



The

Ultimate guide to a

Healthy Life

Why should you listen to me?

I would ask the same thing so don't worry!

I'm a certified Tabata trainer, with 7 years experience. AND, I care.

I've helped over 100 people reach their goal weight and mental stability to continue on their own! I thrive on that.

I have been through a lot in my life, I'll share some experiences if you haven't been through my social pages.

- Physical & Mental Abuse
- Eating Disorders
- Body Dysmorphic Disorder
- Anxiety, Depression, Suicidal Thoughts and more.

When I say I've made some pretty foolproof plans to follow. I'm not kidding. Even when I was ready to give up all hope these helped me through it.

My life has been a chaotic mess with the decisions I have made. It took me years to actually own up to the fact that everything that happened in my life was due to my own decisions.

That is the absolute WORST part of this program, that realization. TRUST ME, you will not like it when you have that lovely realization of "Oh great, she wasn't kidding when she said I, ME, MYSELF, AND I made the decisions to be where I am today." BIG SIGH—UGH.

I ate a pint of ice cream, watched Harry Potter, screamed, cried, broke stuff, punched my wall, and drank some alcohol... then I put my big girl pants on, wiped my tears, sweat and blood off and went about life the way I wanted it to be. Why?, Because no event will ever affect me again, not like that! I will not allow myself to do it again.

I wanted to go out and help people who were in similar situations as I and couldn't see a way out. Although I am not a therapist, psychologist, etc. I still wanted to help people by just being me. So I created successful programs to help change their mental mindsets and their weight issues.

The good part of going through what I did was finding the root cause to most of my issues and being able to overcome them.

How many times have you looked in the mirror and thought "Ugh... just get over this slump, I did nothing wrong, why me?" I can tell you I have! More times than I'd like to count.

So when I say I have a foolproof system. I do! I'm not joking I am very serious. I have been to see therapist, psychologist, doctors, friends, family, etc. and I did not like it. I felt like everyone was lying to me, you know that **pity lie**... "Oh honey, I know exactly what you are going through! It'll get better with time." And I call that Malarky!!

If you have had everything in life taken from you and had to start over, it can be very scary! Always looking over your shoulder & feeling worthless. Not knowing where to turn to next or what your next move would be.... If so, keep on reading if you would like to know how I overcame all this nonsense.

Questions To ask Yourself?

1. What is your dream goal?
2. What is your mindset?
3. How much time do you have? (realistically)
4. How passionate are you about this goal?
5. What is your why?

Dream Goals

How to determine your dream goal.

Think about all the things you have dreamed of in the past.

How many of those have you accomplished?

Why did you not accomplish the other dreams?

Write down your current dream goals in life below.

(ex: take a vacation, lose 10 lbs., go skydiving, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

In life we often dream big and someone tells us we are crazy and we will never accomplish such a dream, so we quit.

Well newsflash! Why would they say that to you? Maybe they have not accomplished their dreams. However, do not let other people have that bad influence on you.

Dream Big & Never Quit.

As long as you keep going it doesn't matter the pace.

Think about how happy you will be once you accomplish this simple list! You have to learn to weed out the people who want to see you fail. Trust me there are a lot of people like that!

Mindset is EVERYTHING!

I know so many people who get a gym membership go for a week then quit because the results didn't come fast enough. Did you know it takes 21 days to form a habit?

How many times did you try before you gave up? Once, Twice, maybe Three times?

That's how some people are raised, sadly. If you try and fail don't try again... Doesn't that sound like an UN-happy slogan? Think about it... you tried out for the team while in high school and you didn't make it so you were embarrassed and didn't try again. Did anyone stop and tell you it's okay to fail? I am a firm believer in falling flat on your face in front of the world and getting back up and trying again. Why? Because when you were a baby and had to grow into your mind and body, when you fell flat on you face, butt, back, etc. Did you give up? No you didn't. You kept going because you were cheered on to try again. The older we get the more we lose track of that mindset.

Mindset, it's a tricky thing on your brain. You can program it to do crazy things. For example, when you were younger and could stay up all night, sleep a few hours and were able to function the rest of the day with no problem, how did you do it? Let me tell you, you believed so much that you could do it that you saw it happen. You imagined yourself getting up the next morning refreshed and ready to go and you were. That's the power of your brain, your mindset.

How many times should you have died in your younger days and somehow survived? Ha for me this was a lot. Alcohol and parties were my best friend. However, I trained my mind to say no way, not me, I'm invincible. I believed that so whole-heartedly I became invincible.

It's the same with your goals, you have to visualize them into existence. You have to believe so much that this is going to happen and my life is going to change for the better, that it will finely do so.

Don't believe me? Watch "The Secret" on YouTube and the other 1 Million videos like it and say it isn't so.

You know that saying "You're only as old as you think you are?" Where do you think that came from? Whatever you believe in your mind, you can achieve. But FIRST you have to BELIEVE it is TRUE.

TIME

Let's be real here.



I'm a mum of a ram-bunctious 5 year old, with 2 dogs, a full-time job, and a messy house, etc.

I have 5 mins a day to dedicate to fitness, 5 mins to my mind.

10 mins total.

Don't lie to yourself about how much you are willing to dedicate. It doesn't need to be an insane number. Mine is 10 mins. Period. End of statement.

Go with what you are most comfortable with. If you don't have a lot of time, it's okay! No you do not need 1 hour a day to be fit, to do yoga, to be that person.

Everyone is DIFFERENT, we were not all born the same so don't expect to be like everyone else! Honestly, why would you want to be?

Here are your top 3 choices you have to choose from. 1.

Are you ready? 2.

1. How much time are you WILLING to put into your dream goals? 3.

2. How much time CAN you put into your dream goals?

3. How much time will you AGREE on?

PASSION! Hot, Steamy, Passion.

Who doesn't love that tingling, burning feeling when you are getting ready to do something life changing?

I know I do. I love that excitement, the adrenaline, the butterflies in my stomach. So what's your passion?

Think about your dream goals. Now visualize yourself actually achieving them. Do you feel that amazing feeling swelling up in your body? Every time I see my family stepping off the plane and traveling to Ireland to just have a vacation. It makes me push harder, faster, smarter, longer to reach my goal.

Now how PASSIONATE are you about your dream goals?

In life we have to have passion to bring any chance of our goals to life, because without passion you just have words in your head, or on a piece of paper. What I teach my clients is to believe so hard in yourself and your goal that you can feel them, taste them, see them. At first, you fake it until you "make it". Make it as in start to believe in it.

So if you don't have absolute faith in yourself or your goals at first, that's okay! That's what the passion is for! You'll get there just don't give up on yourself.

YOUR WHY?

Have you heard this term before?

Why? Think about that question. Why do you crave the things you want? Why do you suffer?

So what is your why?
Why do you have your dream goals?

Sit down and really ask yourself why you want to accomplish the list on page 2. Ask your partner if they are part of it and have a real discussion about how important it is to you!

Here's my why. So you have an idea on what you are looking for.

I want to become financially independent so, I can spend more time with my family. To help others achieve their dreams. To be able to look back on my life and say I accomplished my passion. I got paid to change others lives for the better. I am doing this to better my life and my families life, so we can travel at will, broaden our minds, spend quality time together making memories and not a paycheck.

So what is your why?

Write your WHY here.

What is your partners why?

Don't just take this lightly really dig deep into why you are wanting to accomplish page 2.