



**HealthyBodyHealthyLife**  
with *Melissa Koerner*

## Total Transformation

### Module 1 – Part 1:

### How to Make the Most of Your Experience

**With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner**

1

## Join the HBHL Support Community

- Where I post **important** updates, daily check-ins, recipes and health tips.
- You're **not alone** on this journey—staying **connected** and having a support system is key to your long-term success.
- **Engage** by leaving comments on other peoples' posts, starting new discussions, welcoming new members—it is not required, but HIGHLY recommended.
- The women who engage in our community get the **most** out of this experience because they're getting the ongoing support, guidance and feedback they need to stay focused and on track.
- You **GET** so much more when you **GIVE**. :-)

2

## Setting Up Your Bonus Coaching Sessions

- If you joined the **Inner Circle**, you get two bonus coaching sessions.
- I included the link to set up your coaching session in your **welcome** email.
- To make the most of our time together, I suggest that you complete at least the **first two weeks** of the program *before* you set up your coaching session.
  - This will give you a chance to **start applying** what you learn, be prepared to **ask questions** and get my help where you need it most.

3

## Have Questions?

- Post your questions in the **HBHL Support Community** (*not* the public page).
- I cannot answer **individual** questions via email, so please post them in the support community.
  - **Tag** me in the post.
  - I do my best to respond within 48 hours M-F. 😊
- For tech support email [support@healthybodyhealthylife.com](mailto:support@healthybodyhealthylife.com) (Please do not post these questions in the group.)

4

## How to Approach the Program

- The Total Transformation program is designed to help you get clear, get motivated and get started achieving your health and weight loss goals in the most **actionable** way.
- But to maintain your goals you need to make a **lifestyle change**—and that doesn't happen in a few weeks!
- It takes at least a **year** to make **sustainable** lifestyle changes that last the rest of your life.
- "What if I can't keep up?"
  - **Don't** worry so much about trying to "keep up."
  - Focus on making changes at a pace that feels good for **YOU**.
  - This is **not** a race or a competition.

5

## 4 Key Steps for Success

6

## Step 1: Take Full Responsibility for Yourself

- Take **ownership** of your thoughts, feelings, behaviors, and any “problems” in your life.
- Eliminate all **excuses**.
- Don’t **blame** others for your problems.
- **STOP** seeing yourself as a victim of circumstances.
  - Being a victim leaves you **powerless** to change, healing, growing and living a more fulfilling and happy life.

7

## Step 2: Empty Your Cup!



8

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- Be open to learning what you **don't know** and letting go of old, **sabotaging** beliefs.
- Being closed off to learning about the missing pieces of your wellness puzzle or refusing to let go of old, self-limiting beliefs will **hold you back** and keep you **sick**.
- Be **mindful** of these two big things that will **hold you back**:
  - “*I already know this.*” Ask yourself “**what** can I learn from this?” This **trains** your brain to learn and grow.
  - “*This won't work for me.*” Ask “**how** can I make this work for me?” Stay **curious** and keep an **open** mind for new insights to keep moving forward.

9

*“Although no one can go back and make a brand-new start, anyone can start from **now** and make a brand-new ending.”*

~Zig Ziglar

10

### Step 3: Be Willing to Make Yourself a Priority

- **STOP** stifling your own needs in order to tend to everyone else's.
- Our culture expects women to put **others first**, especially during childbearing, no matter the cost on one's health.
- You have the chance to make changes and **create** a life that fits who you **truly** are and the woman you want to be.
- You **MUST** let go of feeling guilty about taking care of yourself.
- If your goal is to be a good **role model** and **caretaker** for your family remember this: *You cannot take care of others any better than you can take care of yourself!*

11

### Step 4: Learn to Listen to Your Body

- When a woman cannot **face** the changes she needs to make in her life in order to grow, her body often finds ways to make them evident.
- Many women reach a crisis in the form of a **physical problem**—sometimes a life-threatening illness.
- Some of the healthiest primitive cultures believe that the human body can only tolerate **unresolved** hurts without physical harm until about 50-years-old—after that anything unfinished forms basis for **physical illness**.

12

*"Bodily symptoms are not just physical in nature; often they contain a **message** for us about our lives.*

*Sometimes the message becomes clear in stages, with the full meaning available only in **retrospect**.*

*We attract **precisely** the illness or problem that best facilitates our access to our **inner wisdom**.*

*It hits us harder and more directly during perimenopause and menopause, as though nature is trying to **awaken** us one last time before we leave our reproductive years, the era of our wisdom."*

13

*"I had a fibroid as my **wake-up call**. Another woman might have had a flare-up of migraine headaches, or PMS, or breast symptoms, or high blood pressure, or any of the several other conditions so common to perimenopause.*

*Your body's **message** to you will be in the language that best breaks through your particular **barriers** and speaks most specifically to the **issues** you need to change in your life."*

*~Christine Northrup, *The Wisdom of Menopause**

14

**Next Up...**

**Module 1 – Part 2:  
How to Set Goals the Right Way**