



HERE 'S TO

RELEASING THE **OLD**...PRESSING **RESET**...

FEELING ENERGIZED... **EXPANDING** YOUR LUNGS...

OXYGENATING YOUR CELLS... **LOVING** THE SKIN YOU 'RE IN...

DELICIOUS MEALS...**INSPIRING** CONVERSATIONS

AMPLIFYING GRATITUDE

LETTING GO OF JUDGMENT...**EMBRACING** BEAUTY

UNPLUGGING... **ENGAGING** THE SENSES... **PLAY**

GIGGLE... **ENJOY** YOUR **ALIVENESS**

what is the moxie28?

The Moxie28 is about proper nutrition. But it's about so much more than that. Moxie28 is a 28-day, life-changing experience that has been years in the making. This is not a diet. The Moxie28 program is a complete mind / body "reset" designed to help you ...

- Restore a healthy metabolism, heal your digestive tract, and calm systemic inflammation,
- Discover which foods are causing bloating, inflammation, intolerances, and weight gain,
- Learn the basics of macronutrients and portion sizing and how to eat the right amount (in the proper balance) for YOUR needs and goals,
- Understand how habits work and learn success strategies you can use to build healthy, consistent fitness, nutrition, and lifestyle habits that will ensure proper functioning of the body and foster a positive mindset,
- Eliminate unhealthy habits and cravings and change your relationship with and attitude towards food for good,
- Bring awareness to areas that may be sabotaging your success that you aren't even aware of, as well as making sure your mindset and beliefs are in

alignment with what you want to create in your external world,

- Gain clarity on the type of person you want to grow to become and build a strong internal narrative that will support you in your journey.

I'm here to help you hit the ground running and start becoming the person you are excited to become (instead of just becoming someone who has a lot of information about what to eat and what not to eat). The power of this interactive experience lies in the self-awareness and self-confidence it creates, which spills over into every area of your life (your body, your health, your relationships, your mind / emotions, your career / calling, your connection to That Which Is Greater) to ignite transformation. **Because how you do anything is how you do everything.**

Whether you are just getting started, coming back, or continuing a solid path, this is your opportunity to take charge of your health, fitness, and well-being. I have put together a comprehensive plan to help people BE better – physically, emotionally, and mentally – and I will be right here to provide guidance, accountability, and support!

my story

I have been where you are.

In my 47 years, I have lived many different diet and exercise programs and I can assure you it has not been a linear process. I have been fat / overweight. I have been through stages of extreme dieting and extreme exercising. I have suffered from disordered eating and starved myself down to 95 pounds. I know what it's like to not want to look in the mirror. I know how it feels to hate being naked. I know how it feels to be so unhappy with your body that you hide it under layers of baggy clothes. I have been where you are.

I was constantly researching the latest diet and exercise strategies (and fads) searching desperately for that magic pill. Every time I heard about a new diet, I had to try it. You name it I've done it. I was frustrated that no matter how hard I tried I was never able to achieve lasting results.

After every failure (which was often) I always defaulted to the same behavior. And instead of figuring out why I had failed (or rather, what habits / behaviors had failed me), I'd move on to the next extreme diet / exercise strategy hoping this time things would be different.

I swung between rigid control or diligent restriction and uncontrolled release. I was either "on the wagon" or "off the wagon". In between was what I call the "fuck it moment", known formally as disinhibition. I spent my teens and twenties on a roller coaster ride of starvation diets, binge eating, diet pills, over-exercising, self-

destructive, obsessive-compulsive behaviors, and lots of therapy.

Whenever I'd "fall off the wagon", this confirmed the "I'm a failure" mindset. I became frustrated, demotivated, and even more convinced that I could not succeed. Or that I was somehow different and broken. I made my diet and exercise reflections of who I was as a person. When I was not what I would consider perfect I deemed myself a failure. My self-worth was based on my appearance. I compared myself to everyone around me, and I never quite measured up. At least not in my mind (huge self-limiting belief).

Because I didn't trust myself, I would look for rules and regulations to follow. I didn't have a basic idea of what reasonable eating looked like. So, I'd find some doctrine to live by. I spent years weighing and measuring my food, keeping a detailed food log, rigidly sticking to rules or plans. I used advanced strategies such as carb cycling, intermittent fasting, etc. I couldn't see how unhealthy my "healthy" behaviors had become. By engaging in these behaviors so stringently and aggressively, my habits, thoughts, and feelings around food and eating (and training) had become disordered (again).

I struggled with all-or-nothing thinking and the "Either I'm perfect or I've failed" mentality. I started experiencing mental and emotional health problems such as anxiety and depression. My social relationships and other interests – which we need for overall wellness and

quality of life – suffered. I couldn't detach my own self-concept from food and eating. Food and eating choices defined who I was. I was deeply attached to my strategies and outcomes. I was reluctant to give them up and was anxious about "losing control." I just accepted these things as trade-offs if I wanted to look and / or perform a certain way. But when I was honest with myself, I had to admit that I really wasn't living happily (or sanely). My "healthy eating" had passed the point of being healthy.

...Today, eating clean and following my Moxie Custom Nutrition Template is just a way of life for me. After struggling with food and body "issues" for decades, today I feel free. I no longer weigh and measure my food. I do not count macros or calories or blocks anymore. I have stopped separating food into "good" and "bad" lists. I am slowly getting away from all-or-nothing thinking. I eat enough to sustain energy levels and fuel athletic performance. I am never hungry – except on the rare occasion I do not prepare enough food ahead of time.... and when I am hungry, I eat. I never feel deprived. Sure, there are foods that I miss (and, on occasion, I will indulge) but I no longer crave them constantly. When considering my food options for any given meal, my decisions are based on how I will feel thirty minutes after I've finished eating (content vs. full and sluggish) and how it will affect my athletic performance and recovery and, most importantly, my health. My body is not perfect (and that's okay) but I appreciate it for what it can do. I am healthy, strong, lean, fit, and happy and I have a healthy relationship with food and my body. I sleep and recover well, and I feel

great! But, by far the biggest change has taken place between my ears.

My story is that of the hero who has overcome adversity and has become transformed as a result. Through research, experience, trial-and-error, self-examination, and self-experimentation I have developed a sustainable plan that creates real significant lasting results. With multiple certifications and 25+ years of experience in the health and fitness industry in a variety of outlets, I can relate to and assist a wide variety of individuals seeking self-improvement through exercise, fitness, nutrition, and habit change. I have dedicated my career and my life to empowering people by giving them the tools to live a more health- and fitness-focused lifestyle. I achieve this through:

- progressive, systematic, results-driven training methods
- the application of strategic, individualized, goal-focused nutrition
- the utilization of strategies and methods scientifically proven to help people uncover their own self-limiting beliefs that could be holding them back from achieving their true potential in all areas of life.

My goal is to draw from my experience and share what has worked for me, the specific actions I took, and the habit change strategies I employed that have allowed transformation to happen and resulted in lasting change. I want to share any details of my journey that may help you reach the same results in your life, even if your path looks slightly different from mine.

some things i've learned...

In February 2009, as an experiment, I completed my first 28-Day hypoallergenic / elimination diet, and it completely changed my life. I discovered that some of the foods I was eating everyday (foods commonly deemed as “healthy”) were having a negative impact on my body composition, health, and quality of life without me even realizing it! The physical benefits of this “experiment” were profound. But the psychological benefits were even more dramatic. It changed my relationship with and attitude towards food (and my body). It changed my tastes, my cravings, and my habits. It changed how I think about ME and about my life.

1) YOUR BODY IS THE MOST POWERFUL, LEAST EXPENSIVE, AND BEST DIETARY EXPERIMENTATION LAB IN EXISTENCE.

Certain foods promote cravings and overconsumption. The overconsumption of these (nutrient-poor, calorie-dense) foods leads to

1) hormonal dysfunction, conditioning your body to rely on sugar for energy, leaving you unable to burn the fat stored on your body,

2) metabolic dysregulation, which promotes energy dips excessive hunger and cravings, and weight gain,

3) gut irritation and intestinal permeability (or a “leaky gut”). The damage to your gut allows inflammatory components to travel throughout your body via the bloodstream. Not only that! If the gut lining is damaged,

you don't absorb important nutrients *and* you have trouble utilizing the nutrients that you do absorb.

The result is **chronic systemic inflammation**, or excessive ongoing immune activity, which puts you at high risk for autoimmunity, digestive disorders, and a host of other lifestyle-related diseases and conditions.

Elimination / hypoallergenic diets, often prescribed by health care professionals, are the most inexpensive and accurate method to determine whether food allergies, intolerances, or sensitivities are to blame for specific symptoms related to *silent* inflammation you may be experiencing – **from aches and pains, acid reflux, year-round stuffiness, and bloating, to bad breath, dark eye circles, eczema, and acne, to migraines, asthma, depression, and infertility.**

Many people have issues with these foods and don't even know it! The **ONLY** way to know for sure if you have an issue with certain foods is to completely remove the common culprits (gluten, grains, dairy, legumes, sugar, and alcohol) from your diet for a period (in this case, 28 days). Let your body heal and recover from whatever symptoms or ailments these foods may be causing. Then in systematically reintroducing each of these, you'll know how these foods (that you used to eat everyday) were affecting your energy levels, sleep, mood, skin, hair, joint pain, physical performance, digestive tract, etc.

When I first learned about elimination diets, I had some reservations. By that point, my diet was pretty good compared to most people I knew. I was finally

healthy, and I felt good. At least I thought so. The modifications I needed to make to my diet were relatively small. I couldn't imagine it would make much of a difference. But I was curious enough to give it a try. Boy was I in for a surprise!

Within days I noticed a dramatic improvement in my energy levels and sleep quality (I fell asleep more easily and slept more soundly). My sinuses were clearer and my skin glowed.

Within a week I started to notice a change in my body composition (with seemingly little effort). My clothes fit better, and I felt more confident in my leaner appearance.

In less than two weeks I stopped craving the foods that at one point I could not imagine living without. I was happier, more optimistic, less anxious and stressed.

Over the next few weeks my bowel function normalized (Halleluiah!) and I no longer experienced the post-meal bloating, gas, and indigestion that I just attributed to overeating. My athletic performance improved – I got measurably faster and stronger. I experienced improved memory and attention span, higher productivity, and clearer thinking.

I also gained a keen awareness of my habits and cravings, and which foods trigger me (promoting overconsumption) or have an otherwise negative impact on my physical (and psychological) health and wellness. Based on what I know to be true I can now choose how often I include those foods as part of my regular eating plan, if at all.

I KNOW WHAT YOU'RE THINKING

"I know I don't have issues with these foods. I eat them every day and I'm fine."

Not so fast! Remember, the only way to truly know if certain foods are having a negative effect is to cut them out completely for 28 days (or more), let your body heal and recover, then slowly, systematically reintroduce those foods one by one (if you choose) and notice the impact they have on how you look, feel and live.

- *"But my eating is not disordered," or*
- *"I don't need to change my life. I just want to lose (or gain) a few pounds," or*
- *"I don't need to lose weight. I just want to get control of my eating habits, so I feel better, healthier, have more energy, etc.," or*
- *"I know WHAT to do. I just need to DO IT."*

You may have an "expert" level of knowledge, perhaps even a graduate degree in nutrition... but you do not actually DO fundamental behaviors consistently. And, for that reason, you are not seeing results. Moxie28 can help!

2) YOU DO NOT NEED TO COUNT CALORIES OR MACROS TO GET THE RIGHT PORTIONS FOR YOUR GOALS.

I discovered an approach that would dramatically simplify the eating and tracking process, and it's nearly as accurate as the calorie – and macro-counting approaches. Plus, this measuring system provides reasonable amounts of nutrient dense foods and their specific macronutrients (thus preventing deficiencies). It helped me more easily meet my protein, vegetable, carb,

fat, and calorie needs – and get into the “zone” – without having to count a gram, weigh a food, or do kitchen math.

3) WHEN YOU CHANGE A HABIT, YOU CHANGE THE COURSE OF YOUR LIFE.

Several years ago, I started researching habit change and developed an understanding about the key elements in the formation of a habit. I discovered practical success strategies I could use to build positive habits and eliminate negative ones. I learned how to successfully introduce several key positive habits and practices to benefit different areas of my life and reinforce them to the point where they are “automatic”, eliminating the need for constant willpower and motivation.

Most people have a fairly good idea of some important changes they would like to make in their lifestyle, right? But the powerful pull of habit keeps them stuck.

Why is that? Old habits die hard. Habits are literally wired into our brains. Neuroscience is showing us that changing habits is not as simple as making a New Years’ Resolution. Functional MRI research has shown us the brain in action. And we’ve discovered that our strongest habits have formed neural pathways there. The neurons that fire together, wire together.

So, when a client is attempting to change a daily habit that they’ve performed thousands of times over 10 or 20 years, it’s no wonder they find it challenging to change. That’s why just giving a client a list of what to eat and what not to eat might get a short-term result but won’t facilitate lasting change. My approach is not about quick

fixes, it’s about lasting change. And for that lasting change to occur, we’ve got to start with habits.

4) WHAT AND HOW MUCH YOU EAT IS ONLY HALF OF THE OPTIMAL HEALTH EQUATION, BUT THERE IS MORE TO THE STORY OF GOOD NUTRITION.

Now, most people think of good nutrition as kind of a numbers game, meaning that, if you have the right amount of nutrients, and if you avoid certain junk foods or toxins, and if you cut calories, then you’ll have the best chance of greater nutritional health.

It’s very common for clients to focus on two things:

1. WHAT they are eating: carbs, gluten, calories, protein, vitamins, etc.
2. HOW MUCH they are eating: how many grams, how many calories, what % of fat, etc.

And while these are important topics, what I want to suggest is that HOW (and WHY) you eat – meaning your thoughts, your emotional state, your level of stress when you eat, and the level of attention that you are bringing to each meal – is just as critical (maybe more so).

If you are eating meals in under 90 seconds standing over the sink or one-hand eating while driving to work, it doesn’t matter if you are eating organic kale and imported goji berries. HOW you are eating will likely hold you back. The good news is that if you focus on the HOW and WHY... the WHAT and HOW MUCH often takes care of itself. You can make huge strides in all sorts of health conditions if you can transform HOW you eat. Often, even more so than changing WHAT you eat. Success in any area of your life is 25% what you are doing and 75% who you are *being*.

5) YOUR HORMONES ARE STRONGER THAN YOUR WILLPOWER ANY DAY OF THE WEEK

Every time you eat a meal, your different food choices stimulate a powerful hormonal response that will either promote stress in the body – which leads to digestive upset, decreased nutrient assimilation, an inability to control your cravings, and unwanted fat storage which leads to weight gain – or help reduce it. The smallest, gentlest intervention you can make, that will also have the biggest impact, is balancing blood sugar. Blood sugar is the concentration of glucose in the blood. It is a simple sugar and the body's main energy source.

When there is either too much or too little glucose, or sugar, in the blood, it will trigger a significant stress response in the body. Eating in the “zone” is about keeping hormonal responses (in particular, the hormone insulin) generated by the food you eat within a zone: not too high (which would prevent you from accessing stored body fat for energy), not too low (which would cause your cells to starve to death).

The key is learning how to control hormonal responses through diet. This critical hormonal balance depends on two things:

1. The size of the meal you eat – Excess calories stimulate the secretion of insulin (i.e., portion sizes)
2. The ratio of protein, carbohydrate, and fat in each meal (i.e., balanced meals)

6) MANAGING AND REDUCING STRESS IS KEY TO IMPROVING DIGESTION, ASSIMILATING YOUR FOOD OPTIMALLY, AND BURNING MORE FAT. (YES, YOU READ THAT RIGHT).

Stress leaks into what we call the “Big Five Areas of Life” (health, money, love / relationships, your calling / career, a connection to That Which is Greater). These are the big areas that mirror back to you whether you are in alignment with your truth; with the best version of you (or not). If your health is affected by stress, this will be reflected in another area of your life as well. It is impossible for one of the Big Five areas not to affect the others.

Most clients come to me to address their health, but the longer I work with a client, the less it becomes about food. **Because how you do anything is how you do everything.**

Stress will show up in different ways for different people but as a coach, helping clients to manage and reduce it is key to helping them improve digestion, assimilate their food optimally, and burn more fat.

7) JUST GIVING A CLIENT A LIST OF WHAT TO EAT AND WHAT NOT TO EAT MIGHT GET A SHORT-TERM RESULT BUT IT WON'T FACILITATE LASTING CHANGE.

Knowing how to train, what to eat, and what not to eat is not enough. The basis of most coaching models is to

1. Identify a client's wants and obstacles.
2. Then identify ways to remove those obstacles.

This is a good start, but it has critical missing elements. When looking to make positive changes in our lives, we also need to understand the role that our beliefs and identity play in driving our behavior. My own experience has proven that willpower and knowledge will not cut it.

Many people have limiting subconscious beliefs which keep them from allowing abundance and happiness into their lives. Before I could change my habits / behaviors (and achieve lasting results), I had to start by updating my habits of thought, opinions, and attitudes about the world around me, and especially my beliefs about ME, about my life. Otherwise, my limiting subconscious beliefs would continue to sabotage every new goal I set for myself.

Your beliefs (or habits of thought) are 1000x stronger than your desires (Not 10x stronger. Not 100x stronger. 1000 TIMES STRONGER)!!! The biggest obstacle to most people's goals is they consciously or

unconsciously do not believe it will happen or that it can be done.

You simply cannot achieve a goal that you do not believe you can achieve, because those beliefs live in the subconscious brain – the part of the brain that's running the show, even though we are typically not aware of it.

One of the main reasons we fail to stick to good habits and ditch negative ones is that we focus on changing what we're doing (or not doing) without changing *who we are being*. We must shift our identity to match the habits we're adopting and embrace these habits as a new and valuable part of who we are becoming.



is it time for a reset?

DO YOU WANT TO...

- Shed excess weight (especially abdominal weight)?
- Boost your energy?
- Feel lighter and cleaner?
- Experience deeper sleep and clearer skin?
- Improve your digestion (less gas and bloating)?
- Enhance your body's ability to mobilize and excrete toxins?
- Decrease congestion and allergy symptoms?
- Discover food allergies, sensitivities, and intolerances so you can make informed decisions about which foods to include as part of your regular diet to help you look, feel, and perform at your best?
- Create healthy habits that enliven you?
- Jump-start your metabolism?
- End the vicious cycle and get rid of those addictive foods that leave you feeling toxic?
- Reset your taste buds to desire healthier and more natural foods?
- Eliminate your cravings for starchy, sugary, unhealthy foods?
- Increase awareness of destructive habits, such as: overeating, eating too much of something and not enough of something else, life revolving around food, eating for fuel and function vs. emotional eating?
- Identify what your cues and triggers are that stimulate a particular food response (desired or detrimental)?
- Look at several of the most common limiting factors that most clients struggle with when it comes to fitness, health, and nutrition, and learn how you can start working through them?
- Learn how to meet your protein, vegetable, carb, fat, and calorie needs without having to count a gram or weight an ounce of food?
- Get back into a consistent workout routine?
- Successfully introduce several key positive habits and practices to benefit different areas of your life and reinforce them to the point where they are “automatic”, eliminating the need for constant willpower and motivation?

If you answered 'yes' to any of these questions, then the Moxie28 is for you!



how to discover the perfect diet for you

eight dietary paradigms

1. There are as many "right" diets as there are people on the planet.
2. What's healthy for one person might not be healthy for YOU.
3. Your body is the most powerful, least expensive, and BEST dietary experimentation lab
in existence. Why? Because the body has an innate wisdom beyond any book or authority. No matter which phase of life you are in, your body is the ultimate dietary authority.
4. Diets are not useful as dogma; however, they are useful as references.
5. Your diet changes as you change.
6. Your RELATIONSHIP with food and your body impacts your health more powerfully than the food you eat.
7. Every symptom, craving or behavior around food has a POSITIVE INTENTION; therefore, symptoms, cravings or behaviors are not the problem, they are the best SOLUTION you have come up with so far.
8. Nourishment is about much more than just food.

the moxie28 system

six steps that are crucial for a successful outcome

1) SET YOUR INTENTION

The first step is getting your head, heart, and hands in alignment with your goals – making the commitment, setting your intentions, and beginning to ease yourself into this process, mentally, emotionally, and physically. Before you begin, you are going to take the time to decide what you want and why you want it.

I will provide resources to help you

- Clarify your vision for success
- Turn your vision into a set of specific, well-formed goals
- Discover your WHY
- Identify your support
- Take 100% responsibility for your success

2) SET UP THE CONDITIONS FOR INEVITABLE SUCCESS

When you have conditions for inevitable success, then follow through becomes easy. Without this, people inevitably fall back into old patterns and get more of what they don't want. Included with your Moxie28 is...

- **Assessment & Preparation** – One week out from the official start of the Moxie28, I'll offer a Preparation Workshop (via zoom Monday October 4) to set the expectation, get into the details of the program, and answer questions. The official start of the Moxie28 Elimination Phase is Monday September 20.

- **Design Your Environment** – You'll receive tips on...
 - Shopping Smart
 - Meal Planning & Preparation
 - Cooking at Home
 - How to Create Success While Dining out / Traveling
 - Habit Change Success Strategies
 - Letting Your Family (and Friends) Know How to Support You
- **Moxie28 Shopping List** – An extensive list of delicious, real, fresh, natural, unprocessed, nutrient-dense foods to choose from.
- **Daily Communication & Interaction** (via email and / or Private Facebook Group) – You'll gain exclusive access to educational emails, coaching videos, action steps, tips, done-for-you handouts, materials, recipes, checklists... and MORE to help build the foundation for a successful Moxie28.
- **Weekly Coaching Workshops & Educational Videos** – Over the course of 6 weeks, you will receive coaching videos where I'll address some of the Common Limiting Factors (CLF) for most clients. I'll discuss why clients struggle with each CLF and why it's a problem. Then I'll provide some strategies to help you work through them.

3) EAT THE RIGHT FOODS IN THE RIGHT AMOUNTS (FOR THE RIGHT REASONS)

Without this step you may be eating foods commonly deemed as "healthy", but you still can't seem to achieve your desired outcome. Your Moxie28 Program includes...

- **A Basic Moxie28 Meal Planning Template & Food Chart** – While following this plan you will base your diet on real, fresh, natural, nutrient-dense foods, such as meat, eggs, poultry, and fish, a variety of vegetables, fruits, and healthy / natural fats. I'll provide an extensive list of foods to choose from and a short list of foods to avoid for the duration of your Moxie28. (Moxie28 Custom Nutrition Template & Eating Guide not included – Additional \$49 purchase required)
- **Three Measuring Systems** to choose from that will dramatically simplify the eating and tracking process. Each measuring system provides reasonable amounts of nutrient dense foods and their specific macronutrients (thus preventing deficiencies). to help you more easily meet your protein, vegetable, carb, fat, and calorie needs – and get into the “zone” – without having to count a gram, weigh a food, or do kitchen math.
- **Moxie28 Program Rules** – What to eat, what to avoid (and WHY) ...and a few other program "Do's and Don'ts".
- **The Other Half of the Optimal Health Equation** – There's more to the story of good nutrition than what and how much you eat. You can make huge strides in all sorts of health conditions if you can transform HOW (and WHY) you eat. Often, even

more so than changing what you eat. I'll provide some strategies to help!

4) THE RIGHT SUPPORT & ACCOUNTABILITY

- **Exclusive Access to the Private Moxie28 Facebook Group** – A page dedicated to creating an inclusive community for all Moxie28 participants. We use the page to share information, for our community to interact, ask and answer questions, provide feedback, and to encourage and support one another.
- **Tips on Coping With Challenges During Your Moxie28**
- **Get Personalized 1-on-1 Coaching with me (not included)** – My hope is to be a source of expertise, inspiration, guidance, accountability, and support. (1-on-1 Coaching is not included. with Moxie28. Additional purchase required. Please [contact me](#) for more information).

5) DAILY PHYSICAL EXERCISE & ACTIVITY

Apart from the well-known physical benefits, exercise and regular physical activity also have measurable positive effects on our mood and energy levels. When we exercise, endorphins are released in the body which boost our mood and motivation and lead to feelings of well-being. In addition, it helps us to manage stress and can alleviate feelings of depression. Regular exercise has also been shown to improve our ability to learn, as when we exercise, we strengthen neural connections in our brain that are related to learning and memory. Your Moxie28 includes...

- **Exclusive access to Moxie Online Fitness**
- **A Benchmark Workout (Day 0 & Day 28)** – Minimal space / equipment needed. This will be a workout you can do at home.

- Physical Body
- Mind & Emotion
- Personal Growth

6) TURN THESE HEALTHY BEHAVIORS INTO HABITS THAT LAST

A healthy, fit body isn't just about food and exercise (though that's important). It's also about how you think and feel, and what's important to you. So, I will also help you build habits that will ensure proper functioning of the body *and* foster a positive mindset. I will provide you with resources for all the habits (including downloadable handouts) throughout the Moxie28. I have grouped several different habits and practices into three categories or pillars:

Each pillar represents an important area of you and your life. Your goal will be to follow along with Daily and Weekly Habits and Tasks. These habits and tasks build the essential skills that all clients need to take charge of their physical, emotional, and cognitive well-being, to become the best possible version of themselves.

I'll help you easily track your progress and record your small wins daily and weekly, helping you stay accountable and focused, and in this way, build positive momentum and motivation to keep improving.

