

# Make It **STICK**

Release weight, achieve  
*Thriving Health*  
and actually make it  
stick... this time!



**Brent Haydey**

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# **Make It Stick**

***Release weight, achieve Thriving Health and  
actually make it stick ... this time!***

By Brent W. Haydey

Brent Haydey Enterprises Inc.



If you're worried about your health and feeling frustrated  
because everything you try does not stick  
*then this book is for you!*

Life is meant to be embraced, enjoyed and fully lived, not merely endured.

This book is dedicated to my parents.

William and Aileen Haydey

The unconditional love and support they have given me throughout my life has enabled me to become the person I am and to follow my passion as I pursued my career, built my businesses, and found the path of my Ideal Life.

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# Brent's Story

My name is Brent W. Haydey and I am the President and owner of Fit4Results. I have been an active and health-conscious person all my life. Unlike many authors, coaches, and facilitators in this industry, I did not undergo a massive transformation with my health and lifestyle leading me onto my path. I simply grew up with the positive influence of active, healthy, and supportive parents as well as great friends and other key role models.

I was always involved in a variety of sports, all kinds of outdoor adventures, and fitness activities. I was exposed to and embraced whole natural food nutrition and have been very health-conscious ever since.

The experiences of my youth led me to study exercise science and kinesiology in university and, upon graduating, into the field of health and wellness. This further led me into the realm of coaching. My entrepreneurial spirit soon kicked in and led me to start and build three separate businesses in the field over the past 20+ years.

I've worked extensively as a health and life coach, personal trainer, and kinesiologist with just about every industry imaginable and with individuals from all of these industries.

I've supported thousands of people in a lot of different ways:

- ✓ in their quest to **release weight**;
- ✓ in **lowering their risk** of lifestyle illnesses;
- ✓ to **rebuild and redesign** their lives and lifestyles;
- ✓ in achieving **Thriving Health**;
- ✓ to **sustain** good health **indefinitely**;
- ✓ to train for **work** in specific occupations;

- ✓ to train for **recreation** and **athletics** from beginner through professional and Olympic levels;
- ✓ to regain functional ability after **serious injury**.

I currently also act as mentor and business coach to entrepreneurial like-minded personal trainers and wellness professionals supporting them in building their businesses and extending our positive influence to a growing number of people just like you.

Early in my career, my approach was like most others: I focused on delivering the mechanics of exercise and nutrition. It seldom went deeper than the "do's and don'ts" of exercise and nutrition. While my clients did achieve results, making it stick was a challenge. True Thriving Health and attaining the ability to live an Ideal Life remained beyond reach. They were still not very happy with their overall life, in spite of the results they achieved with exercise and nutrition. They continued to fall off track again and again.

This puzzled and frustrated me. Why wasn't it working? Why didn't these changes seem to make a difference in the lives of these people? Something was still missing. If I wanted to make a difference in their lives, I knew I would have to do something different, something more. The same old approach, the same old system, and the same old ways of the wellness industry just did not cut it anymore.

I did the best thing I could at the time: I watched and listened; I stepped back and took time to really connect with my clients on a more whole-life perspective. My friends, family and many others became an additional invaluable source of understanding of the missing pieces of the puzzle.

I saw many of my own personal experiences of health in a new light. I began to understand WHY people ended up just enduring life, frustrated and stuck with their weight and health. It became clear why people felt so powerless to change. I began to see how it all impacted their ability to live the Ideal Life of Thriving Health that they wanted so badly but had essentially given up on.

The commonalities of people's stories – unaddressed barriers, frustration, and pain – painted a clear picture of why they were stuck, the health train wreck they were headed for, and most importantly, what needed to shift in order for their dreams and desires to have any chance of becoming reality.

This period of personal and professional growth and the resulting evolution of my understanding of Thriving Health created a new purpose and passion for my company, Fit4Results and my life: to support people like you in creating and sustaining Thriving Health so you can live your Ideal Life. In doing so my mission is to spark a massive Thriving

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Health Revolution to end the growing epidemic of preventable lifestyle-related illnesses in the world.

I continually aspire to be a living example of my passion and my purpose. I truly live it every day and know how to support you to live it too. I dare2live more and more through pushing my comfort zone and experiencing all life has to offer thanks to my Thriving Health.

I am confident you will enjoy this book and the concepts I unveil. It is the culmination of the wisdom, understanding, and experience I have gained over my lifetime thus far. Apply the concepts and really begin to shift your view of your world, and you will release weight and live with Thriving Health.

**We all deserve to live our ideal life in Thriving Health!**

In health,

*Brent*

“Life is meant  
to be embraced,  
enjoyed and fully  
lived, not merely  
endured!”

*Brent Haydey*

# Introduction

*It happened again!*

*I started a new program. I resolved this time it would be different. This time I would stay with the plan and reach my goal. I could see myself making bad choices then they just began happening without my realizing it. Next thing I knew I was way off track and sliding fast. I feel terrible.*

*Why does this keep happening?*

Have you ever had this internal dialogue or conversation with a friend? Does it continue something like this?

*Every other time I've tried something new it failed miserably. I've read books. I've been on tons of diets and diet programs. I've taken all kinds of exercise programs and classes and even bought a few pieces of equipment for home. I even had a personal trainer for a while – nothing worked.*

*Well, that's not exactly true. Some worked, for a while. But it never lasted. Never more than six months or so at the most. Usually not even close to that.*

*I was really ready this time. I really thought this time it would work.*

## Key Insight

Quite often when you started something new in the past, it could have worked.

Don't feel bad. You're not alone.

This repeating pattern and the underlying reasons it exists are at the very core of the frustration of not being able to release weight and keep it off.

It results in your being stuck not looking and feeling the way you want, no matter what you do. It fuels the fear and worry about health implications of being overweight or obese. It frames the myriad negative emotions that go along with feeling stuck living a life you hate or have resolved to be just okay with. It leaves you feeling powerless to make any real change in your life because "nothing works!"

Feeling powerless to change and reclaim your health and happiness has become a way of being that does NOT have to be. Life is not meant to be merely endured, but embraced, enjoyed and fully lived.

Repeating this pattern has such a negative cyclical effect on both your physical and emotional health and wellbeing that it can only lead to a life helplessly endured.

Life is too short. It's time to stop that pattern, forever!

Quite often when you started something new in the past, it could have worked.

That's right! It could have worked. There are many highly qualified professionals out there offering programs that target different aspects of your health and wellbeing. Many of them have your best interests in mind, and offer good quality programs too. There are even good examples of equipment and other products that can work effectively to help you achieve your goals. On the other hand there are numerous examples of people, programs, plans, and products that simply DO NOT

work, or may even be harmful.

So what about the people and programs that could have worked? You're probably thinking 'if they could work, why didn't they?' In many instances I believe their focus is on the mechanics of nutrition and exercise and nothing more, or not enough more. This is good, but not good enough. They may deliver early results but it won't last. They often don't know, forgot, or just plain left out the key pieces of the puzzle to make results stick. Where most of these professionals and their programs fall short – and where most people fall off track – is only focusing on the to do's and don'ts of healthy eating and physical activity, while not addressing the remaining principles of Thriving Health.

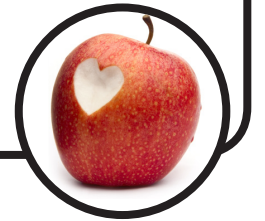
Make no mistake; it's absolutely critical to take the right steps to address proper healthy eating and physical activity. I will address this with Principle 3: Action. There is, however, a bigger piece to address here. Even as you solve this immediate concern the likelihood of falling off track and ending up repeating your old patterns will reoccur unless you change the bigger picture.

It's time to really see what gets in your way EVERY TIME! When you do, your ability to shift to an active healthy lifestyle, experience the results of releasing weight and the benefits from that, AND your ability to make it stick forever will come naturally and easily. With each of my 7 guiding principles I will unveil your path to Thriving Health and a lifestyle that delivers an Ideal Life you will embrace, enjoy, and fully live.

Living your Ideal Life in Thriving Health begins right now!

### Inspirational Note

"Live out your imagination,  
not your history."  
- Steven Covey



“The truth will  
set you free, but  
first it will piss  
you off.”

*Gloria Steinem*

## Principle One

# Awaken

### **Why are you just letting life happen to you?**

Unconsciously allowing life to happen to you rather than stepping up, claiming your power, and leading your life in the direction you truly want is, unfortunately, how many people experience life. The first principle on your lifelong journey of Thriving Health is to Awaken.

To take the necessary action steps towards Thriving Health and make them stick you must first awaken to the undeniable truth:

### **You live your life unconsciously.**

You're a pattern seeker. You repeat a pattern over and over until it becomes habit – and then that habit over and over – until it happens automatically. You do this because it saves time, energy and effort. You're generally lazy, as are we all, and you always seem to be time-stressed, so this is a good thing...right? Very often it is. You can get more done, be less stressed, and focus your energy elsewhere relying on your pattern-seeking, habit-forming instinct to kick in.

Here's an example.

Once or twice a day you brush your teeth, likely without really thinking about it. You just

### Inspirational Note

"If what you are doing is not moving you towards your goal, then it is moving you away from your goal."

- unknown



do it. At one point you were told it was important for your teeth and that you should do it. You may have resisted, especially as a kid. It wasn't fun. You may have needed reminders, but eventually it became routine. The pattern became habit and then became an unconscious one. No questions asked. You accepted the need and importance, let go of the resistance, and now it just happens. This is but one example of what happens countless times in your day, and this is one that positively supports you.

Unfortunately, when many of your patterns and habits regarding a healthy active lifestyle were set, they were not done so in a way that supports you. Look at the current results in your life. If you are struggling and frustrated with your health, this is likely true. Therefore, it would make sense that living unconsciously does NOT work with your health.

That is, not unless you consciously release old unsupportive habits and form new ones that DO work. I suspect if you are reading this, that simply is not the case...yet!

One big drawback of living unconsciously and relying on habits and patterns is that it often leads to life happening to you. When life happens to you and your health, powerful forces influence you and lead to habits and patterns that knock you off track – and keep you there. When it happens unconsciously you don't even realize it, whether the outcomes are what you want or not. This will have serious consequences.

To see what is going on, a wake-up call is needed. Then, and only then, can you change the patterns that require changing so they support you in achieving a goal, such as releasing weight and embracing the active healthy lifestyle to make it stick. Far too many people stay unconsciously stuck in their unhealthy lifestyle, either never seeing the wake-up calls that come their way, or choosing not to act upon them.

## Staying stuck with a superficial focus

Why are you reading this book?

Why are you interested in doing something about how you look and feel, for your lifestyle, or health? While this may be a different answer for each person reading, I suspect you, like the overwhelming majority of people, want to release weight you have been carrying far too long, and have yet to be able to achieve your goals and make it stick.

There are three primary reasons people start a new program for their health.

1. To lose weight
2. To increase muscle or to tone
3. To increase energy

I get it. Number 1 is an important goal. It is by far the most popular goal. It is, however, a superficial goal and when it's your primary or ONLY focus, you get caught up in an unconscious loop that acts to knock you off track and repeat your history over and over.

Let me explain.

Your primary goal, perhaps your only goal at this point, is to release weight. What's the number one thing you focus on in terms of your results? Your weight, right? The number on the scale. It seems natural to do so. It's what everyone else does. It's what you've always done. It's what many "professionals" say is important and certainly it's what you are bombarded with in every form of media on a daily basis. Lose weight, drop 20 or 50 or 100 lbs. fast, and lose that final 10.

You can't get away from it. That's the problem.

This focus on weight pretty much wraps up the repeated on and off again pattern in a nice big bow and presents it to you to experience over and over again.

I believe everyone wants to be healthy. Who wouldn't want to be healthy? Unfortunately you've



been conditioned to believe that health is merely the absence of disease or injury. You've taken this a step further to mean the absence of symptoms or the resolution of an issue or concern you have with your health. This is a deep-seeded societal belief that you probably never think about or are even aware of.

When you focus on your need to lose a specific amount of weight, this is exactly what you are doing. You are needing to rid yourself of a symptom or concern (that extra 25 lbs. for instance). You rationalize it by thinking once you do, you will be healthy and happy.

That specific number of pounds becomes your pain; your symptom. The exact number may vary from time to time but it's there. In your mind, you are unhealthy UNTIL you achieve that number that you or someone else told you is what you want.

When you do achieve the goal of that number, your symptom or pain or frustration from that issue is now gone. You tell yourself you must be healthy – and once you're healthy you stop! Stopping what you've been doing because you succeeded, because you have arrived at the destination or have finished the program happens ALL THE TIME.

Think about the last time you had a headache. You may have taken a pill to cover the pain, or maybe you just allowed it to pass with time. Once the headache was gone it was over. Problem solved. Have you ever pulled a muscle doing some form of physical activity like running down the first base line in slow pitch? Once again you might have rested it or sought help through physical therapy, medication, or self-directed stretching. When did you stop? When the pain went away, right? Once the symptom was gone.

The thing is, the symptom of a number of pounds to be lost and actually being healthy by reaching it are not necessarily one and the same. While you have achieved this goal

## Key Insight

### Root Cause

"If your history has been to repeat this loop then you have NOT addressed the root cause and you are destined to loop around at least once more."

you might not have done anything about the root cause in the first place. Same with the headache or strained muscle. If your history has been to repeat this loop, then you have NOT addressed the root cause – and you are destined to loop around at least once more. Inevitably the slide begins almost immediately and you wind up back where you started. **Remember this is all happening very unconsciously. You don't even realize it.** The pattern simply shows up in joyous celebration with the apparent success then with frustration, depression, and anger at the slide and failure of yet another attempt, leaving you wondering what happened this time.

Your focus on losing a specific amount of weight is a lot like the focus applied to finding a spouse. The harder you focus your search, the further it feels they are from you.

The more energy you direct to your symptom (your weight loss target or missing person in your life), the more you narrow your focus to relieving it. The more urgent and stressful your concern becomes, the more you lose focus on what you're really after now and into the future. Your actions or inactions follow suit; you end up making bad choices to satisfy that urgent stress rather than good choices that ultimately deliver what you truly want.

You end up on again/off again with your health. You end up in dead-end relationships that follow a pattern that just doesn't work for you.

Very soon after you finally release your need to focus on relieving these symptoms –and begin to key in on yourself and on living happily and healthfully – the results you seek will find their way to you.

Happiness precedes success, not the other way around. This applies equally in both love and health.

The focus on a specific weight loss is one of many unconscious lifestyle loops that knock you off track over and over again. It's the one at the very foundation of your health and your life, and the one hardly ever recognized or considered to be as important as it is. Silently it, alone, can be your biggest barrier to results. That's why I am bringing it up now. Awaken and see it for how powerful a force it really is, right up front, here and now, before you go any further. I will address this concept in much greater detail with Principle 5: Awareness.

A superficial focus may get you near the results you want in the short term but, unfortunately, these reasons are simply not deep and meaningful enough to endure the test of time and make it stick forever. To break free from this pattern you've gotta go deep-

## Key Insight

### Thriving Health

“Feeling, looking, and being naturally me with the energy, mobility, strength, and endurance to joyfully do ALL I want, when I want, and with whom I want - and to do so embracing my health and not living in fear of it.”

er. You’ve gotta go deeper and connect with real lifelong foundational reasons for releasing weight and achieving Thriving Health.

### Thriving Health as your true goal

So far, I’ve been using that term Thriving Health a lot. It’s time to tell you why. It’s my term to describe the level of health I believe we all strive for. It’s what I believe will inspire and motivate you to shift your world, and create the space and time to develop your lifestyle and achieve the results you deserve, to lead and live your Ideal Life.

I believe we all actually want something more than merely health, something more than merely weight loss. To me Thriving Health is feeling, looking, and being naturally me with the energy, mobility, strength, and endurance to joyfully do ALL I want, when I want, and with whom I want – and to do so embracing my health, not living in fear of it.

To me, some of the things that Thriving Health means include:

- ✓ Actively playing with my daughter instead of being relegated to the sidelines to only watch.
- ✓ Being able to SCUBA dive – now, and when I’m 90.
- ✓ Going on adventures where, because of my health and fitness, I can see and experience things many others cannot.
- ✓ Being alive and active for years and years to come so I can continue to enjoy new exciting adventures.
- ✓ Being able to run a half marathon on my 80th birthday, if I want to.
- ✓ Being a wonderful role model for my extended family and friends.
- ✓ Looking in the mirror everyday and smiling.

Exactly what it means to you will differ from anyone else, but the core spirit behind it will remain the same. That’s fine because everyone differs in their picture of an Ideal Life and how their Thriving Health enables them to live it

**Principle 1: Awaken**

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fully.

Why do you want to achieve Thriving Health? Why is it important to you at a deeper level? At times in the past you may have had a clear picture. Over time and with repeated attempts focusing on weight, you may have lost sight of these things. Then again, you may never have explored your reasons on a deeper level. In any event, NOW is the time to do so. By connecting to your deep-seeded reasons you've got something to hold on to well beyond the milestone of releasing weight. Releasing weight is a vital process on your path of Thriving Health – but, and this part is crucial – it will be the result realized from connecting with your deeper reasons rather than being your primary focus. That milestone will come and go. Then what? These reasons are there to inspire and motivate you for life.

Seeing your deeper reasons for wanting a healthy active lifestyle begins to form your purpose for health and a big part of your purpose for your life. The milestone accomplishment of releasing weight is a powerful re-affirming by-product of the result of living a healthy active lifestyle. Connecting with your deep-seeded purpose motivates you much more powerfully than a superficial focus to act in a manner you know you need to; whether it's filling half your dinner plate with steamed vegetables, doing a 30-minute treadmill and strength routine before work, or something else. You will much more easily weather the storms and barriers that happened in the past and will happen again in the future. Sure, on occasion some will get through and knock you down, but you're gonna find it way easier to stay on track or bounce back after a setback than when it was at a superficial level. You will NOT wake up after months and months wondering what happened...again! You will have a deep, meaningful reason for doing so right there helping to pull you up EVERY time you need it.

Deepen your WHY with the two exercises at the end of this chapter.

### **The Undeniable Truth**

Nearly 2 of 3 people in North America are overweight or obese. It is an epidemic getting worse and worse every day. As a health risk, it's on a similar level as smoking. It is linked to higher risks of heart disease, high cholesterol, diabetes, high blood pressure, and many other lifestyle-related illnesses. It is largely preventable.

While this may not be news to you and it may be one of the very reasons you are reading this, it's worth repeating. Staying stuck and repeating the loop of failed program after failed program perpetuates the struggle with being overweight or obese and deepens the risk of a lifestyle-related illness. I'd much rather focus on what you will achieve with Thriving Health, but understanding what is at risk is important, and will be an important

motivator as well.

Preventing lifestyle-related illness and being healthy does not necessarily mean the need to be skinny. That may not be realistic or even desired. However, for most people the underlying factors behind being overweight or obese, when addressed by transforming your lifestyle and properly integrating all 7 principles of Thriving Health, will lead to preventing these illnesses AND act to release weight.

I mentioned before that a wakeup call from unconsciously letting life happen to you is required before steps to change will take place. Some never awaken, toiling through life unhealthy and unhappy, on track for a massive train wreck with their health, and some unfortunately die as a result of their lifestyle-related illness. Yet others do awaken enough to get a chance to change and have a different experience of life.

Sleepwalking through life, reaching for fixes that don't address the underlying reasons for your current weight and health status is causing many of the lifestyle issues you constantly see on the news. Everything that surrounds an unconscious lifestyle plays a powerful role in many of the causes – and ultimately the prevention – of these issues. Until you're ready to wake up and see it for what it is and how it holds you back, the life and lifestyle you really want will continue to elude you, and you will remain on track for a train wreck with your health.

**THIS IS YOUR WAKEUP CALL!**

Don't allow yourself to slide back into unconscious habit and an unhealthy lifestyle. You may not get another wake-up call.

**Deepening Your WHY - Part 1**

*Create some space and time to work on this. Remove distractions. Have your computer or a pen and paper*

**Key Insight**

An Undeniable Truth  
2 of 3 North Americans are overweight or obese. It's affecting how they feel about themselves and their lives. It's affecting their health and it's getting worse.

It does NOT have to be that way for you anymore!

Action Step

available. Begin by grounding yourself and getting in a mindset that will allow your imagination to flow. Read this next section, then sit back and close your eyes and do what you've just read.

Take in a deep breath. Hold it a moment and slowly breathe out. Take another breath in. This time, as you breathe out, let all thoughts in your mind go out with your exhaled breath. Once more. Breathe in. Hold it. Exhale slowly releasing all stress and all thoughts. For a moment, just be.

Now transport yourself into your future. To a point when you have released weight and look and feel exactly like the real you. You are Thriving Health.

Let go of any negative or limiting thoughts. Imagine exactly what releasing weight and living with Thriving Health looks and feels like to you. See what you are able to do as a result of achieving it. See what it means to you at the deepest level. Then ask yourself this question: **Why is that important to me?**



Your answer will take you to a deeper level of WHY. Ask the same question at least three times over with each answer you visualize. Continue to go deeper. As long as you deepen your WHY, keep on asking the question.

One example could be: I see myself running and playing with my daughter in the park. I am full of energy and able to move and do anything I want, anything she wants. Why is that important to me? I am happy with who I am, and how I

look and feel, and it no longer restricts me. Why is that important to me? I am a wonderful role model for my family. Why is that important to me? We're smiling, laughing and full of joy. I am happy. Why is that important to me? We will all live long, healthy lives enjoying cherished moments like these for years to come.

Stay with your deepest WHY for a moment. Really take in all it will mean to be as you are imagining, to do the things you are doing, or to have what you now have. Gently let this beautiful visualization pass, knowing it will be yours.

*Shift to another image, perhaps in another life area or at another stage in your life, and imagine your Thriving Health again. Ask that same question, why is that important to me?*

*Step by step imagine your Ideal Life in all areas. Flow through relationships with your spouse or potential spouse, children, grandchildren, maybe even your great grandchildren. See your friends and other important people in your life as they are positively impacted by you living with Thriving Health. See your career or business and connection with your community and any other areas of your life. Of course see your SELF healthy, happy, and active at all stages of your life. Be as vivid as you can, connecting with each sense in great detail. Just be. Take as long as you need. Seeing this at the deepest level is important.*

*When you're ready, gradually return to the room and the present moment.*

*You have just experienced your deep-seeded reasons for shifting your lifestyle, claiming your power and the space to release the weight you want, and to achieve and live with Thriving Health! Its power will grow and be with you to make it stick forever.*

*As you did this, doubt may have entered your mind. I fully expect there to be some. That's okay. We'll work on that soon. For now, suspend doubt and allow yourself to imagine that everything you visualized could be, will be. No excuses. You're not quite done yet. Immediately work through Phase 2 of deepening your why to create useful tools that will support you every day from now on.*

## Deepening Your WHY - Part 2

*Write down each visualization you just imagined in as much detail as you can. Connect again with each of your senses as you build them all into your description. Just go with your writing here. Let it flow once again.*

*The next step is to create tangible physical tools to support you every day as you live your life. These tools may include affirmation statements, power words or mantras, images, and symbols. Each will act to keep you connected to EACH deep-seeded reason you want to live in Thriving Health.*

*From the example above here are some ways you might create and use these tools.*

Action Step

You might use an affirmation such as "I move freely and energetically doing all I want to do." Affirmations can be read daily to reinforce their message. You can use them weekly while you check in with your progress and plan ahead. You can print them and hang them strategically. You can write them on a mirror in your bathroom. You might try recording you reading them aloud and then playing them on your iPod while you walk or run! Feel free to use them as they will support you best. Create as many affirmations as you need to cover all of your deep seeded whys.

Your power words might include strength, ease, laugh, and play. These describe and reinforce traits you embrace leading to your Thriving Health. You may have these printed and hung strategically. You might take a picture of these and use them as wallpaper on your smartphone so you see them each time you use it. These are especially powerful when you don't yet feel they describe you but want them to be so.

Your mantra words are similar but can be used when needed to rhythmically reinforce a positive message while simultaneously dispelling negative messages inspiring you to stay the course. A friend of mine used to use the running mantra of "right, left, repeat" saying each word with a foot strike as he ran. Kind of monotonous and not all that inspiring but very effective in eliminating and keeping out negative messages that came with fatigue and discomfort on some long runs. I am sure you can come up with something more inspiring achieving the same result.

You may hang or carry an image of a parent and daughter depicting this idea in many respects.

You may hang or carry a symbol such as a cultural or ancient symbol for harmony or strength. You may have something more personal or meaningful to use as a symbol. Different symbols or images can depict different aspects of your deep whys.

Add to all of these over time as you desire. Overall make sure all that you create and use reflects all of your deep seeded reasons for Thriving Health to give you the greatest inspiration and motivation to act and make it stick. Place your creations in strategic locations to remind and prompt you into positive action and prevent poor choices when and where you need it most. Some examples include your refrigerator, pantry, office wall, car console or dash, or in your living room near the TV or couch. Perhaps in your wallet for every time you are about to spend unwisely at a grocery store or restaurant.

These items are connectors to your deep-seeded reasons for doing EVERYTHING IT TAKES to

*create and achieve Thriving Health and make it stick. They are pattern interrupters allowing you to move in a new direction. This is the very heart of your inner life health purpose. Use them often!*

You may be wondering how simply thinking about and visualizing this will help you achieve your goals. Just thinking about it, no matter how much you love what you see, will not deliver the results you want.

“Begin with the end in mind.” This is one of Steven Covey’s 7 Principles of Highly Effective People and it applies here. Imagine beyond the current context of your world for a moment, even if it feels completely out of reach. Stretch beyond what you believe is possible, just for an instant, so you can catch a glimpse of your desired reality. If you cannot see it first, you cannot make it real. Beginning with the end in mind is seeing what you dream first, and then setting out to do what it takes to make it reality. It has taken a lifetime to reach where you are right now and it will take some time to create and walk the path of where you want to go. As the philosopher Lao Tsu said, “A journey of a thousand miles begins with a single step.” Well, this is that first step.

What you have created here are outcome goals. They act wonderfully to inspire and motivate, but they tend to be vague and general. Beware that they can also de-motivate if you’re not getting any closer to your goal or feeling like you’re not making any progress. These visualizations don’t tell you how to move forward; they focus on where you’re going and how you are “be”-ing as you embrace the journey. Process goals, which I will discuss later in the book, get at the how-to side of things.

Remember, the superficial goal of a number on a scale IS NOT a powerful enough reason to SUSTAIN any results you experience. These are!

You've begun to see some of the underlying barriers between you and the results you desire. You've begun to see your outcome goals and the bigger picture of all that transforming your lifestyle will deliver you. Now it's important to take your next step.

The next chapters unveil each of the 7 principles of *Thriving Health*. You will see precisely how you can use them to shift from being stuck and frustrated with your life, health, and lifestyle to embracing and fully living your Ideal Life in *Thriving Health*.



### Share the Health!

Please forward this document to anyone in your world you feel would benefit from it.

