

WELCOME TO

THE *Journey* TO WELLNESS

90-day wellness
coaching program



Welcome

Welcome to this program! I'm so excited and thrilled you're here.

You're about to have a life transforming experience.

As you know, living with a chronic illness can be very taxing on our mind, body, and soul. However, our illness does not define who we are. We have more control and more choices than most of us realize, and it's up to us to change the trajectory of our lives.

I'm so happy you're on board with this idea and are ready to make these changes to your lifestyle!





HOW THIS PROGRAM WORKS

This program runs for 12 weeks. Each week we'll learn about a new element of holistic wellness and how to incorporate it into our lives to regain control.

By the end, you're going to be amazed. You'll have totally transformed your way of living, but more importantly, you'll feel more in control, learn to love yourself as you are, strengthen your faith and develop a different outlook on living with a chronic illness.

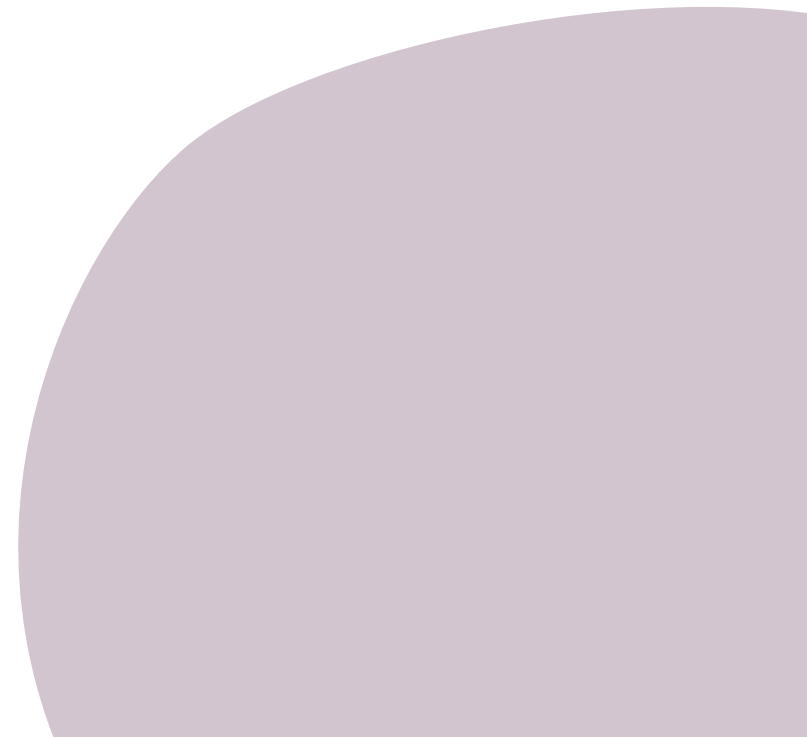
And best of all: you'll be able to continue on this way for the rest of your life.

PLAN FOR SUCCESS

In this Prep Module I'm going to take you through the key things you need to be thinking about and doing before starting this program.

These actions will set you up for success, ensure you start with the right mindset, and get off on the right foot.

Success doesn't happen by luck, but it will happen if you make space, get ready, and get in the right mindset.



Identify Your Why

SET YOURSELF UP FOR SUCCESS

Before we go any further I want you to identify your 'why'. By this, I mean your reasons for enrolling in this program.

Your answer might sound something like one of these ...

- I want to love my body
- I want to manage my stress
- I want to be more present
- I want to have more energy
- I want to develop a new mindset
- I want to take back control over my body and choices

But even if you identify with one or more of these, it's just the start. I want you to dig deeper.

What's the reason underneath it?



THE REASONS UNDERNEATH YOUR “WHY”

Let's take “I want to love my body”.

What's the why underneath that?

So that...

...I can improve my confidence

...I feel better about my body

...I can nourish it properly

See how you can keep going deeper?

And then you can go even deeper. What will these things actually give you? Get as specific as possible.

If I can achieve that, I will...

...be a role model for my daughter

...stop worrying about my flaws, and enjoy life instead

...have more energy to play with my kids on the beach this summer





USE THIS FORMULA TO CREATE YOUR WHY STATEMENT:

I want to do this program because/so that _____.

This is important to me because it will allow me to_____.

This will change my life because then I can_____.

Ultimately this will enable me to_____.



Your Mindset

SET YOURSELF UP FOR SUCCESS

It's critical that you approach this program with a positive mindset.

- Get grounded - go outside and get some exercise and in particular touching the soil/sand with bare feet when you are feeling overwhelmed
- Affirmations & gratitude
- Daily or weekly Yoga practice - or a simple walk in the neighborhood
- Guided meditations (I love the Breethe app on my phone)

Feelings of fear and resistance are totally normal but also completely manageable.



PLAN FOR SUCCESS

Get Ready

This course runs for 12 weeks with learning elements, reflection, and homework for each week.

When will you consume the content and implement the steps each week?

Will it be:

- one evening a week or spread out over a few evenings?
- one morning or afternoon a week when the kids are at school or asleep?
- on weekends?
- on lunch breaks from your job, or an early morning café session?

Everyone's schedule is different but over time I've noticed something about those who make significant lifestyle changes and those who don't.

They make a plan.



MAKING SPACE

So now that you've worked out when you'll fit this program into your life and schedule - how can you free yourself up to focus on it?

By this I mean: what other projects or tasks are hanging over your head?

Perhaps there are things you need to clear up while you wait for this program to start, to create time and space to work on this program.





GETTING ORGANIZED

While you wait for the official start to the program, this is the perfect time to get organized and prepared.

Specifically, create some kind of system for filing any of the course material you want to refer back to.

This could be an electronic filing system (like Dropbox or Google Drive) where you download and store all the course materials.

START WITH SOME AFFIRMATIONS



I believe in the power of positive affirmations, and we'll be exploring this tool throughout the program. Here are some affirmations to reflect upon and use (if they serve you):

- I make healthier decisions each day.
- I consider how every decision I make impacts my health.
- Living a healthier lifestyle is a choice that I make each day.
- I look forward to each new day as it gives me a new chance to grow.
- I successfully separate my obstacles from how I define myself.
- Today is the beginning of a new outlook on life.

Questions for Reflection:

1. What do I do every day that is harmful to my health? Why am I doing these things?
2. What are five healthy habits I could add to my life that would make a difference?
3. What is the most dangerous or reckless thing I do? Why do I do it?

Support

As you go through the program, if you have any questions or issues, here's how to get in touch with me:
email me at livewellchronicallyill@gmail.com

See you Inside the Modules!

