

The Secrets To Setting Powerful Health Goals

Webinar Presentation How To Make Your Healthy New Year's Resolutions Last All Year Long!

Hosted by Leisa Wheeler N.D.
From Embracing Health
www.embracinghealth.com.au

Welcome!
Grab a pen & paper before we get started!

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The Secrets To Setting Powerful Health Goals

What is a goal?

- Specific and measureable
- Has a time frame
- Is realistic and achievable
- Broken down into steps

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The difference in health goals

- Are these changes you want to make for life?
- If they are short term, then what's next?
- Habits take 21-30 days to become normal
- Not taking on too much at once

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Know Your Priorities

- Eating better to improve energy
- Heal a disease / prevent a disease
- Increase fitness levels
- Lose weight

The Big WHY?



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Identifying Your Challenges

- What elements of your life need to change?
- Where do bad habits creep in?
- What are the triggers that hold you back?
- Where do others take you off track?



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Getting Organised

- One of the most important elements
- Don't create a vacuum!
- A little bit of planning now, saves a lot of time later
- Review priorities – Food, Exercise, Stress, Self-Nurturing, Time, Healing and Illness



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Getting Organised

- Kitchen Equipment
 - Juicer, blender, food processor, dehydrator, mini-blender, mandolin slicer, nut milk bags, bottles, jars, knives etc
- Your Pantry
 - Clean out pantry, donate or give away non-healthy items
 - Create a pantry list of the dry goods, herbs, spices, condiments and superfoods you regularly use
 - Bulk supply to top up every day usages



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Getting Organised

- Recipe Folder
 - Food plan for the week / fortnight
 - Try one new recipe every week
 - Have ingredients clearly listed to make shopping easy
- Shopping
 - Sourcing organic suppliers or home delivery services
 - Buying dry goods in bulk, sharing with friends
 - Having good stocks of dry goods, so only need to worry about buying fresh every few days



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Tips For Staying on Track

- Always have snacks available
- Soak nuts & seeds overnight
- Blend, blend, blend!
 - Green smoothie bags
- Add in, don't just take away



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Tips For Staying on Track

- Make big batches
- Use your freezer
- Take it slowly!



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Healing Illnesses

- Priorities
- Testing
- Naturopathic Appointments
- Embracing Health Retreats



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Other Considerations

- Making time for exercise – cardio, strength, flexibility
- Meditation – mindfulness, gratitude, stress release
- Self-nurture – time for yourself, indulge, pleasure, grooming, hobby, balance



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Retreat Offer

- 10% Retreat discount on the upcoming February Byron Bay Retreat for all webinar participants!

Save \$299.50!
Use the coupon code "Webinar"

- All information is at:
www.embracinghealth.com.au/retreat



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Thank you!

Links

- www.embracinghealth.com.au
- www.embracinghealthblog.com
- www.salivahormonereport.com
- www.digestionhealthreport.com
- www.embracinghealth.com.au/retreat
- www.embracinghealth.com.au/naturopath


