

40

MOMENTUM
TIPS

HEALTH COACHING & KICKSTARTER





The following simple hacks identified in this e-book will help motivate you to reach your goals.

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CONSULTATION

VALUE
\$150

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FREE HABIT QUEST



You can start implementing these today to set you on-track to arriving at the ultimate destination of sustainable wellness.

The only person who can make a change to the way you feel RIGHT NOW and TOMORROW and the NEXT DAY is YOU.



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Simplicity is the key and complexity is the enemy of execution.

What thoughts get you moving, what goals ignite a spark and what actions fuel your fire to excite you?

We have been conditioned to think that getting stuff done is all about motivation and unfortunately, this is just one big lie! a lot of the time, we focus on our fears instead of our goals to motivate

us and this is inherently quite counterproductive. Remember, a goal without a plan is just a dream.

Momentum is the force that drives us, moving us on the course of our current trajectory at the speed of our past, present and future lives. Momentum is all about harnessing energy because energy is a habit and its power is remarkable! How amazing would it feel to wake and have so much energy that you just wanted to spread it throughout your life, just like glitter, every single day?

What would your ideal lifestyle look like? Why? What action will you take to make it happen? What will it even look like when you've "made it"? And why haven't you made it happen already?

Loz will help you unlock the handbrakes on your life to get the ball rolling so you can start to set your sail towards the lifestyle you deserve.



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WHAT IS HEALTH COACHING



#1

PROCESS

It is a process that facilitates healthy, sustainable conduct change by challenging a client to develop their inner wisdom, identify their values, and transform their goals into action.



#2

EMPOWERS

It empowers a person to make lasting health conduct or attitude changes that are the cornerstones of lifelong well-being. It bridges the gap between the medical recommendations and a person's abilities to successfully implement those recommendations onto complex life.



#3

PRINCIPLES

Draws on the principles from positive psychology and appreciative inquiry, and the practices of motivational interviewing and goal setting.



WHAT IS HEALTH COACHING



#4

ENCOURAGES

Encourages one's personal responsibility.



#5

SUPPORT

Should be seen as a source of support on one's wellness journey.



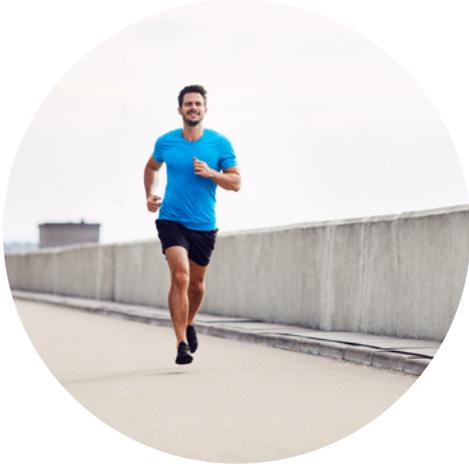
#6

MANAGEMENT

Would help one to focus on weight management, food cravings, sleep, energy, stress management, among other health empowerment areas.



WHAT IS HEALTH COACHING



#7

GUIDES & SUPPORTS

Does not diagnose, treat or take responsibility for bringing about wellness changes in a client's life; rather, he/she guides and supports the client as they progress towards personal wellness goals.



#8

CHOICES

Tend to focus on behavioral choices along with the basic understanding of dietary patterns and overall health.



#9

STRENGTH-BASED

Use a strength-based approach. Instead of aiming to correct what is not working for you, they work to build what is working well for you from a wellness standpoint.



WHAT IS HEALTH COACHING



#10

POSITIVE

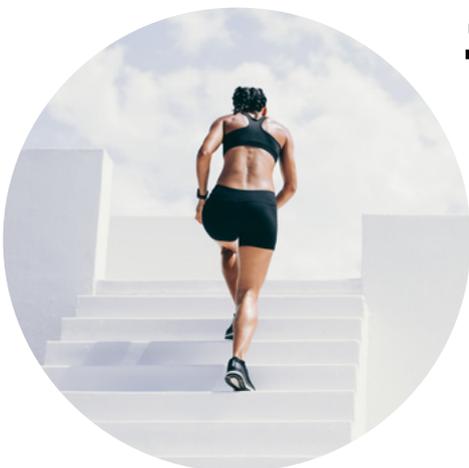
Are trained to help you as you work to make positive health & wellness decisions.



#11

QUESTIONS

One of the most important job's of a health coach is to ask a person questions that elicit deep thinking about themselves & what they want in life. Coaches can create accurate depictions of a person based on their answers that help in figuring out where they've been and where they want to go next.



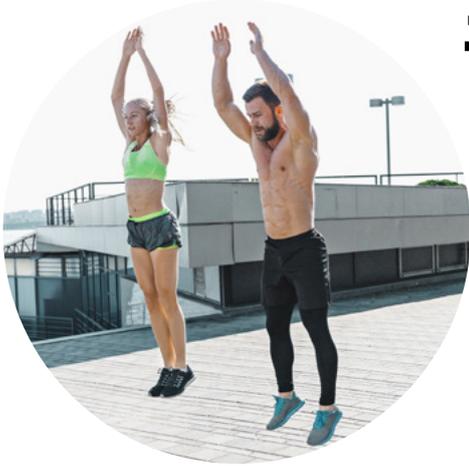
#12

ASPIRATIONS

Possessing the ability to take on a person's aspirations and help him/her come up with new ideas for executing plans and reaching dream.



WHAT IS HEALTH COACHING



#13

INNER STRENGTH

Is there to push a person's limit from time to time to assist him/her with breaking through tough platforms and help find their inner strengths.



#14

PERSPECTIVE

Has an advantage of seeing a person's situation from an outsider's point of view & perspective.



#15

ACHIEVE

Can find new or hidden opportunities for a person and can introduce him/her to new tools and resources that can help him achieve that goal.



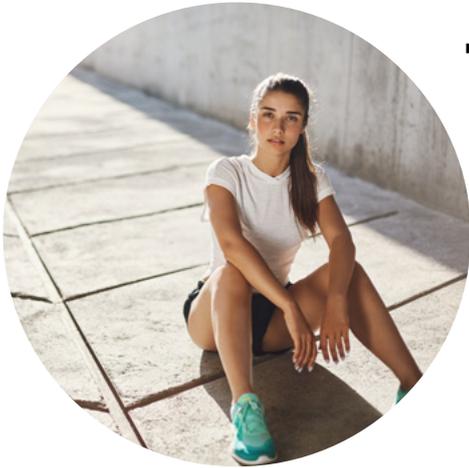
WHAT IS HEALTH COACHING



#16

BALANCE

Don't focus on one area, instead they help a person to keep balance between work, health and even relationships.



#17

CONNECTION

Build deep connections with their clients that are not unlike friendships. These friendships are created to help a person advance and succeed in his/her career and personal affairs.



#18

VALUABLE

Is one of the most valuable tools and resources anyone can have on their path to career success.



WHAT IS HEALTH COACHING



#19

PARTNERSHIP

Is a confidential and supportive partnership between an individual and a health and wellness coach



#20

CHOICES

May instruct clients about their diagnostic and therapeutic modalities and guide them in making informed choices about when, how and where to use community healthcare resources.

KICK STARTER



#1

DON'T LET FEAR GET IN THE WAY

The body achieves what the mind believes.



#2

DREAMS COME TRUE

A dream written down with a date becomes a goal.

A goal broken down into steps becomes a plan.

A plan backed by action makes your dreams come true.

Greg Reid



#3

TODAY

You may have tomorrow but why not start today!



KICK STARTER



#4

HEALTH TIPS FOR A HEALTHIER YOU

- Drink more water
- Get more sleep
- Make lifestyle changes
- Be more active
- Reduce stress in your life



#5

DETOX TIPS FOR A NEW YOU

- Drink lemon water each morning
- Eat a rainbow of vegetables daily
- Cut out processed foods and sugar
- Drink a green smoothie daily
- Drink water



#6

LESS / MORE

Doubting / Believing
Worrying / Hoping
Junk Food / Healthy Food
Lazing Around / Working Out
Weakness / Confidence
Ungratefulness / Gratitude
Hate / Love
Soft Drink / Water
Talking / Listening



KICK STARTER



#7

COMFORT ZONE

Life begins at the end of your comfort zone



#8

DREAM

You are never too old to set another goal or to dream a new dream

C.S. Lewis



#9

FILL IN THE BLANK

The best thing I've ever done for my health is...

KICK STARTER



#10

10 REASONS YOU SHOULD DRINK GREEN TEA

1. Burns fat and enables you to exercise longer
2. Rehydrates you better than water
3. Helps reduce high blood pressure
4. Lowers stress levels and boosts brain power
5. Helps preserve and build bone
6. Helps to protect your lungs from smoking
7. Helps protect your liver from alcohol
8. Prevents tooth decay and cures bad breath
9. Excellent source of antioxidants
10. Boosts your immunity against illness



#11

5 SUPERFOOD DUO'S

- Avocado's & Tomatoes
- Green Tea with Lemon
- Dark Chocolate & Apples
- Salmon & Sesame Seed
- Peppers & Artichokes



KICK STARTER



#12

6 THINGS YOU PROBABLY DIDN'T KNOW ABOUT ALMONDS

1. Almonds are a part of the peach family
2. Almonds are best for you raw or dry roasted
3. Almonds need really hot weather and cool winters to grow
4. Almond flour is a delicious and versatile option for gluten free baking
5. Almonds are one of the best sources of the antioxidant vitamin E
6. Almonds nourish the nervous system



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momentum
and live a
happy healthy
life.**

X 



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