



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation Module 1 – Part 4: Uncovering Your Biggest Roadblock

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Ever wonder why you continually struggle to consistently make yourself a priority and *block* yourself from achieving success?

It's because you're **not** clear about where you fit in your 5 highest values...

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How your highest values impact your goals and life:

- They **define** how you spend your time.
- They define what your **top** priorities are.
- They serve as your “**life guide**” and help you cope with challenges.
- The **less** you live by your **core values** the more **stressed out** and **unhealthy** you’ll be.
- The **more** you live by your **core values** the **happier** and **healthier** you’ll be.
- When we talk about **core values**, I’m not talking about fluffy intangibles like honesty, trust, kindness etc.
- I’m talking about your **highest priorities**—what’s most **important** to you?

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- Here’s what most women say...
 1. My family (children and grandchildren)
 2. My husband
 3. My job
 4. ?
 5. ?
- Where do **you** fit in?
- Where do your **personal** health and self-care fit in your list of priorities?

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Do you find that you're unable to stick with a diet and exercise plan because you "don't have the time" or other things get in your way?

- It's **NOT** that you don't have the time.
- The truth is, you **don't** value yourself enough to make the time.
- It means you value something else **more**.

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To be successful creating a better quality of life for yourself, you need to redefine your values to match your goals and put yourself at the TOP.

- If you're **NOT** at the top of your list you will **never** lose the excess weight permanently or reverse other health conditions.
- Because your other priorities will **always** pull your attention away from yourself.

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Many moms feel guilty putting themselves first - they feel their family should be first.

- But when you're not at the top of your list everyone you love and care about **suffers**.
- It's a universal truth that you can only care for others to the **degree** that you care for yourself.
- If you can't take of **yourself**, you can't take care of **others**.
- If your **goals** are to lose weight and feel good in your clothes, be a good role model to your family, live a long, healthy life to see your kids and grandkids grow up...
- **YOU HAVE TO BE AT THE TOP OF YOUR LIST** to make that all happen.

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The main reason so many women struggle to lose the weight reverse their health issues is because their priorities *don't* actually match their goals.

- When there's **misalignment** between your priorities and your goals, it leads to a vicious cycle of failure and frustration.
- To **break** this cycle, you have to be willing to do one of two things:
 - You either need to change your **priorities** to match your goals - and this means being first on your list.
 - Or, you need to change your **goals** so that they actually match your priorities.
- You can't have the goal to lose weight and be your healthiest, and be **last** on your list or **not** on your list at all.
 - You will **NOT** achieve your health goals!

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Here's the bottom line:

To lose excess weight permanently and reverse other health conditions you **MUST** be willing to put yourself at the **TOP** of your list.

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Remember, it's not lack of time, motivation or self-discipline that leads to failure.

- It's that you don't **value** yourself enough to make yourself a priority.
- You have to **value** yourself like you value your kids, your grandkids, your spouse and everyone else you love.

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Success in losing the weight and reversing health issues is about getting up every day knowing that you're taking care of yourself because you're WORTH it and your family is WORTH it!

- Take care of you first and **EVERYONE** wins!
- The **BEST** gift you can give your family is self-care.

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**We are all living examples to others,
especially our family.**

Are you an example of how to live a happy and healthy life by your highest values?

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Next Up...

Module 1 – Part 5:
3-Step Plan to Create Long-Term Success