



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

*Spring Into Your Greatness: Make Health and  
Wellness Lifestyle Changes That Stick!*

**TRANSITION TO TRANSFORMATION  
IN  
3 STEPS**

[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)  
Copyright © 2016 TrueSelf TotalHealth. All rights reserved

**MAKE HEALTH AND WELLNESS LIFESTYLE CHANGES THAT STICK!**

Disclaimer: The contents of this presentation are based on the knowledge, opinions, and experience of TrueSelf TotalHealth (TSTH) and Simply Living Raw (SLR), unless otherwise noted. The information in this presentation does not replace a one-on-one relationship with a qualified health care professional and should not be considered medical advice. We encourage you to make your own healthcare decisions based on your research and in partnership with a qualified health care professional. And most importantly, listen to your body.

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

**WHO AM I?**

A Transformational Coach

"I guide people to **shift** and **maintain** their thoughts and actions from **Self-Sabotage** to **Self-Care** so they can make health, wellness, and lifestyle changes that stick!"

"I meet you where you are, to get you where you want to be."

[toni@trueselftotalhealth.com](mailto:toni@trueselftotalhealth.com)  
[www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)

**SHIFT HAPPENS!**

**SHIFT HAPPENS WITH...**

.....*Awareness*

.....*Acceptance, and when you*

.....*Acclimate*

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

### THREE STEPS TO MAKE SHIFT HAPPEN

1. *FOCUS ON DOING THINGS RIGHT INSTEAD OF DOING THE RIGHT THINGS!*
1. *TAKE A GOOD, BETTER, BEST APPROACH!*
1. *MINDSET MATTERS: CHANGE YOUR MINDSET, CHANGE YOUR LIFE!*

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

### ARE YOU DOING THINGS RIGHT OR DOING THE RIGHT THINGS?

#### DOING THINGS RIGHT

- Analytical
- Logical
- Rules
- Rigid, Unyielding
- Stories, Facts
- Tense, Tight, Serious
- Past-Guilt, Future-Worry
- Judgments

#### DOING THE RIGHT THINGS

- Intuitive
- Emotional
- Creativity
- Fluid, Flexible
- Feelings
- Relaxed, Rest
- Present Time
- Dreams

Characteristics Reference: NaturalVisionCenter.com

### TAKE A GOOD, BETTER, BEST APPROACH!

1. Life happens.
2. Stop “should-ing” on yourself.
3. Simple + Sustainable = Success!!

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

### MINDSET MATTERS

#### CHANGE YOUR MINDSET, CHANGE YOUR LIFE!

1. VISUALIZE!!
2. BELIEVE!!
3. MANIFEST!!

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

## MINDSET MATTERS

### VISUALIZE!!

*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](#)*

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

## MINDSET MATTERS- VISUALIZE

- I am **Courageous**
- I am **Victorious**
- I am **Love**
- I am **Blessed**
- I am **Gifted**
- I am **Successful**
- I am **Healthy**
- I am **Healed**
- I am **Able**
- I am **Whole**
- I am **Confident**
- I am **Forgiving**
- I am **Grateful**
- I am **Generous**
- I am **Strong**
- I am **Powerful**
- I am **Beautiful**
- I am.....**Unstoppable!**

## MINDSET MATTERS

### BELIEVE!!

*"When you develop yourself to the point where your belief in yourself is so strong that you know you can accomplish anything you put your mind to, your future will be unlimited." - [Brian Tracy](#)*

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

## MINDSET MATTERS

### 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](#)*

## MINDSET MATTERS

### MANIFEST!!

"You manifest what you believe, not what you want."

[Sonia Ricotti](#)

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

## MINDSET MATTERS

### MANIFEST!!

*"Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more," that is the perfect vibrational stance.*" - Abraham-Hicks

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

## TRANSITION TO TRANSFORMATION IN 3 STEPS!

1. *FOCUS ON DOING THE RIGHT THINGS INSTEAD OF DOING THINGS RIGHT!*
1. *TAKE A GOOD, BETTER, BEST APPROACH!*
1. *MINDSET MATTERS: CHANGE YOUR MINDSET, CHANGE YOUR LIFE!*

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

## RULES FOR EMPOWERMENT & ABUNDANCE

- 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](#)

## SPRING INTO YOUR GREATNESS!

### *Mindset of Greatness*

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)

## THANK YOU!

### Questions???

Let's chat!

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

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.

Or just use this link to get immediate access:

<https://yourlifeinbalance.leadpages.co/ylib-go-to-guide-download/>