hassle. Who wouldn't want that? When you are committed to living an extRAWdinary life, you need extRAWdinary support, wisdom and guidance to assist you – otherwise it could take many more years of your life to figure it all out and I know you wouldn't want that!

STEP 5: Get started! Gaining clarity is one thing, taking action is entirely another! Don't waste another moment living anything other than an extRAWdinary life, start taking action right away and your journey has automatically begun. Even the tiniest of steps in the right direction all end up taking you to where you want to go.

Your extRAWdinary life is waiting for you!

Name it, claim it.

LIVE it!

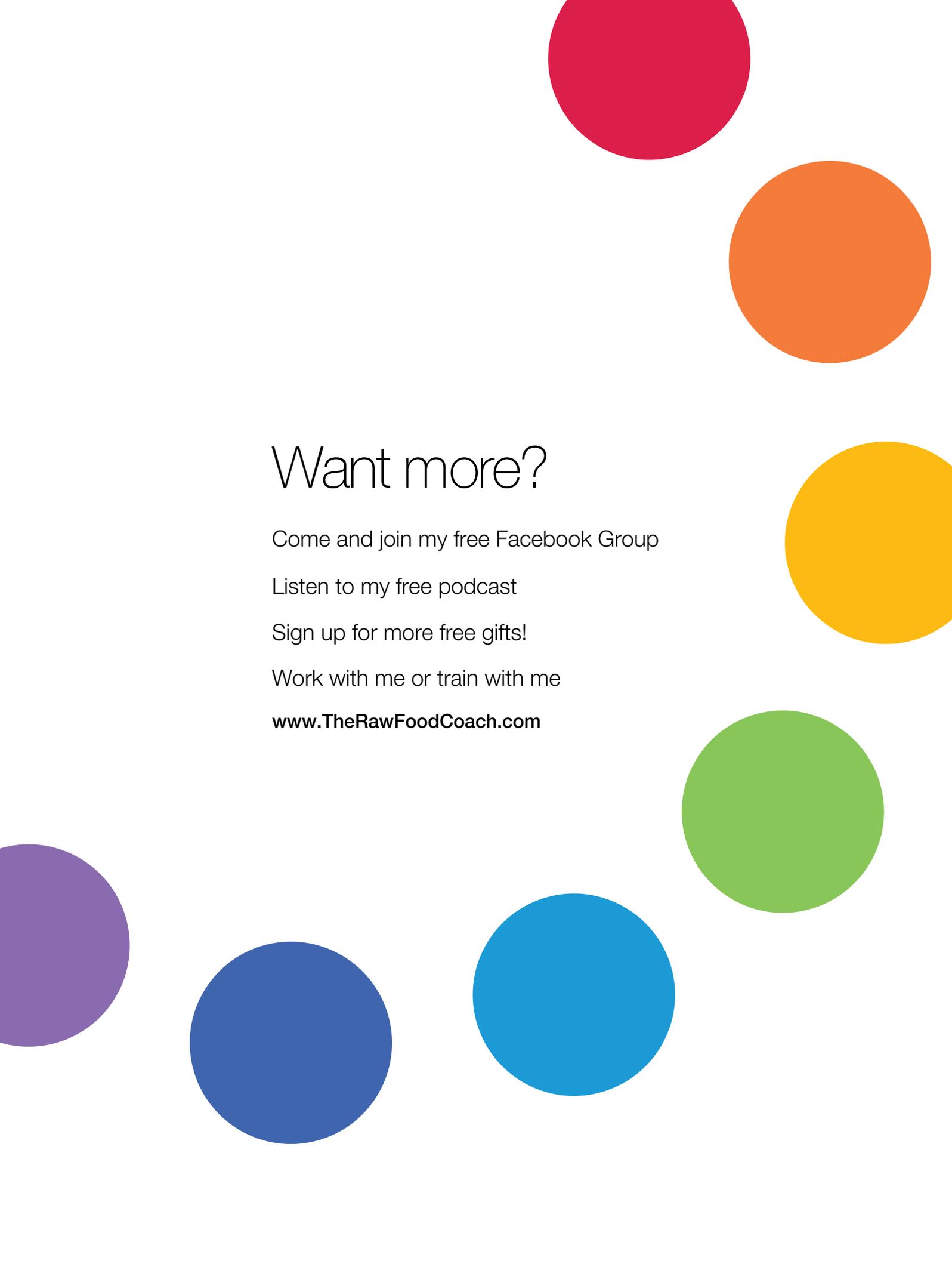
I am 100% behind you, so come and share your journey with me [here](#).

Be extRAWdinary!



Karen Knowler



A collection of seven solid-colored circles of various sizes and colors (red, orange, yellow, green, blue, purple) scattered across the white background.

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