

RESET

YOUR Health Relationships Career

Guide

**What
would you
LOVE**

Clarity and Awareness = Powerful Solutions

If I had an hour to solve a problem I'd spend 55 minutes thinking about the problem and five minutes thinking about solutions.

A. Einstein

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Welcome

When talking with someone who
ACHIEVED the "impossible"
SURVIVED the unimaginable;

Skip asking HOW. Instead, Ask:

What was on your playlist?
In you MIND
WHO was with you?



Lena Winslow
through thorns to the stars

HOW IT WORKS

Step
01

What and Why

Why must we dial up the clarity to create and maintain a world-class career, impeccable health, and meaningful relationships?

Step
02

How and When

3 steps to let the alignment work with you: Reconsider, Reframe, Reprogram.

What gets in the way of choosing your actions?

Clarity tool. Why now?

Step
03

The Ds get in the way

Don't know-how

Defensive

Demoralized

3 ways to a breakthrough with the D's

GO

Clarifying YOUR Alignment

Create a compelling vision, develop structure, and surround yourself with aligned support you will re-energize your world-class career, impeccable health, and meaningful relationships.

PROCESS

Step 1

1

THOUGHTS

Where your power lives.
Take every thought captive.

2

EMOTIONS

Your connection conductor
Where the wild things are
Power to create or destroy

3

ACTION

Your connection conductor brings
you to this place.
RES
Voluntary or Not

4

EXPAND or CONSTRICT

Choose your thoughts if you want to
choose your actions.
By Design or By Default

NOTE

what stands out NOW

01

What is the predominance of your daily thoughts?

02

What emotion follows that thought?

03

What action or reaction follows that emotion?

NOTE

what you long to be

01

What would you love your daily thoughts to be?

02

What emotion is born from that thought?

03

What action or reaction follows that emotion?

PROCESS

Step 2

1

RECONSIDER

The power and resistance of a pause. Taking your mind garbage OUT. Let's get comfortable with a little silence.

2

REDESIGN

Flip your Script.
Notice what you think so you can reframe.
One "room" at a time.

3

REPROGRAM

What thoughts are you:
Letting go?
Keeping?
Adding and improving?

4

REPEAT

Are you building up or tearing down?
There is no in-between.
We are constantly in motion doing one or the other.

NOTE

01

Does silence or pause make you uncomfortable?

02

Flip "I don't want to..." to what would you love instead.

03

One more for practice, flip that script.

PROCESS

Step 3

1

DONT KNOW
HOW

Luke warm coffee isn't bad if you don't know what a hot cup is like. You know how NOW.

2

DEFENDING

Are you defending your "good enough"
Who is watching you settle for "less than"

3

DEMORALIZED

Fear to fail - use it as fuel
Use rejection as guidance
You are in an infinite being having a human experience.

4

SOLUTIONS

Vision
Structure
Support

NOTICE

01

Are you curious about what it would be like to have it ALL in your career, health, and relationships?

02

What "good enough" are you defending?

03

Face Everything And Rise - flip the script on fear.

GO

01

JOIN OUR FREE GROUP



[Healthy_Geek_Coach](#)



[HealthyGeekCoach](#)

DECIDE FOR ONE NEXT STEP

Spend the time asking good questions so you can get EXCELLENT answers!

02

03

YOU ARE INVITED!
JOIN A COACHING GROUP
STARTING VERY SOON

You have all the information you need to act on your own NOW.

DETAILS COMING SOON
EMAIL TO BE ADDED TO
THE INTEREST LIST

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Would you love another layer of support and accountability?

Friends to do this work alongside you?

Join Us