



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation Module 3 – Part 3: 4 “Innercises” to Eliminate Your Biggest Energy Robber (YOU!)

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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Addressing Your Biggest Energy Robber of All

- The reality is, most often, **YOU** are your biggest energy robber.
- There's *many* ways we **create** our own stress and **drain** ourselves of our own energy.
- The good news is, by learning how to **manage** ourselves – our thoughts, our emotions and our behavior – we have the **power** to create **inner peace** and keep our energy reserves full.

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3 Important Decisions You Make Every Day

- There are 3 decisions you make every day that **dictate** your how you're going to feel:
 - 1. What you choose to **focus on**. (What you focus on expands).
 - 2. The **meaning** you choose to give things. (Is it good or bad?)
 - 3. What you choose to **do**. (Thought is the antecedent to action.)

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Thoughts → Emotions → Behaviors →
Quality of Health & Life

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Innercise #1

Revisit Your Top 5 Highest Values

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- **Your highest values have a huge impact on your health and life.**
- Remember...
 - 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 **more** you live by your core values the **happier** and **healthier** you’ll be.
- The **less** you live by your core values the more **stressed out** and **unhealthy** you’ll be.
- When we talk about 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.
 - It's that you **don't** value yourself enough to make the time; it means you value something else **more**.
- A big reason so many women feel stressed and continually struggle to achieve their health goals is because their health goals **don't match** their values (priorities).
- When there's **misalignment** between your priorities and your goals, it leads to a vicious cycle of **failure** and **frustration** and this causes **stress**.

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- To **break** this cycle, you have to be willing to do one of two things:
 - You either need to redefine your **priorities** to **match** your goals - and this means being **first** on your list!)
 - OR you need to redefine your **goals** to **match** your priorities.
- If you're **not** at the top of your list you'll constantly feel **stressed** and you'll **never** be successful achieving your health goals because 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.**

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Here's the bottom line:

If your goals are to **eliminate** inflammation so you can **lose weight** and/or **heal** other inflammation-related health issues, be a good **role model** to your family, enjoy an **active, healthy, high-vibe** life...

YOU HAVE TO BE AT THE TOP OF YOUR LIST!

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Innercise #2 Evaluate Your Expectations

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Evaluate Your Expectations

- Your **perceptions** about what makes for “good day” or a “bad day” are yours alone, based on **meanings** you’ve created.
- The **value** you place on the others people's actions, the food you eat, your own body etc. are created by **you**, based on meanings you give them.
- From your meanings and values, you create **expectations**.
- When those expectations are **not** met, you feel **stressed**.
- **The more unmet expectations, the more stressed you feel.**

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Evaluate Your Expectations

What **unmet expectations** do you have of **yourself**?:

- Do you have a **perfectionist** mentality?
- Do you believe certain things have to be done a **certain** way all the time?
- Do you feel like you feel like certain things need to be done **all at once** and **immediately**?
- Do you live by a daily check-list that seems **never ending**?
- Do you feel the need to constantly **please** others to make them happy?
- Do you find yourself constantly **waiting** for the “right” time to start something?

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Evaluate Your Expectations

What **unmet expectations** do you have of **others**?:

- Do you expect people to treat you a **certain** way?
- Do you expect **great** customer service?
- Do you smile at or greet others with the expectation your smile and greeting will be **returned** in kind?
- Do you expect the stock market to **behave** in a certain way?
- Do you expect your husband to **read** your mind, your kids to **behave**, and the educational system to **operate** as you would like it to?
- Do you have expectations of your local and federal **government**? Of people, of organizations, of churches?
- If you are **kind** to others, do you expect others to be kind to **you**?

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Evaluate Your Expectations

- How often do you find your expectations are **not** met?
- How often are you **triggered** by an unmet expectation?
- Are the expectations that you have of **yourself** and **others** currently serving you **well**?

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Evaluate Your Expectations

- The good news is, you do have **choices** about what to do if your expectations are not met.
- You can **change** your expectation, or you can leave the situation you are struggling with.
- Just remember, **wherever you go, there you are**.
- Choosing to **shift** your expectations is the **growth** opportunity.
- Choosing a **different** environment comes with the high risk that you will find the **same** situations repeated.
 - Why? Because you are there and didn't learn anything the last time.

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Evaluate Your Expectations

- Use a **journal** to write down events, situations, and people in your life that didn't meet your expectations. (If you do this correctly, there will **a lot** of writing!)
- Look for **common** themes.
- Ask yourself, ***what are the beliefs behind my expectations?***
- Take a look at the expectations you wrote and see if any of them can be **shifted**.
- The more expectations you **rid** yourself of, the **less stressed** you'll feel and the **happier** you will be 😊

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Innercise #3: Give Up Judgement

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Give Up Judgement

- Judging and comparing yourself to others is so engrained that you may not be **aware** of how often you do it.
- **Pay attention** to your thoughts:
 - How many of them are a form of judgement?
 - Do you see others as inferior to you in any way? Or superior to you?
 - More or less intelligent than you?
 - Richer or poorer?
 - Fatter or thinner?
 - Older or younger?
 - Do you judge the political or religious views of others as inferior or stupid?
- These are just a few examples – there are **countless** forms of judgement.
- There are subtle judgements happening **under the surface** all the time.

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Why Do We Judge?

- We're trying to **control** our environment, make sense of it to achieve a sense of **safety**.
- We also judge because we are **afraid** of *being* judged.
- Fear of being judged causes a lot of **stress**.
- If you are **afraid** another person, or God, will judge you harshly, it causes **disease** within.
 - **Those who are most afraid of being judged are the ones who judge others most harshly.**
- Judgement is strictly a function of the **ego** – the part of the brain that controls **self-esteem** and **self-importance**.
- Judgement is a **curved sword**.
 - Learning to **let go** of judgement of yourself and others leads to **inner peace**.

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Innercise #4: Address Your “Erroneous Zones”

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Address Your “Erroneous Zones”

- Recommended audio book – *Your Erroneous Zones* by Wayne Dyer:
- Erroneous zones are **emotional immobilizations** – they’re **errors** people make when trying to **control** their own emotions.
- You **CAN** control your emotions and reactions.
- You are the product of the choices you make and your circumstances **reveal** the choices you’ve made.
- You must put the **responsibility** on yourself and **stop** blaming others to take control of your emotions.
- When you address your erroneous zones you can **escape** the cycle of **negative thinking**.

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9 Erroneous Zones

- 1. Self-doubt or self-rejection:** Disliking or finding fault with yourself, feeling unworthy
 - 2. The need for approval:** Looking for your value in the approval of others
 - 3. Being attached to the past:** Holding onto old, immobilizing beliefs about yourself
 - 4. Guilt and worry:** Guilt keeps you hung up in the past in the present, worry immobilizes you in the present over something in the future
 - 5. Fear of the unknown:** Pre-judging and not being open to new experiences)
 - 6. The justice trap:** Demanding that life be fair
 - 7. Procrastination:** Filling the present moment with wishes and no action)
 - 8. Anger:** Angry thoughts lead to angry actions
 - 9. Growing up & being independent:** Letting go of the idea you need to stay in someone’s life that no longer works for you or you’re stuck and dependent on others
- * I **HIGHLY** recommend listening to Dyer’s audio program *Your Erroneous Zones*!

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Next Up...

Module 3 – Part 4:
How to Create a Healthy Framework
for Your Day