

The background of the entire image is a vibrant tropical beach scene. The sky is a deep blue with soft, white clouds. The water is a clear, bright turquoise. In the distance, a small wooden boat with a canopy and a flag is visible on the right. The overall mood is serene and inspiring.

# *Follow Your Highest Excitement*

LIVE YOUR  
DREAM LIFE  
NOW

Justyna Stoklosa



# Follow Your Highest Excitement

Justyna Stoklosa

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To Leo

For showing me that we are born into this world as nothing  
but Divine Light.

To Simon

Because you know me like no one else and still you love me.

To my parents

The best parents I could ever have. Who have always stood  
by my side and supported me through the most unpopular  
of my decisions.

This book would have never been written if it had not been  
for my parents' help with taking care of Leo, granting me the  
space I needed to write.

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# Introduction

With girlish excitement, I ran along the hot tarmac to the tiny plane ahead of us. With nobody else at the local airport, I was sure we'd have the tiny twelve-seater all to ourselves. 'Its as if we have a private jet all to ourselves!' I hollered to Simon, no longer being able to contain my excitement and taking far too many pictures along the way. As the jet accelerated along the runway, I marvelled at how there was nothing but a fishnet separating us from the captain, I could literally pat him on the shoulder. After a bumpy start, the plane soared up and levelled, presenting the expanse of the rainforest beneath us. We were flying over Borneo's primary jungle, the most diverse ecosystem on the planet, huge meanders of big jungle rivers reflecting the setting sun like mirrors. The green expanse stretched as far as the eye could see, all the way to the mountains far ahead. My insides fluttered with anticipation just thinking about our mission: we were going deep into Borneo jungle to find the rarest wild durian species on the planet and the Chinese film crew from the Discovery channel was joining us to document the hunt. I was in my element, living my dream life to such an extent that I couldn't sleep at night, just like when I was a child awaiting Christmas.

As I write this book, my partner Simon and I, and now our son Leo, have been free-ranging around the world for several years. Even though we have been together for less



than four years, we often talk about how it feels like decades as we've lived so many adventures one could easily share them amongst several lifetimes. How did I get here? How did I manifest this amazing life of travel and love that I always wanted?

In stark contrast, much of the time in my twenties and thirties seems to blur into a nondescript mess. I cannot remember one exciting thing that happened when I was thirty one, or thirty two or thirty three for that matter. What I do remember is that I felt stuck, stuck in my work, stuck in my life, wanting to escape but not knowing how. I mean, how does one reinvent their life completely?

I was in my mid-thirties at the point where I fully embraced just how unhappy I was with my life. Previously, I had studied interior design, worked for other people as an architect and then finally, at the age of thirty one, opened up my own interior design practice. It was as if my whole career life had been leading up to that point, starting my own business namely, but the minute I started making my company's website and it just dragged on for months without being finished - I instantly knew it was going pear-shaped. It certainly seemed to make my parents happy, but for me, if anything, I felt like now with my own company, I was more stuck than ever.

In the end, as you probably know, I did escape. At the age of thirty six, I boarded a one-way flight to Bali. There was no

one there waiting for me, I had no plans of what I was going to do, not to mention how I was going to earn money once my savings run out.

What happened in the next few years was beyond my wildest expectations. Within a few months, I met the love of my life, Simon, thirteen years my junior who proposed to me the next year. We started a YouTube channel that until now has generated twenty million views. We travelled to the most far flung places in South East Asia, eaten the most rare fruits on the planet and even got to name some durians (a type of fruit popular in Asia). Soon enough there were so many people from around the world wanting to join us, that we opened up a travel company specialising in fruitarian retreats. Each year a small group (30 persons) joins us for the adventure of a lifetime, searching for the best fruits this planet has to offer in the depths of the tropical jungle. To make it even more exciting, we've hosted our retreats in a new place each year. This year we are extending our search to Central and Latin America, excited to explore new territories. And of course, the best gift of all - just a few weeks short of my fortieth birthday, our miraculous son Leo was born.

So many blessings in such a short time, it often feels like the universe is rewarding me for the courage it took to take the leap. 'The Leap' is how I would refer to the project of leaving my life as I had known it, back when it was a secret endeavour that no one but me knew about. Throughout this

book I will often refer back to the time of taking 'The Leap' in more detail simply because it was the most transformational time of my life when everything - diet, minimalism, mental clarity - came together enabling me to break the invisible chains of my life.

I often wonder why I didn't take the leap earlier? That sinking feeling that architecture was not for me had been there for almost a decade, and yet, I just continued along the traditional career path like a sheep with eye shutters. I had a huge hunger for travel and a passion for anything food and health related for as long as I could remember, but being the good girl I was, I just kept on shutting out that voice and putting my dreams in a drawer. A big part of my problem was that I was just too nice to other people and not nice enough to myself. I was a classic people pleaser with a speciality in pleasing my parents. To get the social stamp of approval I was going to do everything as expected. Too many people were counting on me to be reliable, to always be exactly where I was. Luckily, I didn't even know the extent of the disapproval my decision to leap was going to harvest: not only had I lost friends in the process, but not so distant family members have accused me that by changing to a fruit based diet, I have joined a cult! Luckily, at this point I was well immune to the opinions of others.

If you are reading this book, chances are you have bigger dreams for yourself than your current lifestyle has to offer. You want to be free. You want to be independent. You want

to achieve greatness or simply, like every human being on the planet, you just want to be happy. And I promise you, when you are living in alignment with your true calling, you can feel ecstatically happy just from the simple fact of being alive. Are you one of us, free thinkers, and all you need is one final push to help you escape the daily grind your life has become?

This is why I have written this book. I want to share every single concept that helped me pursue my true calling. I want to help to liberate you right now, so that unlike me, you don't have to waste decades of your life wishing you were somewhere else instead. What this book essentially offers, is all the tools that have ever helped me let go of self-limiting beliefs, as that is what I believe was keeping me stuck for so long. In order to take the leap and pursue my dream life, I had to re-wire my brain to see solutions where previously there had been nothing but problems. Keep reading and I promise, I will re-route your thinking process to smoothly lead you into dream life territory.

Confession time: I'm a book worm, a big one. In the years leading up to taking The Leap, I had read hundreds of books on self-growth, the paperbacks alone were a collection too big to be contained in my study. Within my favourite genre of self-development, at different points in my life I read everything I could possibly find first on relationships, then on opening up your own business, becoming a millionaire, starting a raw food diet and eventually going vagabonding

long term. To this day I devour several books a month, my favourite topic du jour being manifestation, currently mostly as audiobook, being a busy mom of a toddler and having my hands full all the time.

I believe that it was reading that huge body of work on self-growth that sparked up the transformational process inside me. Then, when I embarked on the fruit diet, it felt as if a mental fog was lifted and I could think more clearly than ever. At that point I started developing, what I'd call, my own set of mental tools to help me destroy my limiting beliefs. It is these tools that I'm excited to finally share with you, so that you too can roam freely wherever your heart takes you.

This book would have never been written if not for the loving community gathered around our @fitshortie (formerly fit shortie eats) Instagram account. The mental tools and ideas shared in this book have been on my mind for several years now, and it would often feel like I was ready to birth them, so much that rewriting them in my mind would keep me up at night. Looking for a way to share my insights, I'd often share little snippets of my reasoning on Instagram although it always felt so limited by the Instagram short form! I would love to personally thank the thousands of people that have encouraged me along the way, demanding that I write this book. This book is dedicated to you, my friends reading this, although we may

have never met in person, you are the driving force behind this publication.

If you ever doubt if you can pull it off, as in reinvent your life completely, I'd like to quote a message I received two weeks ago, that had me crying before I had finished reading it:

*"Hi Tina, I just wanted to tell you that you saved my life. Three years ago I was a self-hating, depressed, suicidal fifteen year old girl, I hated school and my whole life. At the age of sixteen I came across your channel. I went vegan because of you and started eating almost only fruit with an exception here and there. This made me feel so much better. Last year I quit school, went 100% fruitarian and minimalist and my life changed beyond belief. I'm in constant bliss, life feels like a dream. The amount of joy and love I feel is unmeasurable. I'm now a happy, healthy eighteen year old who loves life. You don't even know me, but to me you feel like a best friend, yes almost a mother. You taught me to love myself and go my own path. Thank you from the bottom of my heart. I love you Tina!"*

And you know the best part? As soon as I posted this message in my Instagram stories, I received messages from other people, asking if I could connect them with the author of this message because they so want to contact her, hugely inspired by her path. I mean, don't we all? Don't we all want to be in constant bliss living a dream life? We can. It is our birth right, sometimes we just need a helping hand. And I

hope this book will be the helping hand you need. I wrote this book as it felt like it's the one book that needed to be written, right now. I write this book, wishing my younger self, twenty years ago could have read it and didn't waste so many years of her life being unhappy. I write this book in hope that one day Leo and any future children of ours will read it and embark on the joyous adventure life without the unnecessary baggage of fear.

I do realise that many people wanted me to write about the fruit diet, but it felt like this book - a book that can help anyone - is much more needed at a time like right now (I write this in September 2020, two thirds of the world has been under house arrest for months as a result of Covid-19) . Whilst writing this book I wondered if I should write at all about the fruit diet knowing all too well that not everyone can adopt this diet overnight and that not everyone wants to be raw. However, because changing to the fruit diet has brought so much clarity into my thought patterns and so much change into all areas of life, Chapter 7 - Raw, the lightness of being, is a detailed account of my transformation to eating raw, the highs and the lows of it all.

I have to admit that there was one more reason why I felt much resistance towards writing about my relationship with food. I had never written the whole messy story before and even now it feels super vulnerable putting it down on paper. I have mentioned it many times on Instagram that I had a turbulent, disordered relationship with food, but not going into details, it always felt like beating around the bush.

In a way, it feels cathartically cleansing to speak about it publicly for the first time, so here we go: I had bulimia. It took over twenty one years of my life. I have carried and still carry a lot of shame around it. To me it was the worst of all possible eating habits: dark, wasteful, out of control and downright gross. I had so much shame around it that it kept me from getting help altogether. Twenty one years into the eating disorder, it seemed like I had lost the battle and the stronghold of this terrible addiction was never going to let go.

Today I break the silence and talk about my eating disorder in hope that I can help others suffering with their addictions to food and disordered eating. Eating raw food was one of the many things that helped me battle my bulimia, but knowing that most people cannot or don't want to go raw overnight, I share other tools that can be implemented right away no matter what you are currently eating. Please remember that the information given is based on my personal experience and by no means should be used instead of seeking professional help. If you are suffering from an eating disorder, start by telling a good friend about it - it helps. If you want to make a beeline straight to the chapters about how I overcame my eating disorder go straight to Chapters 6 to 10 (however I would encourage you to start reading from the very beginning as in fact this whole book is about how following your highest excitement will



have you in a place where you will no longer need to punish yourself with self-destructive behaviours).

I hope you enjoy the read. If you do, I'd love if you shared your thoughts on Instagram stories, don't forget to tag me. Promise me one thing though: do not postpone. I want you to read this book today, start asking questions and implement changes immediately. Do not play the 'as soon as' game in your mind. If you will be waiting for the perfect timing or until you are ready - you will be waiting forever. Better yet, tell your loved ones you are embarking on that adventure you have been planning for decades - sharing our dreams with others holds us accountable in one more way. Watch your thought patterns and your life change forever. As far as we know this is your only shot at life in this wonderful vessel you call your body, don't waste this unique chance to be you. This is not a dress rehearsal, don't get stuck in life's changing room.

*You have the power and the birth right to change your life completely at any given moment.*

Excited to start living your dream life today?

Read the full book now!

[CLICK HERE TO READ THE  
FULL BOOK NOW](#)

Justyna is a firm believer that everyone has the power and the birthright to reinvent their life completely at any given moment. Following her highest excitement she writes daily hoping to spark inspiration in those longing to live a happier life. With her partner Simon and 18 month old son Leo, she free-ranges the tropics in search of the best fruits this planet has to offer.

