

# Live Healthy. Live Happy.

TRANSFORMATIVE COACHING  
To Live Your Best Life NOW



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## 6 Easy Ways to Change Your Health Habits



It takes courage to make changes in your life. Change can set us on an unexpected journey and can move us in a direction of challenges and unknown outcomes. When you ignore unhealthy lifestyle practices, you detract boosting your system on the physical, emotional and spiritual levels. By existing in “willful blindness”, we slowly reduce our health and possibilities for living a full, vibrant life. This blueprint can be used to start on the journey to living healthier and happier.

## ① DEFINE THE OUTCOME

By knowing the goal or outcome, you can activate the thinking process to get clear and focus on the steps to ensure success of the outcome. Ask yourself:

- ❖ What is the one thing that I want to change that will make the biggest difference now?
- ❖ What are the benefits?
- ❖ What if it works out exactly as you want it to?
- ❖ What is exciting to you about this?

Next, use the *SMART* system by defining clear, reachable goals:

- ❖ **Specific** (simple, sensible, significant)
- ❖ **Measurable** (meaningful, motivating)
- ❖ **Achievable** (realistic, attainable)
- ❖ **Relevant** (reasonable, resourced, results-based)
- ❖ **Time bound** (time-based, time limited, time/cost limited, timely, time-sensitive)

By starting this process of defining your goals, you create powerful and compelling new internal images of living the life you want. You are stuck in old patterns as you keep re-creating the same experience over again by thinking the same thoughts, maintaining the same beliefs and speaking the same words. The first step is to reset your internal landscape to create the new building blocks to successfully change a habit.

## ② COVER THE FUNDAMENTALS

When considering changing a habit or putting a program in place to reach goals, it is important to make sure that the foundational needs have been met – rest, nutrition and exercise. If you don't have a strong foundation, you won't be able reach your potential. When these fundamental needs are in place, you'll have the energy and clarity to start taking action in your new regime and keep motivated to do it daily.

Typically, there are three phases that can be experienced when making a change:

- ❖ **1<sup>st</sup> Phase** – First 10 Days – Difficult
- ❖ **2<sup>nd</sup> Phase** –10 to 20 Days - Uncomfortable to a range of feeling better; it may not be enjoyable but the habit starts to feels good
- ❖ **3<sup>rd</sup> Phase** – Greater than 20 Days - The habit has been incorporated in your life and it feels too good to stop or even miss a day

The positive changes of diet and exercise can be noticed within a week. For other goals, like doing a daily meditation or yoga practice, it may take longer to notice the changes. By making sure that you are getting enough sleep, are eating nutritionally dense foods and doing exercise, your willpower will stay consistent until you complete the goal.

## ③ MOVE INTO A POSITIVE STATE

Our physical state can determine the success of how the goal is sustained. We need to put our self into a positive or uplifting state to keep motivated and change our thinking. This will override thoughts of fear that may slow you down before even putting our plan into action.

We first change our emotions to change our behavior by doing:

- ❖ Become aware of your present state
- ❖ Clear your mind by getting aware of your thoughts and emotions
- ❖ Refocus your mind on something empowering
- ❖ Use your breath to let go of distracting thoughts
- ❖ Use your physical body by standing up straight and tall with your shoulders back
- ❖ Think of the end result of how you will feel by acting on the goal and keep that in mind

## ④ TAKE ACTION

The way to solidify your goals is to make a 100 percent commitment. Remove negotiation because allowing 90-95% of taking action doesn't work. Let go and get rid of that voice in your head that tells you it's okay to cheat today, or not go through with your exercise program. This is part of the discipline process by staying the course and not letting the small you derail the big you. Other ways that can help you to act on your goal include:

- ❖ Make it a daily habit to create momentum. It's hard to do every other day or three times a week. If you do miss a day, schedule it in the calendar the next day and make it the most important thing that you do.
- ❖ Make it easy to complete the goal. Too often we go for the big goal. Take small steps so that you can win every day. If you want to learn meditation, start with 10-minutes and build up to your desired goal of 60-min meditation.
- ❖ Create rituals that will be attainable. What do you need to do every morning that will get you back your desired strength? What ritual will get you to that desired weight? Be specific and focus on consistency.
- ❖ Use Willpower Wisely. We only have so much energy to act well on a limited number of activities. Do a few things and once you see the success, add more. Create habits that go on autopilot and then decide on the next activity that can bring you the most benefit.

- ❖ Practice, Practice, Practice. It takes 21-days to solidify a new habit and the first week will be the most challenging. It takes time for your whole system to be on board with a new change and practicing will help to make it easier each day.

## ⑤ MEASURE YOUR PROGRESS

It's important to have measurable goals, so that you can track your progress and stay motivated. Assessing progress helps you to stay focused, meet your deadlines, and feel the excitement of getting closer to achieving your goal.

A measurable goal should address questions such as:

- ❖ How much? How many? How will I know when it is accomplished?

In addition, tracking actions your outcome will have specific time-bound goals. A time-bound goal will usually answer these questions:

- ❖ When? What is my task for today? Six weeks? Six months?

Checklists can be used to list the task(s) which need to be completed along with dates and notes which can help with corrective action that needs to be taken. Tracking your progress should be simple and take moments to complete and can even be automated through devices that are worn (i.e. Fitbit). Checklists are a positive way to motivate yourself, achieve the goals, boost confidence and will give you a visual representation of how far you've progressed.

## ⑥ CELEBRATE YOUR SUCCESS

Take time to celebrate every success, no matter how big or small. It will build your confidence and make it easier to reach those large-scale future goals. Celebrating can give you closure on goals you've been working toward for a while, provide encouragement to continue and make every success even more worthwhile.

Now that you've accomplished that goal, you're ready to celebrate. Your celebration doesn't have to be a big deal. It can be something you do alone or something you share with others. It just has to make you feel good and help you enjoy your accomplishment.

- ❖ Notice your success and get excited
- ❖ Take a deep breath and feel proud of yourself
- ❖ Share the news with friends, family and colleagues
- ❖ Reflect on the path you took and the commitment that was made
- ❖ Write down your success and put it where you can see it everyday
- ❖ Thank everyone who supported you
- ❖ Support someone else in reaching his or her goal
- ❖ Cross it off your master list of goals

Still need help with making positive changes to feeling healthy? Want to be supported through your transformation of healthy change?

Visit [jodiweitzcoaching.com](http://jodiweitzcoaching.com) or call **415-506-7435** now to strategize for becoming living Healthy & Happy now.



#### KEY COACHING AREAS



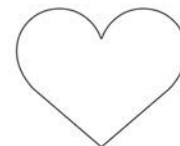
##### Know Your Purpose

Reach your goals by gaining clarity and focus to take build positive patterns to change your life.



##### Get Healthy

Boost your vitality and supercharge your physical, emotional and spiritual health to have energy to do the things that matter.



##### Invigorate Relationships

Build confidence and communication to have fulfilling relationships with your partner, family and friends that have lasting bonds.