

Join The Winners' Circle!

8 sessions to keep you accountable translate into action what you have learned and move your health and your life forward!

If you're ready to get serious, to hold yourself accountable for your own outcomes, and know you need both a system AND some help to reach your objectives, this is for you!

Here are just a few of the things you will learn:

There is a difference between "doing a program" and changing your life. Not understanding this is one of the reasons why people sign up for program after program and eventually find themselves back where they started again.

Knowledge is not power – execution is power. You may have observed that you have a lot of knowledge but you still are not executing – at least not consistently.

A commitment to changing your life is the starting point.

This begins with figuring out what you want and why you want it. Health is one component of your life, and your life also includes family, community, career/business, hobbies, goals and so on. Everything is connected to everything – and almost everyone who has taken this course observes during the first few weeks that EVERYTHING gets better – not just health-related habits, but almost everything else, ranging from jobs and careers to family matters. One of the shortcomings of "health programs" is that they focus on one aspect of your life, assuming that your thinking patterns and behaviors can change in a vacuum. As you know by now, this does not work.

Super-important! Identify the things that stand in your way. There are 5 usual suspects:

Fear of success, fear of pain or discomfort, fear of something

Limiting belief(s) I've failed before, I can't do it, I don't have willpower, others are not supportive, I'm all alone, I don't have time, this is just the way I am

Negative emotions – overwhelmed, depressed, stressed, anger, resentment, poor self-image, pessimistic view of the world or your circumstances

Bad habits – food is reward, I'm entitled to it, I've earned it, procrastination, not prioritizing self, always putting everything and everyone else first; justifying; using a bad comparator (I'm better off than others); lack of discipline/consistency, fixed, rigid thinking that things can't change/problems cannot be solved

Missing skill – not good at imagining, time management, inability to delegate, set boundaries, prioritize, organize. Boundary setting is particularly important.

For things to change, you have to change!

Why you may have failed in the past is that you tried to change your eating and exercise and other health habits, but your underlying beliefs about who you are and what you want to do with your life – which includes your health - have not been examined or changed. So you muster up some willpower and excitement, or tell yourself that because you spent a lot of money on a program you will by gosh pay attention this time, or you should do it or you have to because after all you're not getting any younger and you have health issues and you don't want to get cancer and for a while this works. But what always happens is the real you – with your fears, limiting beliefs, negative emotions, bad habits, and missing skills wins every time. You did not change, you did not undergo a transformation, so your new habits were transient.

Let's work on changing *you* so that your life can be transformed, instead of focusing on change without changing you, which is always temporary at best.

Class dates (all 8PM eastern via zoom): Mon Jun 2 & 16 Tues Jul 1 & 15, Weds Jul 30, Mon Aug 11 & 25, Tues Sept 2

Tuition for the 8-session package: \$795 member/\$995 nonmember