

FIVE ESSENTIAL INGREDIENTS FOR CHANGING YOUR BODY, YOUR HEALTH, AND YOUR LIFE

So you want to lose some weight, turn your health around, and stop settling for mediocre? It's time to start living life with the body and vitality you've always wanted. If you're serious this time, ready to put in the work and commit to a journey, then read on friend.

These five ingredients comprise the recipe for dramatic and permanent change.



1. BETTER QUESTIONS

Think Differently. If you want to change your health you're almost certainly going to have to think differently. As Einstein once said "You can't solve a problem with the same level of thinking that existed when the problem was created." To change your health, you're going to have to ask yourself better questions than simply "What do I need to do to lose weight? Which diet plan should I follow, or how much exercise do I need?"

Whole-life Success. To seriously change your health, you have to ask yourself questions about the deepest parts of *who you are*, about what you really *want in life*, and about what *influences* got you to your current state of health. You'll have to ask yourself bigger questions about *where health goals fit* as they relate to being successful at the rest of life. Health is just part of whole-life success.

The right questions. Most likely, you already have the answers you need. What you're probably missing is the right questions to help you access those answers. The questions I'm talking about are the kind of questions a life coach asks. If you're not lucky enough to find a real, live person with the skills to ask us these



questions, you can at least search for a virtual mentor, or maybe even a trusted friend. Know that when you start asking the right questions, only then can you experience the tremendous freedom, perspective and clarity about what to do next. Once you find a source of good questions, know that you're not looking for a one-time event. Like life, asking better questions is a life-long process. If you get this step wrong (and you'll know because you'll end up in the same place you started) you'll be forced to continue to come back to this step until you start asking the right questions.

2. PERSONAL, HOLISTIC PLANS

Get Started. Once you have found a resource that helps you continually ask better questions, the next step is to formulate a plan of action that personalizes what you learn to create, well-rounded, carefully-selected, behavioral changes. Whatever the plan is, it needs to incorporate and account for your definition of whole-life success. I'll unpack this more in reason number five, but for now the point is you need to see your health choices as part of a bigger picture of how vibrant health empowers you to live a more meaningful life.

Thoughtful Plans. Any plan that isn't built from what internally motivates you (as sometimes discovered through the course of asking better questions), and focuses too much on one aspect of health, will eventually fall apart and force you back to step number one. Choosing the wrong plan will leave you frustrated, and stuck in a loop of waiting to feel bad enough that you're compelled to try again, creating a new plan of attack, mustering willpower, exhausting willpower, and starting over. *A personalized, holistic plan, born from your own personal "why," that focuses on the formation of key habits, is key ingredient #2.* But this alone is simply not enough.

3. TRUSTED GUIDE

Defeating Life's Interruptions. Eisenhower once famously said, "The plans were useless, but the planning was indispensable." Even a well-crafted plan born of fantastic questions will eventually run smack into reality. The process of planning is so crucial because it gives you something to adapt from. If you're seeking to make change in our unpredictable world, something is going to interrupt your plans. That's why ingredient #3 is to have a guide. Life is too short to figure everything out on your own. Don't try to.

What to Look For. Learn from other people *who have walked the path you want to walk.* This can be a virtual guide, a group of people you trust, or a "team Captain" you hire to help you always know how to adapt your plan. You want to look for people who have been down the road you are looking to go down, who have successfully come back from their journey and can tell you about all the speed bumps, roadblock and detours along the way. Even better is if you can find someone who has made it their life's work to help people clear a path to just

the goal(s) you are looking to accomplish. *Look for a guide with empathy, yet who also has confidence.*

4. ACCOUNTABILITY

Human Connection. If you think you can accomplish your big goals by yourself, you're almost certainly going to end up disappointed. We humans are wired for community and connection. We can't help it. We're prone to rise to a challenge when we know others are watching. Yet, if we don't think anyone cares about what we're doing, we're not going to stick with it. *That's why we rise up to accomplish great things when we find others who cheer for us and care deeply about our success.*

Sprinkle the Right Ingredients. We all need to feel a sense of progress and we dramatically increase our chances of success when we find a reference group of people working toward a similar goal. It encourages us and pushes us when we might otherwise quit. Accountability is how soldiers learn to trust each other, sports team win championships, businesses do great things and individuals create art that changes the world. There are countless ways to foster accountability, but the point is to get other people involved in and excited about your success journey. If you sprinkle in the right amount of this ingredient your success can happen dramatically faster than if you neglect it.

5. SACRIFICE

Secret Sauce. This is understandably the ingredient people like the least. It's bitter, and this ingredient without all four of the others makes the whole recipe taste terrible. Yet, when it is put with the other four, *it is creates a sweet, savory, satisfying and lasting result. Sacrifice is the secret sauce of great achievers; its bitterness is made palatable by the sweetness of progress.*

Health Debt. The ability to delay gratification is perhaps the number one factor to achieving anything of substance. If you're in health debt (or any other kind of debt for that matter) you will not get out of it without making significant sacrifices. Most people approach health debt the way they approach credit card debt, by paying the minimum payment. That's a recipe for being endlessly stuck in mediocrity.

Painful Truth. If you want to change your health situation, you're going to have to make some sacrifices, and they will likely require more of you than you expect. *They will at times be painful; they will cause you to feel like you're missing out, and depriving yourself.* And guess what, you'll be right... in the short term. Sacrifice must be built into your personal, holistic plan, and it is in the moments when sacrifice is the most painful that you will need to rely on the wisdom of your guide and the circle of accountability you built around you.

You can have the other four ingredients in the right amount, but just like any other recipe, you won't achieve the results you want if you're not ready to sacrifice creature comforts like, television, pop culture, the latest gadgets, fancy cars, vacations, happy hours, sleep, comfort foods, long weekends, and in some cases maybe even your line of work. Nothing of substance is ever achieved without sacrifice. *But, if you find the right "why" by asking better questions, you can accomplish just about anything.*

Are you ready for all five ingredients? If you'd like to see how we put all five ingredients into together, be on the lookout for our newest program we're calling the **Synergy Program**. It's 12 years in the making. We condensed 12 years of learning into 12 weeks of change. It's like nothing we've ever done before! We were made for this... and so were you!



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