

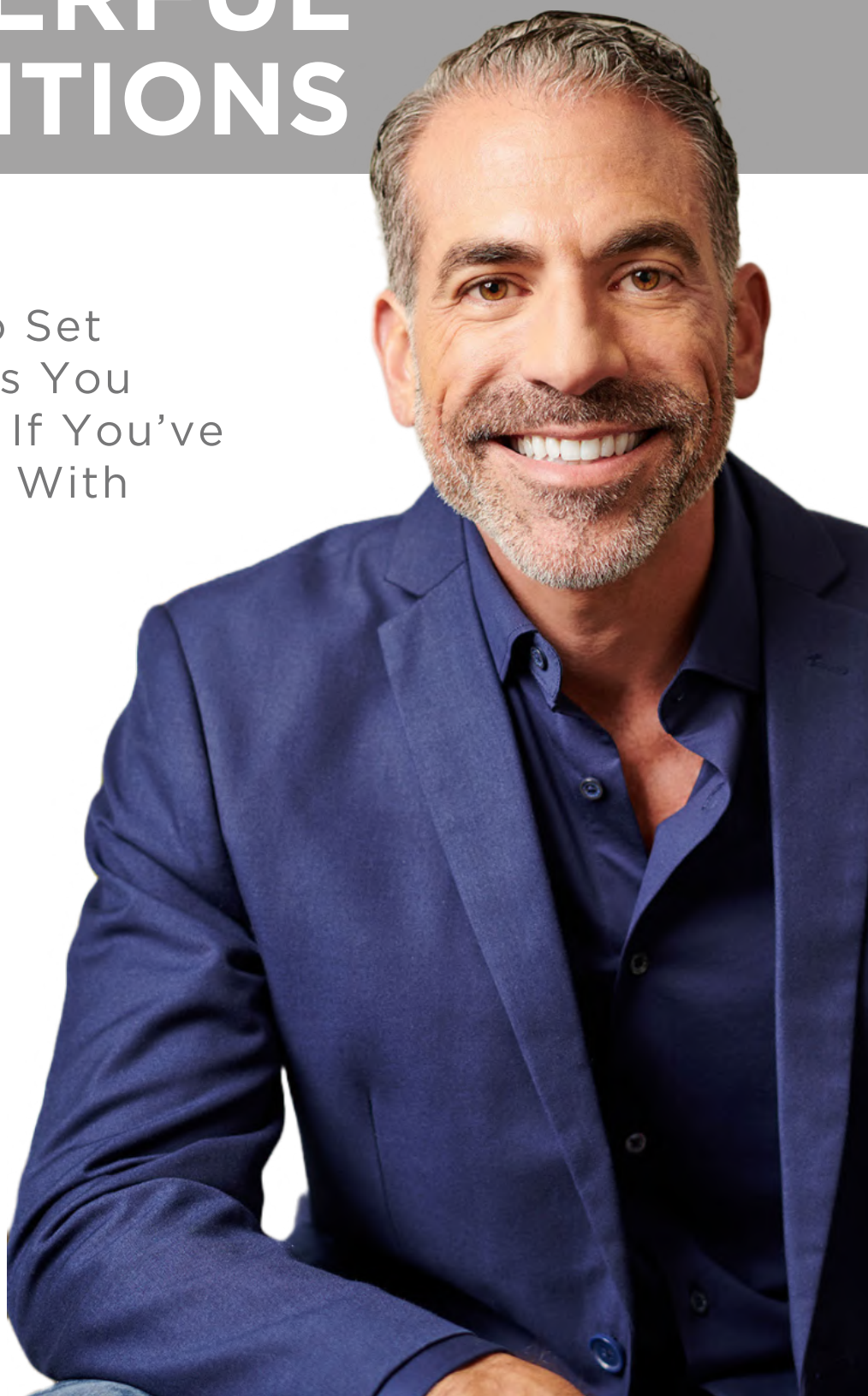
“Your theme word is like your North Star...” — Vincent Pedre, MD

4 CS CREATING POWERFUL INTENTIONS

FINALLY, A Way to Set
Powerful Intentions You
Won't Break, Even If You've
Struggled To Stick With
Them In The Past



Dr. Pedre
AMERICA'S GUT DR.



How I Discovered My First Theme Word + Why They Are So Important



In December of 2017, I was on the 4-day trek — the Inca trail — to Machu Picchu. It was Day 2, one of the most difficult days of the trek. We started early that morning and climbed more than 3,000 feet to the top of “Dead Woman’s Pass” at nearly 13,900 feet. When we were on the last stretch of that day, legs aching and minds exhausted, the trail came to a point where the only way to continue was to walk through a narrow path in between giant boulders.

With a drop-off on one side, and the only way forward a slim footpath I had to duck to get through, this moment out of all accentuated the arduous hike that guided travelers to the magical city in the clouds.

Our guide stopped us before passing through the narrow portal, and said, “This is the point where you leave behind what you don’t want to hold in yourselves as you complete the trek to Machu Picchu, and ask for what you want to bring into your life.” He instructed us to think of an intention, in the form of a single word, that we wanted to manifest in the new version of us, rebirthed on the other side of this rock.

When my turn came up, I stopped right in front of the entrance, closed my eyes, took three deep breaths, cleared my mind, and...

... then allowed whatever word felt most significant to me — the word that most would define what I wanted to manifest in my life moving forward — gently float into my conscious mind without overthinking it.



I took one more breath, and the word that came to me. It was "CONNECT."


I finished the trek, went home, and knew then how significant that moment was, because that word would define the days ahead for me. I spent the whole year connecting with colleagues, patients, like-minded people across the world, and deepening existing friendships as well as making new ones. I never forgot that word “connect.” Because of the power of the intention I put behind it, it stayed with me well beyond my trip to Peru and set the tone for my normal, everyday, routine life, overriding all distractions and my busy schedule.

And that’s what I want for you, too, with this min-guide — a way for you to set powerful intentions you won’t break.

How to Choose Your Theme Word

You might be wondering, “Dr. Pedre, why can’t I just make my goal to lose 5 pounds or go to the gym 3 times a week?” You might be sceptical about what a single word will really bring to your life. Believe me, I get it. When I walked through that boulder I had no idea that “connect” would be cemented into my consciousness for years to come. But what I’ve learned the last few years by setting this type of intention is that there’s nothing more powerful than a single word to be the guiding light you come back to when you feel lost any time during the year.



Your theme word is  like your North Star; it’s not the destination, but it’s constantly there pointing you in the right direction, especially if you’re feeling a little lost or off track.

You may already have a word that’s popped into your mind. That’s how it was for me in Machu Picchu when “connect” came to me immediately and with gusto! You might also need to do some reflecting before the right word comes to you. And that’s okay!

Theme
Words to
Ponder...

FREEDOM, LOVE, LIGHTNESS, BRAVERY,
ADVENTURE, SECURITY, HONESTY,
PLAYFULNESS, TRANSFORMATION,
HEALTH, TIMELINESS, AWARENESS,
PERSONAL GROWTH

S CREATING
C POWERFUL
4 INTENTIONS

Worksheet

1 | CLEANSE

2 | CLARIFY

3 | COMMIT

4 | CELEBRATE

Worksheet Instructions

1. **CLEANSE** — before you can move forward with setting a powerful intention, you need to LET GO OF ANYTHING HOLDING YOU BACK, whether physical or mental.

In the worksheet, write down what you need to clear or let go of.

- a. DECLUTTER YOUR LIVING SPACE (e.g. clean out your closet)
 - b. Let go of possessions that don't serve you anymore (i.e. Donate to GoodWill)
 - c. DECLUTTER YOUR MIND
 - d. Let go of ways of thinking that don't serve you. Write down what you want to let go of.
 - e. THIS IS YOUR PROJECT FOR THE NEXT WEEK! Don't move to Step 2 until you've completed this.
2. **CLARIFY** — TIME TO FIND YOUR "WHY"
 - a. Ask yourself these two questions:
 - i. Is your goal or intention PERSONAL or PROFESSIONAL?
 - ii. What is MISSING IN YOUR LIFE that you'd like to have more of?

Write down your answers on the worksheet.

- b. MAKE A VISION BOARD: put pictures or words on it that reflect the feeling of what you want more of in your life. Make it free-flow. Don't overthink it.
- c. Find the theme word that is coming up once your vision board is complete.

Write down the theme word or words that are coming up...

- d. Ask yourself this question?
 - i. Which theme word stands out the most?

*That is your **THEME WORD!** Circle it.*

NOW WRITE IT DOWN ON A SEPARATE PAPER OR STICKY NOTE AND PUT IT ON YOUR FRIDGE OR SOMEWHERE PROMINENT YOU WILL SEE EVERYDAY

3. **COMMIT** — You now have your theme word. Next step = COMMITMENT
 - a. FIRST: Ask yourself these two questions:
 - i. How committed were you to YOURSELF before today?
 1. 25%? 50%? 100%?

Write it down on the worksheet.

- ii. How committed will you be to your INTENTION in the days ahead?
 - 1. 100%? 150% 200%

Write it down on the worksheet.

- iii. THEN, write this down on your worksheet:

I commit to be [X] percent committed to [THEME WORD]!

- b. SECOND: Take small practical steps that move you in the direction of your theme word.
 - i. For example, if your theme word is “LOVE,” and you want to bring in a new relationship, spend time updating your dating profile.
 - ii. If your theme word is “TRANSFORMATION,” then spend time doing research on workshops or conferences that can move you in the direction of your intention.

4. **CELEBRATE** — ACKNOWLEDGE EVERY STEP — BIG OR SMALL

- a. This is the singular, most important step you don't want to miss to fuel a life full of intention.
 - i. FIRST, think of obstacles you overcame before setting this new intention.

Write them down in the worksheet and celebrate the achievement.

- ii. SECOND: in the days ahead, think of your theme word, and draw connections to actions you have taken that contain the spirit of that theme word.

Write them down as the year goes on. You may need more paper. ;-)

- iii. THIRD, celebrate yourself for the steps you have taken. Yay!!!
- iv. **MOST IMPORTANTLY: DO THIS WHEN YOU'RE FEELING DOWN or OFF TRACK**

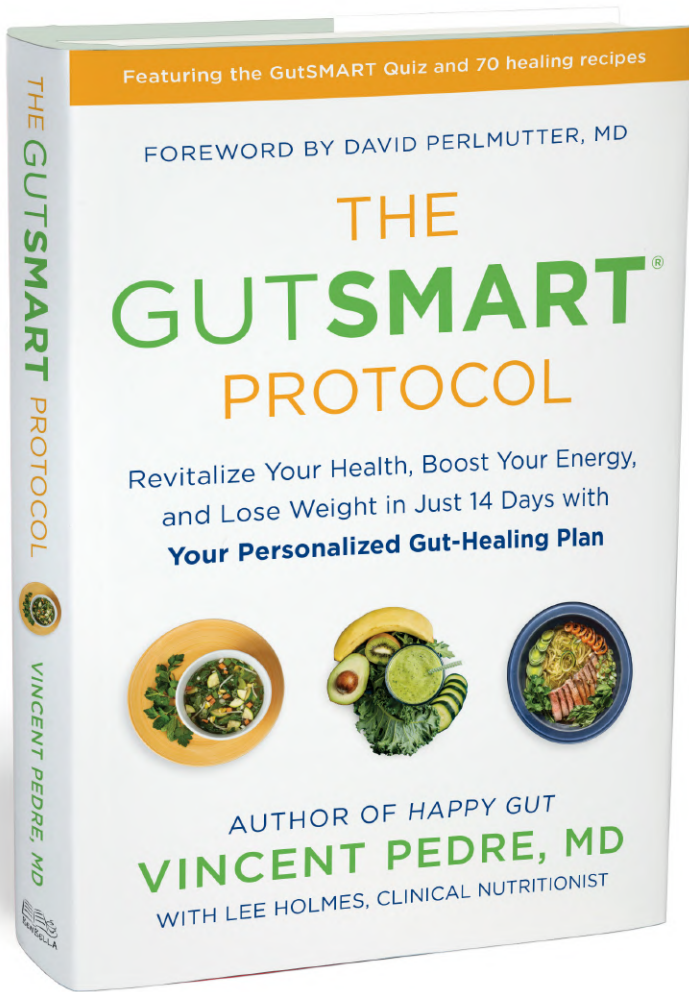
**This is how you put the 4 C's into action to create powerful intentions
you won't break, even when the going gets rough!!**

ANNOUNCING DR. PEDRE'S NEWEST BOOK

Published April 4, 2023



The GutSMART Protocol: Revitalize Your Health, Boost Your Energy, and Lose Weight in Just 14 Days with Your Personalized Gut-Healing Plan

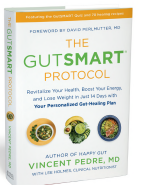


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- Featuring the GutSMART Quiz to quickly determine your level of gut dysfunction
- Revealing surprising connections between the gut microbiome and mood, chronic disease, and weight gain...
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"With The GutSMART Protocol, Dr. Pedre has once again raised the bar and set a new standard in personalized medicine, ushering in a new era in health care!"

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"I love, love, love how Dr. Pedre delivers game-changing information for gut health and whole body health. It's fun, accessible, motivating, smart, doable and science-backed! This book is no exception. Dr. Pedre, thank you for being such a bright light in gut health!"

— Dr. Kara Fitzgerald, NMD, Author of Younger You: Reduce Your Bio Age and Live Longer, Better

