



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation

Module 1 – Part 5:

3-Step Plan to Create Long-Term Success

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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Three key steps to create a long-term success plan:
(These are missing from most health programs.)

Step 1: Define your physical health needs.

Step 2: Define your mental health needs.

Step 3: Define your emotional health needs.

2

What are Your Physical Health Needs?

- Do you have **specific** health conditions that need attention?
- What are your **dietary** needs? (what foods? amounts? ratios? frequency? water needs?)
- What are your **exercise** needs? (what kinds? how much? when?)
- What are your **sleep** needs? (how much? ideal bedtime?)
- Your needs **vary** depending on your lifestyle and goals.
- Everyone is different, so learning how to **listen** to your body is **KEY**.
- Various **variables** that impact your physical needs: natural hormonal shifts, weather changes, stress (physical/mental/emotional/environmental), activity levels etc.

3

What do you need to feel mentally happy and healthy?

- What kind of mental **challenges** you enjoy?
- What kinds of activities **stimulate** your mind (i.e. watching documentaries, reading about a subject you're interested in, doing crossword puzzles, playing Scrabble etc.)
- How do you need to arrange your work **environment** to feel focused and productive?
- How much quiet and alone time do you need to **recharge** and feel mentally **focused**?
- What kinds of activities **inspire** you and get your creative juices flowing?

4

You MUST have creative outlets to be healthy...

According to Dr. Christiane Northrup (*The Wisdom of Menopause*) lack of creative expression leads to disease:

*“Desires and creative urges need an **outlet**. When a woman **holds herself back** from expressing these creative desires it’s like **plugging** the vent of a pressure cooker and something usually has to “give” and it’s often her health. The result could be one or more of the “big three” **diseases**—heart disease, depression and breast cancer.”*

5

What do you need to feel emotionally happy and healthy?

- How much **social time** do you need to feel emotionally charged and connected?
- What kinds of **people** do you enjoy socializing with?
- What kinds of **activities** do you need to do to feel good emotionally—happy, calm, hopeful, inspired etc.
- How do you need to **arrange** your home to feel comfortable and safe?
- What do you need in your **relationships** to feel safe, valued and respected?

6

Are all of your needs being met?

If not, what **areas** of your life do you need to start focusing?

Start with **ONE** area and build from there.

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Next Up...

Module 1 – Part 6:

Completing Your 4 Key Health Assessments

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