

Well I want to welcome you to the Investigate Healthy Living Series

I have been working as a nutritional life coach for a number of years now and I love and very much believe in the tools in this document because I have used them and made some very significant changes to my life and the lives of hundreds of my patients and clients

Here are some quick tips for success as you go through the coaching process with us

A. Keep a notebook to accompany your thoughts as you work through the material. You will be inspired by what you learn about yourself, and you'll come up with ideas beyond those covered in this investigate healthy living series. Use the journal to right down some key ingredients to your new life plan, and this will become an ongoing guidebook of your progress.

B. have your journal/diary close, one of the keys to success is the making a commitment to implement changes sooner rather than later. This process includes writing in a journal/diary or (*you can video blog/journal your thoughts using tools like Vimeo, Viddler or You Tube*). This will help reinforce your commitment to when you are going to do it. Successful people plan carefully what they are going to achieve and then, because they have planned carefully, they make sure these things happen.

C. Your personal development in both nutrition and life are a life long project. Revisit this document from time to time to ensure you are still on track with our objectives, to set your self new targets and goals and to acknowledge the progress you have made so far. Different techniques like the one presented below will help you stay sharp and motivated!

How this course/series is going to work for you

It is really designed to enable you to act as your own wellness CSI when you need some extra guidance. The intention is not for you to be or do what I do, but rather for you to be in a position to utilize some of the skills used as a Wellness CSI to help you to move forward with your objectives, goals and changes you want and choose to make.

The Seven Steps to Success To Becoming Your Own Wellness CSI

1. Immediate Action

Write down everything that you like to be different to your life by the time you've finished your sessions with me. You might want to select some of the objectives from the list below and put a tick by each one that you'd like to achieve. Be sure to add plenty of your own objectives to your list okay

By the time I finish this investigate healthy living course I will:

- Feel in control of my choices with food...
- Feel less stressed...
- Have better time management skills...
- Be for effective at saying no to what I don't want and YES to what I do want...
- Have a greater enthusiasm for living a holistic and healthy life...
- Have more confidence...
- Get more sleep...
- Enjoy my life more...
- Make the most of every opportunity...
- Feel like my life is finally in balance...

Add yours below now please:

2. Celebrate The Changes and Anchor Them In

If you want things to be different in your life, you'll need to **think** and **act differently**.

Write down five ways in which you can be a different person today. For example, today I will be

- More aware of what I eat
- Still and calm
- Healthier
- More confident
- Practicing better self control

Now write down 5 of your own. **Today I Will Be:**

3. Take Massive Action

!Decide where your opportunities are to put these changes into massive action today! Perhaps you could plan to eat healthier by buying a healthy *metabolically correct* lunch on your way to work or school. I want you to highlight your opportunities today; perhaps you could behave more confidently in a meeting or around friends. When will be a good time to act and be more in self control? What can you do later to ensure you experience a period of stillness or being calm.

Today's opportunities for change:

4. Put Your Own Oxygen Mask On First! (Prioritize)

Of the changes you want to make, decide what more important and put them in order right now. Tackle what's at the top first.

My desired changes as a priority list:

Say YES

With your list from above in place and directly in your mind, say yes to everything that will help you put these things into action. DO something every hour that supports your goal and objectives. If these actions are things that slightly scare you, all the better... **GET OUT OF YOUR COMFORT ZONE** as often as you can and it will become easier to live with greater challenges in your life

Say NO

With the prioritized list in mind again, say NO to everything that gets in the way of putting these things into action. Don't be rude, be ruthless. TO make quick changes, you need to put you, yourself...higher up your priority list and make sure that you and your needs are catered for. Prioritize yourself properly and you will be in the best possible position for taking care of others. (This is why on an airplane they tell you to *“put your own oxygen mask on first before helping a loved one with theirs”*)

7. Begin With The End In Mind. (Your Vision Board)

Decide right now, how your nutritional life, your personal life will be better by the end of this series if you are diligent about acting on your 7 steps to success plan. If you make the changes you'd like to make, what does it mean for your day to day existence? Start thinking immediately about how you will feel and consider what others will be saying about you. Write that down. What will you be wearing, what will you be thinking, how will you be acting and what will you be saying? Write that down. Begin to create a mental picture of the new you that you are working towards, and then focus on it and refine and perfect it as often as you can. Write it down.. Place it on a vision board.

Imagine sitting down to give yourself a few high fives at the end of this series. What achievements will you feel most proud of? What changes will give you the most satisfaction when you reflect back on them? Focus on all of your desires being achieved.

My Greatest Achievement Will Be:

My Biggest Change Will Be:

The Greatest Benefit of Working With Ingo Or One Of Our Coaches In This Investigate Healthy Living Series Becoming Your Own Wellness CSI Series Will Be:

Perhaps getting a note book to keep all of our communications together might be in order. You can make the front cover your vision board. If you are not familiar with what one is I would suggest going to this link and get the free 7 day trial.. Put yours together on the front of your notebook it will help you stay present and motivated. Here is the link

<http://www.steponevisionboards.com/AdWorks/LandingPageOne.php?gclid=COv-76OmuJ4CFQ4NDQod0GEP1g>