

Define Yourself

health and career coaching



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How about an adult community class to revitalize your energy?

[Be Irresistibly Attractive](#) and **[Lifestyle and Weight](#)**

[Management](#) starts July 12th

For more information see:

<http://www.defineyourself-coaching.com/secondarypages/classes.html>

Simple Truth

The voyage of discovery is not in seeking new landscapes but in having new eyes.

-Marcel Proust

FREE PODCAST

[Episode 1 Healthy Selfishness](#)
[Episode 2 Secrets to Having](#)

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Fit Body – Fit Mind

Health coaching is about engaging your mind and your body to support a healthier existence. Optimal health is attained through a mind and a body that functions as one.

Today's bioscience research tells us that moderate to intense physical exertion stimulates new neurological pathways that have the effect of keeping us younger. David Felton's and Robert Adler's psychoneuroimmunology studies elucidate the ideas that our emotions trigger physical reactions, both healthy and not.

What happens to us externally, or what we create internally, exists on all levels of our being, physical, emotional and spiritual.

Can a sound mind create a sound body? While human studies are difficult to conduct, there does exist studies that measure the physiological problems that develop in stress induced rats, and their ability to modulate this toxic response to a stressor through tender loving care.

Women with cancer who scored the highest on a hopelessness scale were much more likely to relapse and die than those that felt greater hope. How your mind receives and interprets stimulus is based on your choice of beliefs. Hope lies in the choice.

Are you reprogrammable? Absolutely, we are all masters of adapt and adjust. However for the new behavior to stick it must become an internal transformation. A 350 pound man who loses a hundred pounds has come to see himself as a person that makes health food choices, as a morning hiker, and as a man of integrity who lives up to his vision.

Changes in attitude are the results of tiny steps and sometimes leaps in awareness and perception. The coaching relationship nurtures and promotes exercising the mind as a means of mastery over the body but also exercising the body as a way to connect to the mind, both methods can rewrite an old out dated belief.

Distinction:

Perspective vs. Knowledge

Perspective equals knowledge + independence + experience + forward thinking. It is a river of what was, what is, and what will be.

Knowledge is a snapshot of what was.

Tools:

These two classes are held at the Redondo Beach Community Center at Knob Hill and P.C.H.:

Be Irresistibly Attractive is based on field tested principles that help you shape your life in the most rewarding way. Attract a great relationship, better health, more money, or answers to your problems, by practicing the things that work.

The **Lifestyle and Weight Management** class is designed to have you take an honest look at your relationships, careers, health, and behaviors to find the triggers to your eating. Clear the path to a healthier happy you by challenging your level of intimacy with yourself.

What is your present level of Development?

Legacy Level

- Legacy being created and lived
- Contribution oriented
- Vision and purpose clear

Fulfillment Level

- Peaceful insides
- Consistently happy
- Effortlessly present

True Values Level

- Career/work healthily integrated into life
- Career/work expresses true values
- True values known and honored

Attraction Level

- Nurturing community
- Strong supportive network
- Strong circle of friends and family

Adult Level

- Internally motivated vs. externally prompted
- Money handled and reserve established
- Responsible for self and life

Personal Foundation Level

- High standards set
- Personal needs met
- Strong boundaries established

Restorative Level

- Healed from past trauma
- Free of addictions, compulsions, or attachments
- Handling unfinished business.

Personally I am a little of this, a lot of that, and a pinch of the other.