

# 'Habit of Health & Lifestyle Changing Goals'

## by Kathy Deane RHT DNM



Recently I read Tim Cestnicks book Tax Freedom Zone and I was inspired immensely by some of his comments. He stated, **“One of the ways to be very successful is to set Goals.”** His belief is that it is absolutely critical to set Goals and by not setting them is a major cause of failure.

Tim found out how important not only setting your Goals was but also found that the absolute necessity of writing them down was. In 1995 he sat down and wrote out his Goals and what he wanted to accomplish. Here were his goals:

1. Become self supporting by 1997
2. Have own financial Education firm by 1997
3. Write a book on financial planning by 1999
4. Get married (to the right girl) by 2000
5. Grow in his religious Faith.

Tim had set aside these Goals that he had written down in 1995 and came across where he had put them away in 2002. When he read his Goals 7 years later he realized he had accomplished them all. His only wish was that he had of expanded his list of Goals earlier. Since then he is a great believer on the importance of setting Goals in all walks of life. Personally I have always believed that setting Goals and writing them down was very important including setting Health Goals.

So let's talk about setting **Healthy Lifestyle Changing Goals** and how we can incorporate them into our own personal walk. Spend some time in asking yourself what steps you can take to achieve you **Healthy Lifestyle Changing Goals**. Here are a few suggestions:

1. First and foremost write down your Habit of Health and Lifestyle Changes Goals.
2. Identify the obstacles you think you might face in achieving your ultimate Health Goals.
3. Identify the steps to achieving these Lifestyle Healthful Changes
4. Set a deadline for achieving these Goals.

It is very important to have your mind set in the right place. Remember – thoughts become actions. You need to have **‘Willingness to Change.’** ‘What you think is what you become.’ Mentally and visually see your **‘Health Goals’** accomplished. **Visualize yourself Healthier, Wealthier and Wise and Balanced in Body Mind and Spirit.**



Starting with baby steps and doing the little things right is important. Attending this **Habit of Health Seminar** is some of those steps. It is your beginning. You need to crawl before you walk, and walk before you run. Getting to know a good Health Educator who can assist you with your walk is very helpful. And when should one start? Immediately! One of my favorite sayings is ‘If you snooze you loose!’

**Let's take a look at the lessons we need to follow;**

Lesson: 1. **MAKE CHANGES TO YOUR LIFESTYLE.** Taking steps to lead a ‘Healthier Lifestyle’ makes a huge difference over time. Tune your motor up. Become a Cadillac instead of a Sedan.

Lesson 2: **SETTING HEALTH GOALS** is absolutely crucial. Remember what Tim Cestnicks said about the importance of Goals and how it effected his life. Write them down! Remember Tim even married the girl of his dreams as set down in his written Goals.

Lesson 3: **GIVE YOUR HEALTH GOALS REASONABLE TIME SLOTS.** By taking the time to set these Goals you are already on your way to having ‘Willingness to Change.’ Rule of thumb holistically is plan on 3 months and 1 month for each year you have had a health concern. In other words if you have no been feeling well for 6 years then plan on a 9 month program to assist in turning your health around.

1. Immediately start **EDUCATING YOURSELF HOLISTICALLY.** Attending Health Educational Seminars can be a basketful of knowledge and the baby steps in your ‘Habit of Health Lifestyle Changes.’ Have a Zyto Scan done to help assess where your body is at holistically.
2. Immediately set up an appointment with a **HEALTH EDUCATOR** and have them assist you in evaluating what nutritional steps you can take to assist you along your path.
3. Just as you set time slots in your Goals for work it is important to give time slots in setting your Health Goals.
  - a. 1<sup>st</sup> Find a good health Educator that has a Zyto Compass and have a scan done to assist you in setting up a minimum 2 - 3 month Nutritional /Herbal Health supplementation program. Ensure that your program consists of a company with top quality; reputable herbs that are known to work from a company such as Nature’s Sunshine.
  - b. 2<sup>nd</sup> Keep a journal on your health concerns and what your 2 - 3 month plan consists of.
  - c. 3<sup>rd</sup> When your 2- 3 months are up - re-evaluate, have another Zyto Scan and see where you are at in your healthful journey. Re-do some of your lifestyle analysis forms and note your changes that are taking form. Review your journal and notes and note the health changes. Sometimes your health changes can be drastic and sometimes subtle. Better yet make and appointment with your Health Educator and have him/her assist you in your update. *(If you are unable to attend a private assessment with your Health Educator then set up an appointment via phone.’ Personally I do telephone conversations all over Canada and the US including such places as Nova Scotia, Toronto, Calgary, Edmonton, Saskatchewan and Vancouver etc.)*
  - d. 4<sup>th</sup> Now on the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> months again re-evaluate where you are at in your ‘Habit of Health and Wellness and Lifestyle Changes’ **HEALTHFUL JOURNEY.** Follow the same procedure as in b. Continue with your journal noting how you are achieving your Goals. Every 2 TO 3 months re-evaluate.

Lesson 4: **DOING THE LITTLE THINGS RIGHT IS IMPORTANT!** Following Lesson 1,2, and 3 are all part of the little things. Changing our eating patterns, joining an exercise program is all part of the little thing. Finding a friend who also wants to reach better healthy Goals is beneficial so that when you are feeling discouraged or tempted to ‘fall off the wagon’ you can encourage each other to ‘stand firm’. Talk to each other about your successes.

Lesson 5: ENCOURAGING OTHERS: Remember one good thought can affect 80,000 people. By encouraging others assists in not failing yourself. What goes round comes round!

Lesson 6: THINK POSITIVE – thoughts become actions. Positive thoughts vs negative thoughts. Which do you want to fill your mind with?

Lesson 7: CONTINUE TO EDUCATE YOURSELF HOLISTICALLY through seminars such as this, reading good materials and working closely with your Health Educator.

Lesson 8: ENSURE YOU ARE USING TOP OF THE LINE HERBAL SUPPLEMENTS with a Company such as Nature’s Sunshine. BUY ORGANIC FOODS AS MUCH AS POSSIBLE!

## Be an Achiever!!!

1. Achievers visualize the value of a **Healthier Lifestyle** and what it will do for them.
2. Achievers see a ‘**Healing Crisis**’ as a positive aspect to their healing journey.
3. Achievers break their ‘**Old Unhealthy Lifestyle Habits** that they have picked up along their way.
4. Achievers set realistic **Goals for their Health Journey** and keep a journal of their progress.
5. Achievers are ‘**Willing to Change.**’
6. Achievers follow through – ‘**When the going gets touch the touch gets going.**’
7. **Achievers put their Goals in writing**, set deadlines and monitor their successes.

To know what to do is Wisdom

To know how to do it is Skill

But doing it, as it should be done, tops the other two virtues. (Author unknown)

## Are You an Achiever!!!

If not make today your special day and become one!

Have that ‘Willingness to Change!’

Nature's Way Herbal Health Institute Inc thanks each and every one of you for allowing our Educator Team in being a part of your new ‘Pathway to a Healthier Habit of Health and Lifestyle Changes.’

I love the Scripture in Genesis 1:20 in the Bible – it says, “And God said, See, I have given you every plant producing seed, on the face of all the earth, and every tree which has fruit producing seed: they will be for your food:”

Next I will be speaking on some of the Goals I set and achieved which includes losing 100 pounds over 6.5 years. This included Diet, Exercise, Emotional Balancing, Goal Setting, Prayer, Super Food Supplementation and utilizing our wonderful NATURE’S SUNSHINE PRODUCTS. STAY TUNED! Lets make 2010 the year of ACHIEVERS!!!!

If you would like to be a part of my “**WEIGHT NO LONGER GROUP**” SEND ME AN EMAIL AND I WILL ADD YOU TO MY LIST. MAKE SURE YOU HAVE THE INTENT TO WANT TO LOSE WEIGHT – Set YOUR GOALS ON HOW MUCH OVER THE NEXT MONTH, 3 MONTHS, 6 MONTHS YEAR AND 5 YEAR PLAN. Be realistic! Start with a reasonable GOALS 5 lbs, 10 lbs, 15 lbs, 20 lbs. . Do not join if you do not intend on following the diet, exercise and food supplementation

program I will be talking about. Yes it will Cost some \$'s so give some thought as to how much obtaining a HEALTHY BODY and LIFESTYLE IS WORTH! AND BELIEVE YOU WILL ACCOMPLISH IT! David Patchell-Evans states, "Most of the limitations you think you have are the ones you have decided on. They are often entirely self-imposed. You might think, 'I can't do this, I can't do that, I would never do that, my parents could never do that, I never played baseball, I never climbed a mountain, I never, never, never'.. It's the old broken record in your head. Throw out that negative thinking right now! Learn to play a positive message in your head because **IT'S ALL ABOUT ATTITUDE.**" .He continues by saying, "The health of your body influences what you experience in your mind. There is no split. If you can engage your whole spirit in the pursuit of total fitness - not just your intellect, not just your emotions - but instead everything inside you that is truly you, you'll discover what it is to be a whole person."

For further information contact your HEALTH EDUCATOR IN YOUR AREA. If I can assist Tel: 250 547 2281 email: [nwhhi@junction.net](mailto:nwhhi@junction.net) Attention Kathy Deane RHT DNM [www.herbalistprograms.com](http://www.herbalistprograms.com)