



**TrueSelf**  
**TotalHealth**  
**life, in balance.**

***Transition to Transformation: Empower Your  
Clients to Shift From Self-Sabotage to  
Self-Compliance!***

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

Copyright © 2016 TrueSelf TotalHealth. All rights reserved

# WHO AM I?

## A Transformational Coach

My passion and my mission is helping my clients feel their very best by guiding them to shift their **thoughts** and **actions** from **self-sabotage to self-care**. This gives each of my clients the **self-responsibility** and the **freedom** to make health, wellness, and lifestyle changes that stick!

“I meet my clients where they are, to get them where they want to be.”

# OBJECTIVE

To share impactful strategies to help you guide your clients to ACTUALLY shift their **focus** and **behavior** to make the health, wellness, and lifestyle changes you recommend and they deserve!

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

# WHAT IS HEALTH?

## 4 Levels of Healing or Existence

Spiritual (Being) – The essence of who we are. Transcends mental, emotional, and physical existence to understand, pursue, and live our purpose.

Mental (Thinking) – Attitudes, beliefs, and values.

Emotional (Feeling) – Full range of human experience including meaningful contact and connection with ourselves and others.

Physical (Doing) – Surviving and thriving in the material world by taking care of our bodies and enjoying them.

***All four of these levels are equally important. We can't afford to neglect any of them if we want to feel whole, healthy, and satisfied.***

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

# TRANSITION TO TRANSFORMATION

## THREE STEPS TO EMPOWER YOUR CLIENTS TO SHIFT FROM SELF-SABOTAGE TO SELF-COMPLIANCE

1. Set Up Your Clients for Success
2. Break the Cycle of Self-Sabotage
3. Create Systems for Self-Compliance

# SET UP YOUR CLIENTS FOR SUCCESS

## The “Recipe”

**S**ee and feel your vision clearly.

**U**nderstand your obstacles.

**C**reate a positive mental focus.

**C**lear your mind of negative self-talk.

**E**mbrace the challenges as growth opportunities

**S**tay on track.

**S**elf-compliance...make lifestyle changes that stick!

# SET UP YOUR CLIENTS FOR SUCCESS

Where are they now?

- Questionnaires
- Assessments
- Strategy Session Observations

“If you set yourself up for success, ANYTHING is possible.”

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

# SET UP YOUR CLIENTS FOR SUCCESS

|Are you ready to make shift  
happen?

Complete this short assessment.

**1. How long have you been working on improving your identified health and wellness issues?**

- a) Just started: less than a year.
- b) It's been a while: 1 to 3 years.
- c) The struggle is real: More than 3 years.

**2. How do you feel about where you currently are regarding your identified health and wellness issues?**

- a) I want change, but I am at peace with where I am and do not need more in order to lead a happy and meaningful life.
- b) I am unhappy, unsatisfied and insecure about where I am right now.
- c) I desperately need change. I feel scared, uncomfortable, and depressed about.

**3. How easy is it to picture yourself being happy and healthy?**

- a) I can see it so clearly in my mind it's as if I'm already there in the moment.
- b) I can vaguely picture it.
- c) It's hard to picture myself actually getting there.



# SET UP YOUR CLIENTS FOR SUCCESS

## **4. How difficult do you think it will be to manifest greater health and wellbeing?**

- a) I know it's possible for me to manifest this, and I see how I could do it.
- b) It will be difficult for me to manifest this, however, with time there should be a way for me to do it.
- c) It will be really hard, if not impossible for me to manifest this.

## **5. Which of the following statements best describes your life?**

- a) There are no limits to what I can accomplish. I know I am destined for greatness, and I am already living an abundant and joyful life.
- b) It's always possible for me to get the thing in life I want with time and careful planning.
- c) I want good things in life, but bad things keep happening to me.

## **6. Do you have a vision for what you want your health, wellness, and life to look and feel like?**

- a) I know exactly what I want.
- b) I have a vision but it's often changing and/or I tend to focus on the past.
- c) I have no clear vision.

## **7. When you want something in your life, how do you usually go about getting it?**

- a) Nothing EVER gets between me and what I want.
- b) I cautiously go about getting it, but I am scared that I will fail.
- c) I'm not good at taking action when it comes to getting what I want.

# SET UP YOUR CLIENTS FOR SUCCESS

**8. How aware are you of what is currently holding you back from manifesting health and wellness in your life?**

- a) I know the exactly what is holding me back and what to do about it.
- b) I know what is holding me back, but I'm not sure how to change it.
- c) I have absolutely no idea what is holding me back.

**9. How aware are you of the exact steps that lead to your success in meeting y health and wellness goals?**

- a) I know the exact steps to be successful.
- b) I have some idea, but it's a bit of guesswork.
- c) I have no idea of the exact steps that will lead to my success.

**10. When you are given helpful advice or guidance, what do you usually do wit it?**

- a) I am grateful to receive ay helpful advice, and immediately start to incorporate in my life until I achieve the desired results.
- b) I listen to advice or guidance, but only sometimes follow through with it.
- c) I usually ignore advice or guidance and keep battling on my own.

**For every A you answered, score yourself 1 point.**

**For every B you answered, score yourself 2 points.**

**For every C you answered, score yourself 3 points.**

# SET UP YOUR CLIENTS FOR SUCCESS

What your score could mean:

## **10 or less**

Chances are you have established a clear vision of what you want your health, wellness, and life to look and feel like and taking appropriate actions to manifest it. You may need support to identify any limiting attitudes or beliefs that could prevent you from making lifestyle changes that stick.

## **11 to 20**

Chances are your vision is not clear about what you want your health, wellness, and life to look and feel like and you are unsure of what action steps are appropriate for you. It's highly likely that you have some limiting attitudes and beliefs that could prevent your from making lifestyle changes that stick.

## **21 to 30**

Chances are you are struggling with creating a vision of what you want your health, wellness, and life to look and feel like or you are focused on your past. You may be unable to consistently take appropriate action steps as a result. It's very likely you have some limiting beliefs that may be self-sabotaging and standing between you and the life you desire and deserve.

# SET UP YOUR CLIENTS FOR SUCCESS

Where do they really want to be?

- Understand your clients' core values.
- Help them develop a strong vision that reflects living in alignment with core values.
- Coach to the gaps between values and vision.

*"Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be." - [Karen Ravn](#)*

# BREAK THE CYCLE OF SELF-SABOTAGE

What is self- sabotage?

*"Self-sabotage is when we say we want something and then go about making sure it doesn't happen." ~ Alyce P. Cornyn-Selby*

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

# BREAK THE CYCLE OF SELF-SABOTAGE

A talkative mouse, a rat, and a small shrew were trapped in a flood desperately clinging to the side of a lily pad - and sinking fast! A helpful owl came to their rescue, first telling the rat to clamp its teeth onto its talons as the owl flew to safety and then returning for the shrew, who received similar instructions. Finally, as the tides rose ever higher, the owl came back for our talkative mouse. "You are rescued and will live!" said the owl. "But I've noticed you talk a lot. Promise me you'll keep your mouth closed around my legs and on no account open it, or you'll fall to your fate!" "Of course!" said the mouse, who proceeded to clamp his mouth onto his feathered rescuer's landing gear. They took off and flew across the floods. The owl was about to land on some high ground, but the mouse decided he wanted to land some other place to get dry. "Not there..." shouted the mouse, but those were the last words he ever spoke as he fell into the swirling waters below.

# BREAK THE CYCLE OF SABOTAGE

Why do we get in our own way?

## The three main situations when self-sabotage happens:

- Something good is going on for you and you make sure you kill it. – **Feeling unworthy**
- It's time to do something for yourself, but instead you do nothing. – **Procrastination**
- You fight for something you really want and when you get there, you destroy it somehow. - **Guilt**

# BREAK THE CYCLE OF SELF-SABOTAGE

How do we break the cycle of self-sabotage to make shift happen?

*...shift happens with*

Non-judgmental observation – Notice behavior (**Awareness**)

Monitoring negative thinking – Journal (**Acknowledgement**)

Challenging your self-sabotaging thinking – Reflect (**Acceptance**)

Developing self-supporting thoughts and behavior (**Adapting**)

Substituting limiting beliefs and attitudes with empowering actions (**Accountability**)

Enjoying the creative transition to transformation journey (**Appreciation**)

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)



# DEVELOP SELF-SUPPORTING THOUGHTS AND BEHAVIORS

What behaviors and thoughts can we adapt?

- FOCUS ON DOING THINGS RIGHT INSTEAD OF DOING THE RIGHT THINGS!
- TAKE A GOOD, BETTER BEST APPROACH!
- TURN OBSTACLES INTO OPPORTUNITIES!
- CALM THE MONKEY MIND!

# SUBSTITUTE LIMITING BELIEFS WITH EMPOWERING BELIEFS

## LIMITING BELIEFS

- “It’s not the right time.”
- “It’s too hard.”
- “I don’t know where to start.”
- “It won’t work for me.”
- “I don’t have time.”

## EMPOWERING BELIEFS

- “The present time is the right time.”
- “I embrace challenges as an opportunity to grow.”
- “I will start at the beginning.”
- “I will turn obstacles into opportunities.”
- “I have all the time I need for what I value.”

*“If you change the way you look at things, the things you look at change.”- [Wayne Dyer](#)*

# SUBSTITUTE LIMITING ATTITUDES WITH EMPOWERING ATTITUDES

- Talk about your blessings more than your burdens.
- Focus on what you want, not what you don't want.
- Promote what you love instead of bashing what you hate.
- Imagine what could go right, instead of worrying about what could go wrong.

*“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” ~ [Maria Robinson](#)*

# ENJOY THE JOURNEY

*Mindset of greatness and appreciation*

Trust the wait.

Embrace the uncertainty.

Enjoy the beauty of becoming.

When nothing is certain, everything is possible.

*Our greatness lies not so much in being able to remake the world...as in being able to remake ourselves. ~ [Mahatma Gandhi](#)*

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

# CREATE SYSTEMS FOR SELF-COMPLIANCE

Get your success on!

1. Focus more on the shift in daily habits to achieve your goals, than the outcome.

“Your audacious life goals are fabulous. We’re proud of you for having them. But it’s possible that those goals are designed to distract you from the thing that’s really frightening you—the shift in daily habits that would mean a re-invention of how you see yourself.” ~Seth Godin

2. Make your habits incredibly easy to start.

“Success is the sum of small efforts done day in and day out.”

3. Reward yourself each time you practice your new habit.

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

# TRANSITION TO TRANSFORMATION

## THREE IMPACTFUL STEPS TO GUIDE YOUR CLIENTS TO SHIFT THEIR THOUGHTS AND ACTIONS FROM SELF-SABOTAGE TO SELF COMPLIANCE

*Compliance is a combination and reflection of how strongly they...*

- *Connect with their vision. (SET UP YOUR CLIENTS FOR SUCCESS)*
- *Conceive positive beliefs and attitudes. (BREAK THE CYCLE OF SELF-SABOTAGE)*
- *Create habits and rituals. (CREATE SYSTEMS FOR SELF-COMPLIANCE)*

# TRANSITION TO TRANSFORMATION

## GUIDING YOUR CLIENTS TO SHIFT THEIR THOUGHTS AND ACTIONS FROM SELF-SABOTAGE TO SELF COMPLIANCE

*“Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny. “*

*~ Mahatma Ghandi*

Connect!  
Conceive!  
Create!

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

# TRANSITION TO TRANSFORMATION

## GUIDING YOUR CLIENTS TO SHIFT THEIR THOUGHTS AND ACTIONS FROM SELF-SABOTAGE TO SELF COMPLIANCE

*Requires coaches who are....*

- ✓ CARING
- ✓ CLEAR & CONCISE
- ✓ COMMITTED
- ✓ COMPASSIONATE
- ✓ COMPETENT
- ✓ CONFIDENT

You've got this!



# THANK YOU!

Are you ready willing and able to help your clients make a shift happen so that they can FINALLY make the health, wellness and lifestyle changes that stick!

Questions???

Let's chat!

It's my passion to guide and empower my clients to **shift** and **maintain** their thoughts and actions from **Self-Sabotage** to **Self-Compliance**.

Visit my website: [www.trueselftotalhealth.com](http://www.trueselftotalhealth.com) . While you're there, grab your gift; the Your Life In Balance Go-To-Guide.

Free Gift for SHINE:

<https://yourlifeinbalance.leadpages.co/shine-2016/>