



SUCCESS IS FOUND THROUGH THE
UNDERSTANDING OF HOW TO
ACHIEVE IT AND ACTING, NOT JUST
THE WISH TO HAVE IT!

Here we are... 2019

This is the time most people review the past year and decide, once again, to challenge themselves to accomplish goals they feel will help their well being and overall health. These goals usually contain a dietary, weight loss and fitness improvement theme. It is statistically the busiest time of year for Health Studios and Gyms. People are signing up for what ever activity they desire and are hiring gurus of every aligned background to help them be successful in their defined goals.

The unfortunate truth is most people fail. They may be able to keep the pace up for a while and be directed in such a way that they see short term success, but the reality is, its very difficult to accomplish any long-term change when it requires so much sustained effort. Not to mention, many of the theories and practices are not aligned to what is needed to obtain overall health and well being.

The path to success



Vision:

Where do you see yourself going on your change journey? How long do you plan to maintain the change? How will it impact your life? What are you willing to do to reach your goal?

"I see myself living an active life, with great health and vitality, now and the rest of my life."

Goal:

Define your goal.

It is important to clearly identify your goal/goals.

"I will improve my health and fitness, by changing my dietary, exercise and lifestyle choices."

Plan:

When you plan, try to use the S.M.A.R.T model. Ensure it is **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**ime specific.

"I will get my blood values checked pre-start and monitor my weight weekly. I will start eating a LCHF (Low carb, healthy fat) diet, while paying attention to moderate movement and an exercise plan that is flexible to how I feel not a strict schedule. I plan to accomplish a marked improvement in my health and fitness within 1 year, through how I look and feel and re-testing my blood values to compare with the start."

Action:

This is where the rubber meets the road. If you don't feel educated enough to make the correct fitness and dietary decisions, this would be a great time to seek the assistance of a certified health coach. A health coach can not only help you to identify what you need to be successful, but they can assist you in identifying the goal setting and planning phase should you require it.

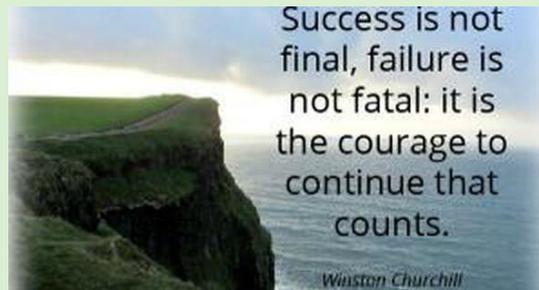
Success:

The final stage is the success stage. Enjoy!!!

You followed the path to success and maintained your commitment throughout. Your success will help you to stay on track and make the improvements in your life, not only within the time allotted during the initial journey but for the rest of your life. Lets face

it, we don't want to impact our lives positively for only a limited amount of time do we. 😊

Lets get going!



There are many ways to create a path to success. I have found the primal blueprint methods to be very low stress and attainable. You really can change your life and reach your optimum body composition without crazy hours in the gym or starvation diets. You are meant to life not just survive.

Check out the links below for additional information or contact me directly anytime. 😊

Primal Food Spectrum [PFS](#)

Primal Essential Movements [PEM](#)



Living Aligned Health Coach Service

Thank you for taking the time read this post. If you find any of the information valuable and would like to find out more information regarding the benefits a health coach can provide, or if you are interested in setting up a consultation. Contact Vern Gorman at livingalignedhc@gmail.com or through the website www.livingalignedhealthcoach.wordpress.com