

# Define Yourself

health and career coaching



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### Distinction:

Morals vs. Values

### Tools:

- [FREE TELECLASS](#) every 1<sup>st</sup> Wednesday of the month.
- MAPP – Learn what turns you on.
- CLEAN SWEEP – Assess key areas of your life.

## Simple Truth

"Those who dance were thought to be quite insane by those who could not hear music".

-- Angela Monet

See all new pages and section

[Healthy Body and Soul](#)

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## Healthy Body and Soul

As a health professional, I am a firm believer in that we all seek intrinsic value, and that the process of self fulfillment starts with being at peace with our extrinsic world. When our bodies, our emotions, our thinking, and our actions are in harmony with our values we can then, more profoundly, explore the spiritual nature of our being.

- Experimental psychologist Robert Ader with his renowned study in the relationship between body and mind
- Ivan Pavlov with his "conditioned reflex" results
- John Watson's studies in behavioral conditioning

These pioneers provided branches of knowledge that helped make the connection between the mental and physical states.

In this section of the website we will explore proven knowledge and spiritual thoughts, both in the quest to achieving a higher life experience. A healthy body is not possible without a healthy mind.

While we are all unique entities, we are not alone. We all share a common composition, and a common way of being, by loving, honoring, and valuing others and ourselves. It is this connection, studied through stories, myths, experiences, or language that we grow, develop, and reach a greater wisdom.

Just as the world is a mystery, we beings also have a dimension of mystery and unknown possibilities. Hope lives here. Seek your own truth through knowledge and experience. Create your own miracle and cultivate your soil. Then bloom to your full potential radiating inner peace and beauty.

## Distinction:

Morals vs. Values

Morals are based in right and wrong, whereas values are based on choice, spirituality and who the person is, vs. what they are doing. Morals keep us socially civilized. Once we can trust we are basically good we can rely more on our individual values.

## Tools:

The "[Be Irresistibly Attractive](#)" monthly telegathering is based on field-tested principles that help you shape your life in the most rewarding way.

The MAPP assessment gives you clarity on what you are specifically designed to do. Then you can be congruent and align with what your MAPP assessment reveals. This gives you momentum and long term career fulfillment.

The CLEAN SWEEP program is a step-by-step tool that assists in creating harmony in your environment, health, emotional balance, and money issues.

## Ten Steps to Extreme Self Care

Stress elimination - Notice here we are not saying reduction. Shoot for eliminate and you will get reduction.

Environment and family - You have the option of designing your environment to best serve you. Tolerate no clutter or messes. Be fully organized. Your spouse, children, friendships, and pets should all add energy to your life.

Pleasure - Know what top ten things make you feel great. Now conceive three different ways to put more of each in your life.

Well-being - Get a physical. Exercise daily. Respond rather than react to things emotionally. Know what motivates you. Arrange to be touched or held twice a week. Be free of adrenaline behavior. Eat nutritionally. Give up the future.

Support and experts - Make an investment in the services of others. Get massages, a personal trainer, a nutritionist, chiropractor, coach, therapist etc. Be a source of [click here to continue](#)

## Basic Foods and Function

Knowledge can be a precursor to behavioral change. When it alone is not enough to support the change you want, remember your coach is always there for you.

The nutrients that are needed by the body to sustain a good quality of life can be categorized as macronutrients and micronutrients.

All the foods you eat are proteins, carbohydrates, or fats. The energy value of each macronutrient;

1 gram of carbohydrate = 4 calorie

1 gram of fat = 9 calories

1 gram of protein = 4 calories

mean that when a gram of it is ignited, it renders an energy yield in calories. Once a macronutrient is ingested it stays in the body until it is used.

*Calories do count.*

Continued below

<http://www.defineyourself-coaching.com/nutrition.htm>