

REACH YOUR LIFESTYLE GOALS

Workbook that helps you improve your lifestyle.



BY LOUISE KOCH

REMOVE POLLUTION

STEP BY STEP

- Remove all chemical and unhealthy products from:
 - the bathroom
 - the medicine cabinet
 - your makeup bag
 - the kitchen
 - the fridge
- Replace them with healthy alternatives.
- Use as few products as possible.
- Remove stimulants like tobacco, alcohol, caffeine, chocolate, drugs, etc.
- Avoid artificial hormones, i.e. birth control pills.
- Replace mercury fillings.

Start date: _____

Focus area: _____

On a scale from 1-10 where 10 is the highest, where are you today in relation to the above areas? Circle the number.

1 2 3 4 5 6 7 8 9 10

HEALTHY DIET

STEP BY STEP

- Eat a low fat raw vegan diet according to the 80/10/10 principles (fruit, leafy greens and soft vegetables).
- Eat whole, raw, ripe, fresh, organic produce.
- Eat according to the 'Yes', 'No', 'Sometimes' lists.
- Make a 2 week transition period with no overt fat.
- Make sure to get the right amount of calories that your body require.
- Use a program like www.cronometer.com in the beginning.
- Eat a little bit more than you can in the beginning so that you get used to larger volumes. Also add a snack if needed.
- Rinse your teeth with water after fruit meals.
- Take a B 12 supplement.
- Lean to use the various gears and use them as needed.

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SLEEP WELL

STEP BY STEP

- Go to bed between 9 pm and 10 pm or when you start to yawn.
- Get a minimum of 8-9 hours of sleep every night and more if you are ill.
- Get up with the sun around 6 am or 7 am.
- Get a daily rhythm and use a daylight alarm clock during dark periods of the year.
- Make sure to sleep in a completely dark room or use a sleeping mask.
- Open a window and get fresh air all night long.
- Sleep in a quiet and dark room.
- Do not eat two hours before you go to bed.

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Focus area: _____

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CLEAN WATER

STEP BY STEP

- Drink clean water, freshly squeezed juices and herbal teas. Nothing else.
- Get a lot of liquid from your fruits and veggies.
- Drink so that your urine is clear or pale yellow during the day.
- Avoid large amounts of unfiltered tap water and clean your water if possible.
- Drink filtered water, distilled water, reverse osmosis water and similar.
- Drink a lot of water first thing in the morning when you wake up
- Drink water during the day in between meals.
- Try not to drink too much during meals except for rinsing your teeth with water after the meal.
- Drink extra water when you exercise, detox or if you live in very warm places.
- Get a super healthy drinking bottle for your water.

Start date: _____

Focus area: _____

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POSITIVE MINDSET

STEP BY STEP

- Identify your negative thoughts and beliefs and write them down.
- Crush the 'crystal ball' and avoid negative predictions.
- Find alternative thoughts that are more positive and use them daily.
- Write down your new thoughts to make them visible to yourself.
- Understand that by changing your thoughts you can change your feelings.
- Always aim for a higher feeling on the emotional scale than where you are at.
- Spend less time talking about, thinking about and reacting to your health issues.
- Focus on something that makes you happy and think about it often.
- Choose to feel good and be happy in this moment regardless of circumstances.
- Make the 'Positive rant' once a day.
- Make the visualisation exercise every day.
- Do a 15 minute focus exercise (meditation) every morning where you quiet your mind and focus on one thing only.
- Spend more time thinking about the future than about the past and the present.
- Hold the vision of where you want to be as if you have it already.

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FRESH AIR

STEP BY STEP

- Avoid all kinds of air pollutants, especially smoke and car exhaust.
- Open the windows on a regular basis so you get a high level of oxygen indoor.
- Leave the window open at night.
- Spend a lot of time outside in the fresh air.
- Get out in nature often if you live in a polluted area.
- Limit the amounts of wireless signals in the air by turning off routers and phones, especially at night.
- Breathe deeply and avoid clothes that is tight around your chest, i.e. bras.

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SUN AND DAYLIGHT

STEP BY STEP

In dark areas/times of the year:

- Get a minimum of 15-20 minutes of sunshine on your skin daily.
- Absorb the light through your eyes for at least half an hour every day, i.e. by going for a walk.
- Take a supplement of vitamin D during the dark periods of the year.
- Take vacations to sunny places during the winter to get natural sunlight.

In sunny areas/times of the year:

- Sunbathe before 10 am or after 4 pm (or when your shadow is longer than you)
- Sunbathe every day for 20 min. on each side but no more.
- Avoid getting burned and start slowly especially if you are not used to the sun.
- Avoid using sunglasses, sunscreen, after sun and other products full of chemicals.
- Use a hat, a long sleeved blouse and long pants if you have to be out in the sun during the middle of the day.

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Focus area: _____

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WELLBEING

STEP BY STEP

- Eliminate all stress if possible.
- Make lots of room for relaxation.
- Create calm and harmonic surroundings for yourself.
- Get more interaction and love from others.
- Start to like yourself more and treat yourself with love.
- Be social as much as your energy allows it.
- Get physical touch as much as possible.
- Be creative in your own way.
- Find a meaning and a purpose in life.
- Do more things that make you laugh and smile.
- Play more and bring out your inner child.
- Do whatever it takes for you to get happy and want to jump out of bed each morning with excitement.

Start date: _____

Focus area: _____

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EXERCISE

STEP BY STEP

- Exercise as much as you can to the degree that your health allows it.
- Exercise at least 3-4 times a week or more.
- Choose a fitness activity that you enjoy and that will get you out the door.
- Make a fitness plan/ program that works for you and that you enjoy.
- Try to include cardio, balance, strength and neuro training in your fitness program.
- Listen to your body. It will tell you what the limits are and what it is ready to do.
- Find a partner that you can exercise with.
- Get into shape through play.

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PATIENCE

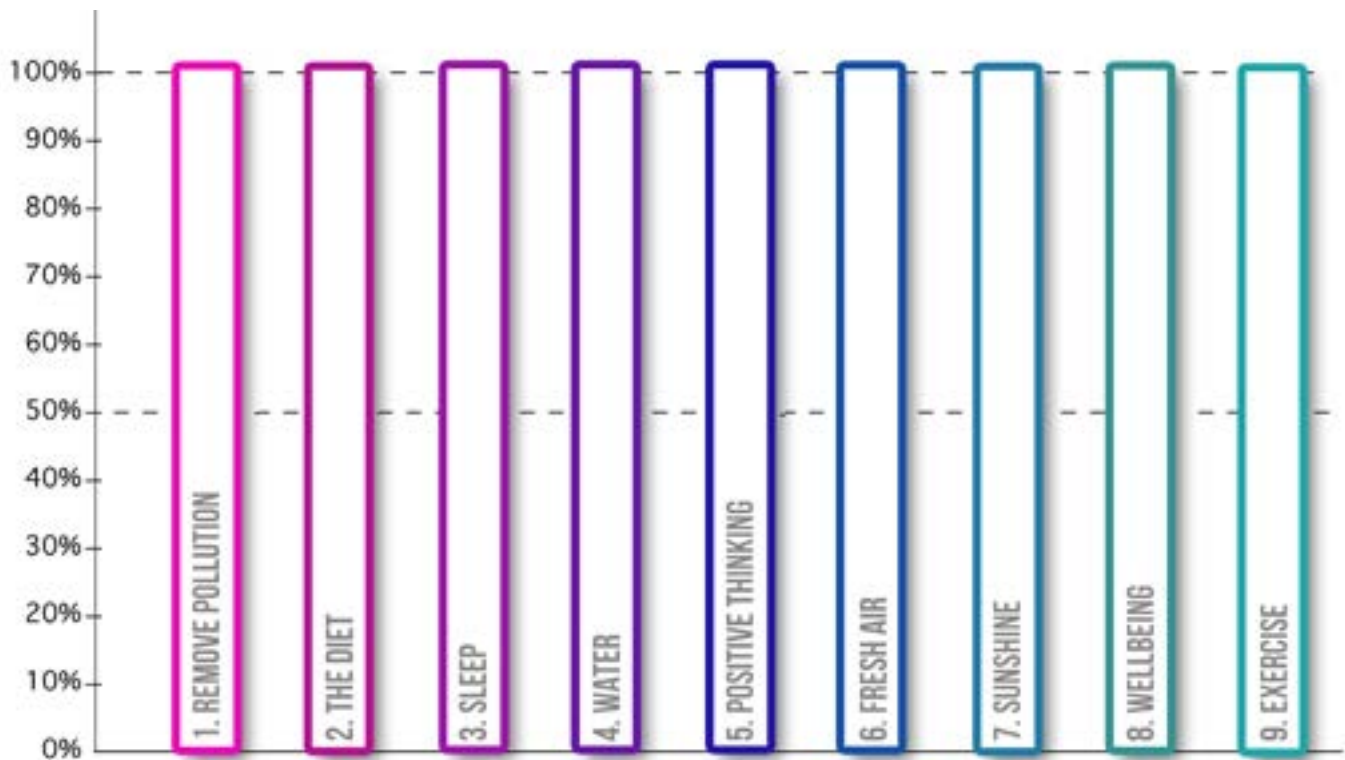
STEP BY STEP

- Expect that symptoms may get worse for a while in the beginning.
- Don't give up if it is hard.
- Don't give up if you feel that you are standing still in regards to recovering. It will come when the body is ready.
- Don't expect to be able to implement all the lifestyle areas right away. Everything takes time.
- Be patient and accept that natural healing takes time.
- Make one large goal with lots of minor goals and take one step at the time.

THE LIFESTYLE PILLARS

Month: _____ Year: _____

Colour the percentage in each pillar according to how much you live up to the principles within each area this month.



My most important focus area is: _____

My second most important focus area is: _____

THE LIFESTYLE FLOWER

Write the order in which you want to implement the areas.

- ___ 1: Remove pollution
- ___ 2: Health diet
- ___ 3: Good sleep
- ___ 4: Clean water
- ___ 5: Positive thinking
- ___ 6: Clean and fresh air
- ___ 7: Sunshine and daylight
- ___ 8: Wellbeing
- ___ 9: Exercise



What is the first thing you can do today to **get started** with your number one?

What is the second thing you can do to **get even better** at number one?

After that - what is the first step you can take in order to **get started** with your number two on the list?
