

This LifeBook belongs to:

.....
.....



HABITS *of* HEALTH

CONTENTS

- Introduction:**
Your LifeBook
Page 04
- Your Current Story:**
How is Your Life?
Page 20
- Element 01:**
Being Clear Why You Are Here
Page 36
- Element 02:**
**Knowing What You
Want to Accomplish**
Page 48
- Element 03:**
**How Do You Create
What You Want?**
Page 74
- Element 04:**
Building a Healthy Mindset
Page 100
- Element 05:**
**Optimizing Your
Surroundings**
Page 124
- Element 06:**
Your Path to a Healthy Weight
Page 150
- Element 07:**
Creating a New Leptogenic World
Page 164
- Element 08:**
Learning to Eat Every Three Hours
Page 180
- Element 09:**
**How Do You Use Fuelings
to Reach a Healthy Weight?**
Page 192
- Element 10:**
**The Key Role of Hydration in
Reaching a Healthy Weight**
Page 202
- Element 11:**
**How Do You Eat Healthy
Beyond Fuelings?**
Page 214
- Element 12:**
**Optimizing Your Success
in Reaching a Healthy Weight**
Page 228
- Element 13:**
**Track Your Journey To
A Healthy Weight and Beyond**
Page 248

- Element 14:**
**Transitioning to Eating
Healthy for Life**
Page 264
- Element 15:**
How to Eat Healthy for Life
Page 282
- Element 16:**
Dealing With Addictive Food
Page 316
- Element 17:**
**How Do You Become
a Perpetual Motion Machine?**
Page 328
- Element 18:**
Exercise is Your Gift to Yourself
Page 352
- Element 19:**
**How Do You Create Healthy
Sleep and Unlimited Energy?**
Page 380
- Element 20:**
**Maximizing Your
Anti-Inflammation Protection**
Page 412
- Element 21:**
Do You Need to Supplement?
Page 420
- Element 22:**
Creating Optimal Wellbeing
Page 436
- Element 23:**
**Master Your Thoughts
and Emotions**
Page 452
- Element 24:**
**Your Journey to
Higher Consciousness**
Page 480
- Element 25:**
Habits of Longevity
Page 496
- Element 26:**
**Ultrahealth™:
Living Longer Full Out**
Page 510
- Epilogue:**
Your New Story
Page 530
- My Invitation**
Page 536

INTRODUCTION: YOUR LIFEBOOK

One of the biggest and most powerful realizations we can ever have is to know that our life path is not fixed. The way you think, the way you act, the people you spend time with, and even the world you live in can all be changed.

All things are possible. You have the capability over time, with specific focus, guidance, and practice, to become the dominant force in your life.

From where you sit today, you might rightly think that what I am saying isn't possible. You might ask exactly how I can have a clue about your life? In fact, you're probably thinking I'm a bit full of myself.

Well, I know we've only just started this book together but I need to tell you that you're wrong.

Years ago, things were different. I was certainly different. But that was a long time ago. Today, I am full of confidence and certainty in my approach and understanding, which is based on the firsthand experience of thousands of people, from every walk of life, who have transformed their lives.

These people are not strangers. They are my family, my friends, and a community of clients and coaches who all made a decision to take control of their health and lives. What they share is a willingness to reach out for help and embrace a different way of approaching their lives.

Their approach has gone from focusing on what's wrong in their lives to a mindset of asking, "How can I change, what do I need to learn, and how can I include others in my journey?"

These individuals have rewritten their stories so they are the central characters in amazing journeys of transformation. I'll share some of their stories as part of the Habits of Health experience.

Today, reading this, you now have the opportunity to write the next chapter of your health and your life. Believe me. I understand that the idea may seem scary. Based on your past experiences, you might not even think it's something you can do. In this chaotic and unstable world, in times of accelerated change, everything seems to be beyond your control.

Your life does not have to be one of those things.

THE HABITS OF HEALTH TRANSFORMATIONAL SYSTEM

The Habits of Health Transformational System is your pathway out of a reality that doesn't appear to be within your control. The system will give you the opportunity to take a different path and equip you with what you need to write a different story from today onward.

This system will give you a new sense of direction and put you in the driver's seat, so you can take control and travel along a new path toward better health and improved wellbeing.

This is your companion guide to accompany you on an exciting journey to optimal health and wellbeing. In the original version, this guide was structured as a workbook used to help people learn the components of the Habits of Health System.

I've made Habits of Health 2.0 into a much more valuable tool that helps you as you learn and practice the Habits of Health as part of the Habits of Health Transformational System.

Rather than simply gathering information and filling in the blanks as we did before, this new companion becomes an interactive documentary of your advancement toward a healthier and more thriving life.

In short, it is *Your LifeBook*, expressing your story as you move forward. It is here to guide you and lay down the foundations—at your pace—to help you build a new future. *Your LifeBook* will also give you the opportunity to make notes on what is working (and what isn't) so you can measure your daily progress on your journey.

Like a science experiment, I want to uncover what works for you specifically so I can guide you to your new future. *Your LifeBook* will help track your progress and provide powerful feedback as you grow and advance on the path to better health and wellbeing.

Remember, this is your story. So, because it is absolutely unique, I want to support you in the ways that work best for you. *Your LifeBook* is designed to do just that. You will be able to customize and adjust the Elements to fit your talents, your genetics, and your priorities.

HOW THE PARTS OF THE SYSTEM WORK TOGETHER

There are three parts to the Habits of Health Transformational System. There is the Habits of Health book in a new and updated version. You're holding *Your LifeBook* in your hand. And then there is the Habits of Health App. Let's briefly explain why they all matter and how they interact with each other.

Dr. A's Habits of Health

This is the main textbook; it contains much more detail about the different aspects of the Habits of Health. It reflects on the latest science of wellbeing and outlines a huge amount of important information about nutrition, sleep, exercise, and more. Think of this as the part of the system that lives on your bookshelf and you will reference it often.

Your LifeBook

This is a day-to-day journal packed with really useful tips, hints, and advice on your journey to optimal health. Each progressive Element represents a central core component which will forge a rock-solid foundation for your progress to optimal health and wellbeing. As a completely joined-up summary of the main book, it's designed to be easy to carry around and perfect for jotting down your thoughts, your progress, and your challenges—so you can reflect on your achievements and know your weaknesses! Think of this as something you can keep with you throughout the day and on your bedside at night, and over the next 12 months you will use it to create and write your new healthy story.

Habits of Health App

Using the latest technology, I've created an app that will help you manage crucial aspects of your journey to optimal health. Using the App, you can set alerts for mealtimes, store and refer to dietary information as well as recipes, and keep a dynamic record of your daily levels of activity. It will also allow you to better manage your emotions.

The three critical parts can work independently of each other but because they're all based on the same principles and with the same aim—of getting you to optimal health—they're far more effective when used together.

There's one important thing you should know: Your journey will not go perfectly. It will be full of challenges and setbacks but they are all part of the life-building process.

But if you stay the course, use the life lessons as learning opportunities, and are willing to be open and curious then this story will be a happy beginning to a thriving life. When you are doing what you want to do, becoming good at it, and sharing it with those you love and care about, you will have written a great story.

ROCKS, PEBBLES, AND SAND

Before you start writing your own story, I would like to set the stage by retelling a story I have heard (and told) many times. It's a story about rocks, pebbles, sand, and a mason jar.

A teacher places a mason jar filled with rocks in front of his class and asks if the jar is full? "Yes" the kids say. He takes a pail with smaller pebbles and pours them into the jar, shaking it until they fill the spaces between the rocks. "Is the jar full?" he asks. "Yes", they say again. The teacher then adds a scoop of sand to the jar. The grains fall between the larger and smaller rocks. "Is the mason jar full?" he asks. The class inspects the jar; there is no more room for anything else. The teacher smiles, grabs a pitcher with water and proceeds to fill the jar to the brim.

The teacher explains that the demonstration is an analogy. He tells them that the jar is your life. The rocks are the big things in your life such as family, your partner, your health, and your hopes and dreams.

The pebbles are other things that give life meaning, like friendships, a job, or hobbies. And the sand and water are the small things that fill in the rest of our time.

The point of the demonstration is that if you fill your life with the small stuff, how will you ever be able to put in the big important stuff? Everything fits in the jar just like the components of your life but you need to consider how the small stuff fits around the bigger things, not vice-versa.

I love this story for several reasons. Its principle lesson is the very building block of the Habits of Health Transformational System. Life is a series of choices and some of them are more important than others. As you will soon learn, it is the prioritization of those choices that creates the motivation which drives everything you can accomplish.

Since the origin of the story is unknown, I am going to adopt the visual analogy it offers and make it a way of explaining and describing our system. It is the perfect structure to visualize and empower your new story and your journey.

The reality is that we live in an obesigenic world, surrounded by so many things that can have damaging effects on our weight and our health. As I describe in Part 1.1 of *Dr. A's Habits of Health, It's Not Your Fault That You're Struggling*, with your weight, your health, and your wellbeing. And this chaotic, unhealthy, fast-food-filled, stressful world is not going to change in the near future.

The Habits of Health Transformational System is like the mason jar, as it creates a microenvironment of health to protect you from your unhealthy surroundings. The MacroHabits of Health are the foundations of optimal health and wellbeing. These six key foundational categories are like the rocks. We will place them in the jar first to create lifelong transformation and to protect you from the modern world's negative side effects.

MICROENVIRONMENT OF HEALTH



MACROHABITS OF HEALTH



**Healthy Weight
Management**



**Healthy Eating
& Hydration**



**Healthy
Motion**



**Healthy
Sleep**



**Healthy
Mind**



**Healthy
Surroundings**

Addressing all six of these MacroHabits of Health is critical. Taking time to focus and place these rocks in our jar is the first step in building the foundation necessary for our long-term success. If we fail to tackle each of these keystones of our microenvironment of health, the structure will be weakened and decrease our chances to withstand the effects of our modern world. Next, we have to introduce the primary and secondary habits that are derived from the six MacroHabits. These are the pebbles. These actions surround, reinforce, and actually arise from the foundational rocks. These Habits of Health can be further broken down into the microHabits of Health which are extremely small positive actions—they're so small that we can always do them.

MicroHabits are the thousands of small choices that are a part of our daily life. For example, we make over two hundred decisions about food each day, and each micro-action either adds to our health and life or detracts from it.¹ The sand, therefore, represents what appears to be insignificant choices on their own but, when placed in the jar and mixed with water, they become the concrete that makes the jar rock-solid and a formidable force against any external challenges to your health and wellbeing.

¹ *Exploring Comfort Food Preferences across Age and Gender, Physiology and Behavior* – Wansink, B 79 (4–5,2003):739–47

How to use Your LifeBook

Think of this guide as a combination of a guidebook and a personal journal. I would encourage you to make it as personal as possible. You can attach photos of your progress, write about your successes and your challenges, or sketch a favorite meal. The key thing is that the LifeBook is special to you.

Each Element will have a central theme and a goal and will end with a review of that principle and how you have applied it to your life. Each principle builds on the previous one to lay a foundation for your daily life. Once learned and installed, we can step up on your path to give you a firm footing for your ascent to optimal health and wellbeing.

If you have a coach or professional helping you, they will help make sure you have mastered each Element before you move on to the next. They have been trained to help you get the most from *Your LifeBook* and the process.

Your LifeBook is designed to accompany you throughout your day so you can take notes in it and refer back to key takeaways later. This will be important to remember breakthroughs and insights and to identify triggers from which future days can be built.

Your LifeBook will also allow you track your progress; so, fill it with notes on experiences and maybe even setbacks. It will help you remember the key things that you are working on.

It cannot be said enough that reviewing your notes, events that lead to "aha" moments, and just coordinated repetition will allow you to go over where you are in your Element and your journey. This can lead to amazing breakthroughs.

“This knowledge is most valuable when you decide to "become" through the act of doing, which will lead to the results you are really after.

Not only should you review your current and completed Elements often, but you should also share your insights and thoughts with your coach or mentor.

What I really hope is that *Your LifeBook* ends up on your nightstand so that you will transcribe your key thoughts from the day into it as one of your habits. Whether it is expressing your gratitude, a list of key takeaways, notes, or reminders of how you will start your day tomorrow, it should become a part of your life as you journey to your transformation.

Your LifeBook has much in common with a traditional journal but our approach gives it structure.

Each Element is a permanent step toward a better understanding. It will equip you with increasing skills and act as a reference so you can proceed safely on your climb to optimal health and wellbeing.

Each Element will have enough structure and information for you to master it. And, if you are not used to writing things down and journaling (it took me a while to get used to this when I first started), it will give you default boxes to check off when you make progress and provide questions to assist you on your journey. Using *Your LifeBook* is a key Habit of Health that you can successfully install. It will become an automated part of your day, like all of the other Habits of Health.

Your LifeBook is designed to chronicle your first year of building your new healthier life. It will also document your increasing mastery of the key Elements as you become a higher version of yourself. There are 26 progressive Elements for the next 52 weeks which gives you, on average, two weeks to progress through an Element. Some of the lessons you will be able to complete sooner, and some may take a little longer. There is no set schedule because we want you to proceed at your own pace. I will provide an average time I think is reasonable to complete each Element simply for your reference.

A quick look inside Your LifeBook

Your *LifeBook* has been designed to be as interactive as possible. That's about you writing in it, carrying it around with you, and turning to it when you need inspiration, advice, or a reminder about how far you've come.

Let's take a quick look at how each Element works.

1. Each Element starts by setting goals and being clear on why it matters
2. We'll also ask you to write about your experiences so far
3. And we'll tell you what you'll learn
4. We include lots of helpful tips and advice
5. You'll see references to the main Habits of Health book
6. Your coach will help assist you to master each Element

If you are ready to start, proceed to the first Element.

For those of you who have already started the journey and are losing weight and getting healthier, congratulations. We can pick up from here because the journey to optimal health and wellbeing isn't just about a restricted period of time when you are losing weight.

It is about fundamentally changing your habits one at a time until you have created sustainable transformation. Those new habits will provide a microenvironment of health to armor and protect you against whatever this crazy world throws at you for the rest of your life.

In Health,
Dr. Wayne Scott Andersen



YOUR CURRENT STORY: HOW IS YOUR LIFE?

“Knowing your current reality is the first step in creating your new life.”

Dr. Wayne Scott Andersen

The idea behind *Your LifeBook* is that it will help you keep a dynamic record of the transformation that will take place over the next year—from your current reality to a life of optimal health and wellbeing. Along with the Habits of Health, it will help you learn and master a series of fundamental Elements that will be at the heart of the story you write of your new life.

Let's begin by documenting your starting point.

Note: Although this may not be an exercise that excites you, it is important because it will give you a reference point. It's like taking the "before" snapshot that you'll compare with the "after". Everything is going to change as you improve in your health and your life. This snapshot will provide a reference point to your old story.

Why does writing in this journal matter?

Before you start, I want you to realize that this is a safe space in which you can tell your current story. This is *Your LifeBook*, which means it is your private interactive journal and guide. It is unique to you. You will have time for self-reflection, plenty of space to take notes, and more than enough of the insights I have gathered over the last 20 years or so to help you write your new story at your own pace. In this digital age where everything is electronic, I believe that there is real power in using a pen and writing our past and current thoughts and observations in our own hand.

Much like writing down our goals, the written word has magic in it.

The structure of this section and the future Elements have been designed to increase your self-awareness so you become more aware of who you are and where you are starting. This will allow you to methodically build and master the Elements, thereby creating lifelong transformations. The idea is that you will develop a deep desire to continue to learn, grow, and develop.

Our focus will be on your lifestyle habits because you have full control over them and, as you strengthen them, they will provide a solid foundation for creating overall wellbeing. In the coming Elements, we'll explore the core building blocks of health and wellbeing. Before we gather some of your information and ask you a few questions to see where you are now, I would love you to write a brief introductory piece about who you are.

LET ME TELL YOU A LITTLE BIT ABOUT ME

First though, let me introduce myself properly.

I am Wayne Michael Scott Andersen. I am 66 years old and I have an amazing life. I get up every morning in a state of great health and approach the day with the enthusiasm of someone a good deal younger. I am active, fully engaged in my life, and I have a ton of energy. I have two beautiful daughters and a love of nature and the outdoors. I would characterize myself as a highly spiritual person. I love my vocation (it's really my avocation) because it fills my day with rewards. I feel I am bringing value to the world.

The story of my past was not so optimal and there were many areas of my life where I was far from thriving. That's why I hope you are confident I can help you to help yourself. It is the application of the principles in the Habits of Health Transformational System that have allowed me to grow and transform to the thriving state I now find myself in.

Recently, completely and unexpectedly, I lost my soul mate and wife Lori. Although it is a tremendous loss, having the foundations and Elements have allowed me to continue to live fully and with purpose. The support and guidance during this adjustment has enabled me to be fully present for my daughters.



Dr. A, Lori, Savannah, and Erica in Aruba, Christmas 2017

Current illnesses:



Assessing your overall wellbeing and how you are managing your days will start to give you an insight into your world.

We know that eating right will improve our health yet, in the moment, we can't help grabbing a cheeseburger or a sugary doughnut because one burger or one doughnut can't really lead to obesity or diabetes, can it? We know we should be more physically active but our favorite TV show is on. My kid has a baseball game tonight but I am buried at work and he won't mind. My friend has asked me out to dinner three times but I blow them off because I am just too busy. I find myself going shopping every time I really get stressed and yet, when I get my credit card bill, I am under even more pressure.

Let's see how you currently stack up in the parameters that determine the quality of your life.

The design of *Your LifeBook* allows you regular opportunities to check boxes which will give you some measurable parameters. But the areas where I ask you to write your thoughts in your own words are equally important. I do that because I am asking you to take ownership of your situation and write—in your own words—your observations, thoughts, and "Aha!" moments.

Let's do a wellbeing evaluation.

Go online to HabitsofHealth.com to complete the comprehensive Habits of Health Assessment but use the shortened version here to get started.

HOW IS YOUR PHYSICAL HEALTH?

Physical health includes many key areas, like reaching and maintaining a healthy weight, developing healthy eating habits, engaging in robust physical activity, slipping into high quality sleep time for relaxation, and being within a healthy, safe, hazard free work, home, and play environment.

In these key areas of physical health, give your best estimate as to where you think you are on a scale of 1 to 10, with 10 being optimum.

Here are some ideas to help you rate your current position on the scale:

- How competent are you at managing your weight?
- How much energy do you have throughout the day?
- What kind of food are you putting into your body?
- What is your level of activity each day and do you exercise?
- Do you get a good restful night's sleep?
- How good are you at handling stress? And do you make sure you have evaluated the potential hazards in your world?
- Have you removed unhealthy food from your workplace and house?
- Do you get medical checkups and maintain yourself?

How safe is it where you work and live in terms of exposure to health risks such as steep stairs, poor water quality, crime and so on?

If you are not exactly sure where you are, don't worry. Take your best guess and we will gather more detail later. For now, complete the answers and then put your total score at the bottom.

HOW IS YOUR MENTAL HEALTH?

Mental health includes many key areas, including strong relationships, a sense of community, making time to follow spirituality, and finding engagement and motivation at your job, hobbies, and so on.

In these key areas of mental health, give your best estimate as to where you think you are on a scale of 1 to 10, with 10 being optimum. If you are not exactly sure where you are, take your best guess and then put your total score at the bottom.

Here are some ideas to help you rate your current position on the scale:

- Do you have deep meaningful relationships with friends and family?
- Do you have passion for your job, enjoy what you're doing, and feel fully attentive and focused throughout your days?
- Do you believe that you can accomplish whatever you put your mind and body to?
- Are you hopeful and optimistic about the future and act thoughtfully on your emotions when they arise?
- Are you resilient and learn from the past?
- Do you have meaning and purpose and savor the small pleasures of life?
- Do you feel that life is happening through you and that you're connected to your faith and spirituality?
- Are you connected to your community in service?
- Are you having fun, relaxing, and connecting to nature with hobbies and free time for yourself?

	Bad	Poor	Fair	Good	Optimum					
Most Relationships	1	2	3	4	5	6	7	8	9	10
Attitude at Work	1	2	3	4	5	6	7	8	9	10
Meaning & Purpose	1	2	3	4	5	6	7	8	9	10
Spirituality Time	1	2	3	4	5	6	7	8	9	10
Community Service	1	2	3	4	5	6	7	8	9	10
Hobbies/Fun	1	2	3	4	5	6	7	8	9	10

Score _____ /60

Your current score in mental health is only a snapshot of what your score can become as you apply the principles and adopt the Habits of Health in your life.

Your mental health is primarily determined by how you take responsibility for your thoughts and actions. As we work together, you will learn to be able to place your thoughts and mind where you want, for as long as you want, to become the dominant force in your life. It will require you to go to a place called the mental gymnasium and install some powerful Habits of a Healthy Mind.

Your mental health is also heavily influenced by your physical health, brain health, the quality of your relationships, and the individuals you associate with.

Take a few moments to describe your current mental health in your own words. Use the descriptions I presented as a reference point for writing about your own experience in terms of how much abundance you have or desire.

HOW IS YOUR FINANCIAL HEALTH?

Financial health encompasses many key areas, which includes abundance (the feeling that your life is full in terms of resources). It is important to feel like you have the means to create experiences and memories with family and friends. It also includes the confidence that comes from knowing you can pay your bills and care for your family.

In these key areas of financial health, give your best estimate as to where you think you are on a scale of 1 to 10, with 10 being optimum. As before, if you are not exactly sure where you are, make a guesstimate because we'll add more detail later. Put your total score at the bottom.

Here are some ideas to help you rate your current position on the scale:

- You sense you have what it takes and know that with gratitude, hard work, and direction you can bring what you want into your life.
- You do good deeds for others that are unexpected.
- You have resources so you don't have to spend your days worrying how you will pay your bills.
- You plan and control your finances so they don't control you.
- You have discretionary income and the time to be spontaneous as well as focus on creating health and wellbeing.
- You have developed the resources to create special experiences of travel and events with your loved ones and friends.
- You have the resources to give back to your community and favorite charities.

	Bad	Poor	Fair	Good	Optimum					
Abundance	1	2	3	4	5	6	7	8	9	10
Resources to Minimize Stress	1	2	3	4	5	6	7	8	9	10
Money Management	1	2	3	4	5	6	7	8	9	10
Money to Do What You Want	1	2	3	4	5	6	7	8	9	10
Resources to Create Memories/ Experiences	1	2	3	4	5	6	7	8	9	10
Community Contribution	1	2	3	4	5	6	7	8	9	10

Score _____ /60

Your current score in financial health is only a snapshot of what your score can become as you apply the principles and adopt the Habits of Health in your life.

Your financial health is primarily determined by how you take responsibility for your thoughts and actions. As we work together, you will learn to be able to place your thoughts and your mind where you want, for as long as you want, to become the dominant force in your life. It will mean a visit to the mental gym, but it will be worth it.

Your financial health is also heavily influenced by your physical health, brain health, and the quality of your relationships and individuals you associate with.

Although the Habits of Health is not a course on financial planning, these habits will prepare you to become a higher version of yourself in all your daily actions!

Take a moment to describe your current financial health. Use the descriptions I presented as a reference point for writing about your own experience in terms of how much abundance you have or desire.

.....

.....

.....

.....

We have just taken a really important step. We have evaluated your current reality in terms of your health and wellbeing.

I'd now like you to go back and get your scores in the key areas of wellbeing.

Fill in the scores for the three key areas in the table below. Take note of the areas you are the strongest in and the areas in which you could use some help. Remember, there is a more in depth health assessment available on the website, if you would like to dive deeper than we did here.

	Bad	Poor	Fair	Good	Great	Optimum
Physical Health	10	20	30	40	50	60
Mental Health	10	20	30	40	50	60
Financial Health	10	20	30	40	50	60

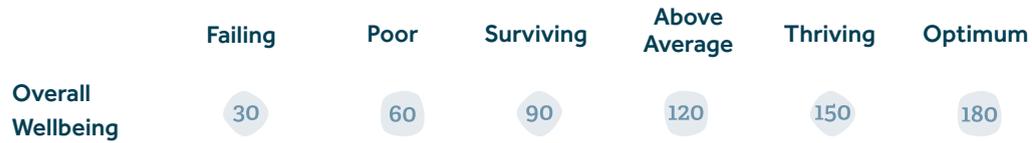
What stands out to you?

Were your scores as you expected? In what areas were you higher or lower?

What have you learned about yourself by going through this exercise?

Okay. I'd like you now to take your three cumulative scores, add them up, and create a combined score.

What was your cumulative score?



Your cumulative score emphasizes a couple of very powerful points. First, it's possible to be doing well in some areas of your life but they seem independent and unrelated. I can tell you that they are not. In fact, they are interdependent to such an extent that ignoring one area will almost always have an effect on the others.

That is why the Habits of Health are more than a way to improve your mind and body. Your score gives you a good idea of how you are currently running your life, and wellbeing is a great measure of how you are doing in terms of the quality of your life. If it needs improvement and you want to do something about it, you have come to the right place. If you have been operating mindlessly and have allowed your short-term desires to dictate your daily lifestyle, I can help you choose a different path. Together, we will build a life that matters and allow you to thrive in what is most important to you.

The idea of optimal health is to organize your life around the key areas that we have identified, which empowers you to create wellbeing and makes sure your daily choices support those long-term objectives! In the next Element, we will start building the process that will construct a new pathway to guide you on your journey to optimal health and wellbeing.

And it starts with knowing why. In the next few Elements, we will explore why you want to change, what needs to change, and what we need to tweak in your life!

¹ In October 2010 Science magazine⁽ⁱⁱ⁾ published an important paper that reviewed the notion of the “exposome”—the idea that the environment in which your genes live is more important than your genes themselves. What this suggests is that applying genomics to treat disease is misguided because 70–90% of your disease risk is related to your environment exposures and the resultant alterations in molecules that wash over your genes.

ELEMENT 01: BEING CLEAR WHY YOU ARE HERE

Average time to complete: **1 week**

In Element 01, we will:

- Identify why you are here.
- Share the importance of intrinsic motivation in your life.
- Explore, in your words, why you are ready to begin now.

WHY ARE YOU HERE?

I am not sure why our paths are crossing at this moment in your life, but I imagine it is because you are ready to make a change.

I'm glad you're here.

I admire your courage in stepping out from the masses and making the crucial decision to improve yourself.

Let me say before we go on that helping people transform their lives is a mission that I care about very deeply. I know that if you are ready to make changes in your life to improve your health and wellbeing then this system can help you.

For many, it may start with losing weight, becoming more active, sleeping better, and reducing stress. These are great starting points in improving health. They are what I describe as the MacroHabits of Health.

We will take one small step at a time to help you achieve what you want.

In conjunction with *Dr. A's Habits of Health* book, in each *Element of Your LifeBook* we will discover, explore, and install a specific Element that will allow you to sustain a lifelong transformation. We'll fill your life with the rocks, the pebbles, the sand and, finally, the water.

Element *def.*

a fundamental and essential
piece of the whole

So, let's get started with the first basic Element: Why are you here?

LET'S UNDERSTAND YOUR "WHY?"

Understanding your "why?" or your motivation for change is a key Element. It's essential to making lasting change in our behavior and habits.

As you read this, you may be feeling pressure from your significant other, your healthcare provider, your boss, or your friends. Or it could just be a voice in your head saying "I should" or "I ought to" make a change.

It's very important to take note of those reasons, but in this Element we are going to start by taking a closer look at what is really important to you rather than any emotional conflict that may have brought you to this point (motivation that's driven by loved ones and interpersonal conversation will not last long. If you want to find out why, take a look at Part 1.3 of *Dr. A's Habits of Health, Are You Really Ready to Change?*).

If we are motivated by those types of emotions and feelings, we are likely to look for quick fixes and to find help from someone else rather than look to ourselves. When we look outside of ourselves, we give away any power we have to make real change in our life. We are going to tap into something much more powerful: the core Element of all real change.

Your "why?" is your intrinsic motivation and your highest stimulus for change. It drives you into action because it's what you want to do. It inspires you to grow and be better. And when you're doing something that inspires, you want to share your desire with others and increase your level of engagement. It creates a "whatever it takes" mindset and becomes a powerful ally in your path to success.

That level of engagement and passion might have eluded you for quite some time; perhaps even since childhood. The default program for adult life is one of distrust, caution, and an inner voice that says "no you can't." Our biology likes to stay the same, and our mind likes to stay the same too.

THE SAME OLD STORY

I would like to close that old book and open this first chapter of your new story by asking you a few questions. I want you to answer them from your heart or your gut. Don't overthink or rationalize whether you think you can or cannot.

Ready? Okay.

Do you really care about getting healthy?

Do you want to improve your life?

I thought so.

It tells me that you do value your health and your life.

Put what you think you can do to one side for the rest of this Element, and explore why you want to change and what is possible. For the moment, let me worry about how we are going to make your transformation a reality. This is a journey that we will be on for the rest of our lives, so we've got plenty of time.

Let me give you some examples of our vision as you step forward into this journey.

We will be exploring what is important to you and how you can create a better life through awakening possibilities. We will then set you into a specific process and do the work. The path I am going to lay out for you in the Elements of *Your LifeBook* will allow you to stay focused on what comes next. Step by simple step, we will lay the foundation for amazing things but only if you are willing to do the work and stay the course.

I am talking about filling your days with vibrancy in your physical health. Achieving a state of calm, joy, spiritual strength, and having great relationships with family and friends. Getting up every morning and loving what we fill our days with. And we'll create security in our resources and hugely supportive surroundings with time to enjoy it all.

These types of transformations can be possible if you are willing to grow and do the work. I will share stories of transformation throughout our time together.

Before we get into the questions, let me say that it's fine if you just want to lose some weight, but filling out your "Why?" in terms of your health and wellbeing is a powerful way of tapping into your deepest aspirations and unlocking your potential for more in your life. It is worth the time it will take. Remember, we are starting to write the next chapter in your story and we want to awaken the inspirational thoughts and things that are important to you, which will give you lasting satisfaction.

“I would define optimal health as a state characterized by anatomic, physiologic, and psychological integrity and optimization which supports optimal wellbeing. It's the ability to perform at a highly effective and satisfying level. You will be able to/are able to fulfill valued family, work, faith, and community roles by developing the ability to deal with physical, biological, psychological, and social stress while maintaining internal equilibrium and external stability.”

Dr. Wayne Scott Andersen

WHY ARE YOU READY?

Please find a quiet time to complete this exercise.

Include a description of why you want to change. Make sure these are things that motivate you to create health and bring what you want into your life. Avoid writing negative reasons for stopping or phrases built around problem solving such as "I hate the way I look", or "I am so unhealthy."

To get you started, here are some common reasons for change given by other people I've worked with who've made the same decision as you.

Check the ones that apply to you:

- Quick Fixes:* I am done with quick fixes and want to create sustainable changes
- My Health is Important:* I am ready to put my health and wellbeing first
- Decision:* I am ready to get off the fence and go for it
- More than Weight Loss:* I want to create health and wellbeing
- In Charge:* I am ready to be in charge of my health
- Integrated:* I want to focus on my overall health for my future and family
- Results:* I know what to do now, and I want to actually do it
- Best Version of Myself:* I am ready to become more
- Need Blueprint:* I need a plan to make it reality
- Mind in Charge:* I need to build my mindset
- I Want More:* I want to move from where I am now and become healthier

Now that you are thinking about some concrete reasons for your change, it is important for you to add some of your own words, emphasizing what we are for instead of what we are against. There is power in wording your why around what you want. For example : I want more energy, I want to be more active, I want to feel great, I want to travel, I want to live longer in a healthy state, I want to be here for my grandkids, and so on.



How does it feel to express this in your own words? It doesn't matter if it's a small tangible change for now. Why you are here right now may be as simple as wanting to lose a few pounds. Based on your current story, the ability to accomplish more than that may feel like a dream to you today.

The good news is that is okay. We can work with that. These concrete small "Why's" are a powerful way to get you started. When you see the immediate benefits of making a change, it becomes a strong motivator to start now and do the daily actions. As you start feeling moments of success and move past the small baby steps, you will start to think bigger.

In the next Element, we will define and explore the areas you want to work on in more detail. I just want you to know that a different future is possible, even as you start writing your new story.

So, with that in mind, why don't we have some fun?

Describe, in as much detail as possible, something you would love to do in the future that gets you really excited but which you cannot do in your current reality.



“Dreaming about a healthy future was not something I’d even considered when I started this program. Frankly, at nearly 400 lbs, I started the program with little hope.

I thought perhaps I could lose 25 or maybe 50 lbs in an attempt to avoid a premature death. Fortunately, two weeks was all it took for me to see how effective this program was in improving my health. It was then that I started to dream BIG, as I hope many of you will choose to do!

What did I dream for? Some of them were simple things, like wanting to be able to go to the grocery store without being exhausted when I got home or to go to a theater and be able to comfortably fit in the seat. I looked forward to being able to buy cute clothes at the store and to be able to wear heels without pain. I was excited about the prospects of being able to fly in an airplane without a seat extender, to be able to take trips with lots of walking, and to have the energy and stamina to enjoy it. Roller coasters were a big draw for me too, as well as swing dancing with our son at his wedding. I wasn’t opposed to being a “trophy wife” for my dear husband— something that would have never occurred to me before! Setting a good example for others who wanted better health inspired me too. I also looked forward to the day when our grandbabies would arrive. I wanted to be the vibrant grammy who could sit on the floor to play with them and have the energy to enjoy going down the slide at the playground with them, instead of watching from a park bench.

What’s really wonderful is that all those dreams and many more have come true. I’ve lost 215 lbs*, and because I’ve incorporated the Habits of Health into my life and have the ongoing support of my coach, I’m not afraid the weight is ever coming back! ”

Shirley Mast

*Average weight loss on the Optimal Weight 5&1 Plan® is 12lbs. Average fat loss is 10lbs.

We have now explored and documented the first Element: Knowing your Why and why it is important to you. We'll come back to this many times as a fuel source and we will expand on it as you experience success.

In Review:

Your "Why?" is your intrinsic motivation and your highest stimulus for change. It drives you into action because it's what you want to do. It inspires you to grow and get better. When awakened, you will want to share your desire with others, increase your engagement, and create a "whatever it takes" mindset. It's a powerful ally in your success.

At this point, write your "Why?" on a note card or sticky note. Put it on the mirror in your bathroom, carry a copy with you in your bag, or put it on your screensaver on your phone, computer, or Habits of Health App.

Here is an example of a client's note card:

My Why:

I am changing and focused on improving my health and wellbeing because:

- I want to like the way I look in the mirror*
- I would like to feel healthier*
- I want my husband to be proud of how I look*
- I would like to have more energy and stamina*
- I want to be a great example of health for my grandkids*
- I want to travel on a Safari in Africa*

My Why: I am changing and focused on improving my health and wellbeing because I



I want to congratulate you for being open to doing the exercises. Hopefully, your juices are flowing. Once you have awakened to the possibilities and have a desire to create a better future for yourself and those around you, you will have an energy source to build the necessary habits to ensure you flourish in this fast-paced world.

I know now that you want to be healthy and thrive in your life.

I also know that you might have come to this book because you may have had limited success in the past. Your current conditions may not be ideal, and you have some life challenges. Let me ease your apprehension: we have you covered.

The Habits of Health Transformational System is a dependable blueprint that allows you to build a series of small changes and habits. If you follow the process, are patient and consistent you have a great shot of being successful. Your current conditions are no match for your powerful transformation.

Knowing your "Why?" was the first step in your self-discovery process.

In Element 02, *Knowing What You Want To Accomplish*, we will explore what you are going to work on and in Element 03, *How Do You Create What You Want?*, we'll look at how it all works.

These Elements will clarify how all of this will sink in and help you to make permanent changes.'

ELEMENT 02: KNOWING WHAT YOU WANT TO ACCOMPLISH

Average time to complete: **1 week**

In Element 02, we will:

- Identify what you want.
- Develop a strategy to help you start creating your desired change.
- Explore how ready, confident, and willing you are to engage in each of the six MacroHabits of Health.



In Element 01, *Being Clear Why You Are Here*, we explored why you want to make a change.

The idea was to awaken you to what is really important to you. Once you're awakened and focused on your personal desire and the reasons that will drive your change, you are ready for the second Element.

WHAT DO YOU WANT?

Although I am not sure what is most important to you personally, I'm a fellow human being, so I can guess. You probably thought about better health, great relationships with family and friends, being part of your community, having stress-free joyful days, and feeling like you have the resources and time for your spiritual and recreational fulfillment.

Our goal is to help you create immense success and satisfaction in your personal and professional life.

And yet, the things that will enhance our health and our lives seem difficult to obtain in this chaotic world. Our days move along at a frenzied pace, and there never seems to be enough time or energy. Our to-do list never ends. We barely have time to sleep, let alone proper time to work on our health and wellbeing.

It's probably true that we spend more time planning our vacations than we do planning our day-to-day lives. In the meantime, our health and our life are getting away from us.

Letting another week, month, or year slip by without making the decision to intervene and take control of your life is too easy.

In this Element, we are going to begin executing a strategy and start the process that will help you make the desired changes to create the life you choose to live.

There are many different ways you can live your life. You are reading this book because you have discovered that your current way is not delivering the results that you want for your future.

I also know that the intervention you are making may be occurring at an inconvenient time. The truth is there is never a good time to change your familiar routines and habits, but if they're currently leading you to poorer health and wellbeing, there will never be a better time than right now!

Let me take a moment and provide some insight—based on my perspective as a physician—into the *inconvenience* of disease.

If your daily choices are robbing you of energy and vibrancy and you are gaining weight and becoming less fit, it will not get any better unless you take time for yourself right now. The inconvenience of being tied to six or more medicines and having to take them multiple times a day will be a constant reminder that your health is on the decline. Remembering when to take them, and coping with their debilitating side effects will drain both your time and resources.

TV commercials are selling sickness in a way that is almost irresponsible, as their adverts glorify the importance of medicines by showing people using pharmaceuticals and thriving in their lives. Let me tell you there is very little radiant health or wellbeing that comes from the long-term use of medications. If you picture a future full of the inconvenience of multiple healthcare providers appointments, constant pain and suffering, and the time you will need to allocate to dealing with sickness and disease later in life, I hope you can see how this is the perfect time to take control of your health and life.

In an upcoming Element, we will contrast your present and future self and how different your story will be as a result of making this decision and creating a new life. *Your LifeBook* is going to be central to guide and record your new story that starts by exploring strategies, tools, and areas that will be integral in your journey.

Hopefully, you'll see that the work we did in Element 01, *Being Clear Why You Are Here*, will serve you well as we identify what we are going to work on.

Let's start with a review of how ready you are to begin this journey. As you gather your thoughts, let me clarify a few things.

First, I am not going to ask if you think you can create optimal health and wellbeing. You can't possibly know the answer to that question because you have not done it. That is my job.

I know you can create optimal health because the system we're going to use, and which I established, creates predictable transformation. As you write your new story, you will be learning, growing and getting better. I will deliver you a realistic plan, complete with strategies, tools, skill development, support, and other cool ways to proceed at a pace that works for you.

What we are doing right now is making sure you are ready.

On a scale from 1–10, where are you right now with your desire to improve your health and wellbeing?

This is a readiness ruler—a tool to help you evaluate where you are right now and how much "juice" your "Why?" has to put you into action.



What is your score?

If your score is less than seven, then your current level of motivation is probably not high enough to support the focus and energy needed to make a meaningful change to your health and wellbeing. I would suggest you go back to the first Element, read the early sections in Habits of Health, or consider asking for help from a coach or mentor.

For those who have scored more than seven, congratulations.

You are ready to start your journey.

It's time to design your personal strategic approach and begin the real work of developing your new story. Our goal, step by step, is to help you create lifelong transformation that will provide immense satisfaction in both your personal and professional life. It's a system designed to create long-term change. Let me take a moment to frame what I mean by this.

When we talk about what we want, it is usually tied to a pleasure principle rather than lasting satisfaction. We confuse the things that bring us immediate pleasure with the things that lead to lasting fulfillment. Most of the things that create pleasure are only present while we are doing them.

When we eat, we feel pleasure, and when we stop the pleasure does too.

As an example, when you are eating ice cream out of a carton, it is really hard to stop. It has been said that 75% of the time we're eating we're not hungry—the only reason we continue is so the pleasure doesn't stop. We'll address how you can take control of mindless eating later.

Satisfaction—rather than pleasure—occurs when you create, do, or bring things into your life that have a lasting effect or value. Today, you may come home from work tired and stressed, and want to sit on the couch, watch the TV, and eat something salty or sweet.

Instead, you put on your running shoes and go out for a walk and get some exercise with your partner, your dog, or both. When you are done, you will be glad you did it and that sense of satisfaction will last beyond the action. The things that bring you satisfaction will last beyond the effort needed to complete them.

Contrast this with something we want more and more of and yet brings us less and less satisfaction—an addiction. My role is to anchor you in things that will give you an enduring sense of satisfaction and make it easier for you to adapt to a constantly changing world.

In the Introduction, we talked about the big rocks: the ones that are essential for optimal health and wellbeing. These MacroHabits are the foundational stones that we want to put into your very own mason jar to give you the highest chance of transformation in your health and life.

The Habits of Health are the things we will bring into our lives that will live on and their benefits will far outweigh the work and time it takes to learn and install them.

What we need to do is to review what habits are represented by those big rocks and examine each one in more detail. You are in charge of your transformation, and it's important for you to decide on what you are the most excited about working on. We have included the readiness ruler for each major category to help you decide which area you are most interested in changing.

Since almost two thirds of us are overweight or obese, the MacroHabit of Healthy Weight Management will be where most of us will start, and that is generally where most people are ready to make a change.¹

You may not be at the same stage of readiness in other Macrohabits or realize how your choices in these other areas are contributing to weight gain and your overall health and wellbeing. The purpose of this exercise is to explore your readiness and how you assess your current ability to change in the areas that will determine your future health.

In each of the MacroHabits sections, you need to write down the three things you would like to change.

Check which areas you want to work on now, and then circle how ready you are to change (it's a simple scale, from a state of "not at all ready" to "very ready indeed").

Then write down at least three things you want to change in that category.

MACROHABITS OF HEALTH



**Healthy Weight
Management**



**Healthy Eating
& Hydration**



**Healthy
Motion**



**Healthy
Sleep**



**Healthy
Mind**



**Healthy
Surroundings**

Healthy Weight Management

Most of my clients, patients, and readers start their journey here, so you are not alone in making this an area of focus.

Around 70% of people struggle to reach and maintain a healthy weight.² Apart from stopping smoking, there is no more important area to address than learning how to reach and maintain a healthy weight. We will give you some great ways to make it simple so you can create early successes. As you lose weight, your confidence and motivation will increase and set the path for many other microHabits.

As you feel better, have more energy, and are losing weight safely, you will be motivated to discover more ways you can improve your health. As you reach a healthy weight, we will continue to add more new habits that will help you maintain your ideal weight. It's an eating plan specifically designed to move you through a fat-burning stage to a recalibration stage and then to an optimizing stage in which your metabolism is working at its most efficient.

Answer the following questions to work out how important this is to you and how confident and ready you are to address the issue and place this rock in your mason jar.

How *important* is it to make a change in your weight right now?

Readiness Ruler



What led you to pick this number?

- 1.
- 2.
- 3.

If possible, what would help you pick a higher number?

- 1.
- 2.
- 3.

How *confident* are you that you can reach a healthy weight right now?

Confidence Ruler



What led you to pick this number?

1.

2.

3.

If possible, what would help you pick a higher number?

1.

2.

3.

How *ready* are you to make a change in your weight management right now?

Readiness Ruler



What led you to pick this number?

- 1.
- 2.
- 3.

If possible, what would help you pick a higher number?

- 1.
- 2.
- 3.

Eating Healthier and Better Hydration

The new habits that you started installing while reaching a healthy weight will continue to encompass a number of healthy eating and hydration behaviors. I will talk about portion control, meal frequency, and eating a balanced diet. Together, we will continue to improve your fuel sources so your body is receiving the right vita-nutrients. I will help you discover the foods that add flavor and texture (and that you will actually like), which will support optimal health for the rest of your life. I will also address the importance of water and proper hydration and help you optimize the efficiency of your body, even if you are struggling to drink enough water at the moment.

How *important* is it to make a change in your eating habits and hydration now?

Willingness Ruler



How *confident* are you that you can make a change in your eating habits and hydration now?

Confidence Ruler



How *ready* are you to make a change in your eating habits and hydration now?

Readiness Ruler



Write three things that you can start doing that will help you install the Habits of Healthy Eating and Hydration right now.

1.
2.
3.

Write three things that you can stop doing to help you eat healthier and hydrate better right now.

1.
2.
3.

Moving More

I'll ease you into the right amount of physical activity at the right moment in your development. While your movement plan may include formal exercise, it's more often made up of fun activities and clever strategies that make moving your body easy and fun—including some you've probably never even considered. We pioneered a way to increase your ability to create activity throughout the day with our NEAT leisure and work and emphasized its importance. NEAT or Non Exercise Activities Thermogenesis represents all the ways, outside of exercise, that we move during our waking hours. By focusing on moving constantly we can increase our calorie expenditure but also off set the negative affects of sitting all day. We will spend lots of time helping you become a perpetual motion machine to offset ourself sedentary modern lifestyle. Recent studies support the need for daylong movement to counter the disease producing effects of a progressively sedentary society.³ Even among those that exercise for more than 7 hours a week, people who spent the most time sitting had a 50% greater risk of death from any cause.⁴ Put simply, all-day motion is a necessity.

How *important* is it to make a change in your activity level now?

Willingness Ruler



How *confident* are you that you can change your activity level now?

Confidence Ruler



I do *not* think I will reach my goal

I have a **50%** chance of reaching my goal

I will *definitely* achieve my goal

How *ready* are you to change your activity level now?

Readiness Ruler



I am *not* ready to change

I am *almost* ready to change

I am *very* ready to change

Write three things that you can start doing to help you install the Habits of Healthy Motion right now.

- 1.
- 2.
- 3.

Write three things that you can stop doing to help you move more right now.

- 1.
- 2.
- 3.

Sleeping Better

The effect of regular sleep patterns on health is often underestimated, but sleep is one of the most critical factors in creating overall health and wellbeing. It also has a direct impact on losing weight and keeping it off. Skipping that necessary extra hour of sleep decreases your wellbeing, productivity, health, and your ability to think.

How *important* is it to make a change in your sleep habits now?

Willingness Ruler



How *confident* are you that you can change your sleep habits now?

Confidence Ruler



How *ready* are you to make a change in your sleep habits right now?

Readiness Ruler



Write three things that you can start doing to help you sleep better right now.

1.
2.
3.

Write three things that you can stop doing to help you sleep better right now.

1.
2.
3.

A Healthier Mind

Your long-term success depends on choosing the best strategic actions to support your health. These include taking time to examine how you make choices, understanding your patterns and triggers, and helping you maintain a sense of calm and resilience regardless of what life throws at you. With greater self-awareness, we will increase your capacity to thrive in a rapidly changing world. I will also encourage you adopt new behaviors by helping you master the art of habit installation so that you will no longer have to rely on willpower to carry on with positive actions and, more importantly, avoid unhealthy behaviors. I will help you create real focus so that you can put your mind where you want, anytime you want, in any situation. We will build self-efficacy by creating generative motivation, supporting what is most important to you, and working within your current ability to change and improve key life skills.

How *important* is it to make a change in your thoughts, feelings, and actions now?

Willingness Ruler



How *confident* are you that you can make a change in your thoughts, feelings, and actions right now?

Confidence Ruler



How *ready* are you to make a change in your thoughts, feelings, and actions right now?

Readiness Ruler



Write three things that you can start doing to help you have healthier thoughts, feelings, and actions right now.

1.
2.
3.

Write three things that you can stop doing to help you have healthier thoughts, feelings, and actions right now.

1.
2.
3.

Better Surroundings

The *people, places, and things* you surround yourself with can enhance or diminish the success of your other Habits of Health. I'll show you how to build a "health bubble" that will help you take control of your personal environment and create conditions that support long-term health. This will be particularly important in helping you establish support systems. As with any good strategy, the first steps make the next steps easier to do. I'll help you build the support system that works best for you, whether that's me, a friend, a group of friends, a coach, or a whole network of people. This will help you build lasting relationships and a stronger sense of connection.

How *important* is it to make a change in your surroundings now?

Willingness Ruler



How *confident* are you that you can make a change in your surroundings right now?

Confidence Ruler



How *ready* are you to make a change in your surroundings right now?



Write three things that you can start doing to help you have healthier surroundings right now.

- 1.
- 2.
- 3.

Write three things that you can stop doing to help you have healthier surroundings right now.

- 1.
- 2.
- 3.

Other Areas

Any other important areas that we have not addressed in the above questions should be written down as we begin your new journey. They may be factors that will alter your focus, decision-making, and time, and we will need to build a pre-emptive plan so these new factors do not derail you. It's important that you realize obstacles in our lives can be turned into areas of growth, and we will look at them to help you adjust on your journey.

Our goal will not be to solve but to create the desired outcome you want to bring into being.

Take a moment to list any concerns and issues we have not addressed in these six MacroHabits.

How *important* is it you make a change in this area right now?

Willingness Ruler



How *confident* are you can make a change in this area right now?

Confidence Ruler



How *ready* are you to make a change in this area right now?

Readiness Ruler



Write three things that you can start doing to help you create the desired outcome right now.

- 1.
- 2.
- 3.

Write three things that you can stop doing to help you have the desired outcome right now.

- 1.
- 2.
- 3.

We have now outlined the six major components of MacroHabits that we'll address in the days, weeks, and months to come. We have also addressed other concerns or areas that are important to you as you write your new story.

We have now explored and documented Element 02, *Knowing What You Want To Accomplish*.

Write down the three areas that you are the most confident you can change right now (the three highest ruler scores).

1.

2.

3.

Write down the three areas that you are the most ready to change right now (the three highest ruler scores).

1.

2.

3.

The most important area I want to work on is:

.
.
.
.

The area I'm most confident I can change is:

.
.
.
.

The area I'm most ready to change is:



As we finish up this second Element of your new story, I hope you can see that we have uncovered some very powerful information. Once you know why you want to change and what you want to change, you already have the building blocks of proper motivation and a clear sense of what is really important to you.

Make sure you review all your notes and this Element often.

Also, share it with your coach and spend time discussing how these possibilities will become a reality.

We will install habit formation for the things that you desire to change now. It's helpful if you have a high-degree of confidence that you can change. When it comes to the things you are less confident about but are ready to tackle, we'll break them down into smaller steps so they also will become yours to master.

In the next Element, we will show you how to make these new habits a reality.

Notes to yourself:

Now that you have completed Element 02, *Knowing What You Want To Accomplish*, write down your thoughts guided by the following questions:

What does this Element mean to you right now?

.....
.....
.....
.....

What does this Element give you the opportunity to reflect on?

.....
.....
.....
.....

What actions are you going to take as a result of this Element?

.....
.....
.....
.....

I encourage you to connect with your coach, so you can share your thoughts and actions as soon as possible. Sharing your thoughts with your coach will help them become a reality. Make sure you review all your notes and this Element often.

1 According to data from the National Health and Nutrition Examination Survey (NHANES), 2013–2014 2, 3, 4, 5 more than 2/3 of us are overweight or obese.
2 *Americans Struggle with Long-Term Weight Loss* – Penn State, Science Daily, 5 September 2010, www.sciencedaily.com/releases/2010/09/100903104830.htm more than 2/3 of us are overweight or obese.
3 *Too Much Sitting : A Novel and Important Predictor of Chronic Disease Risk* – British Journal of Sports Medicine 43(2) 81 –83.
4 *Is Sitting a Lethal Activity?* newyorktimes.com /2011/04/17/magazine/mag-17sitting-t.html.