

PROFITING from Improving your Energy of PHYSICAL VITALITY

SMALL SWEET STEPS
Resulting in BETTER FOCUS
for the 3rd and 4th Quarter



Coach Mike Stott
Professional Certified Coach
Your Coaching Matters



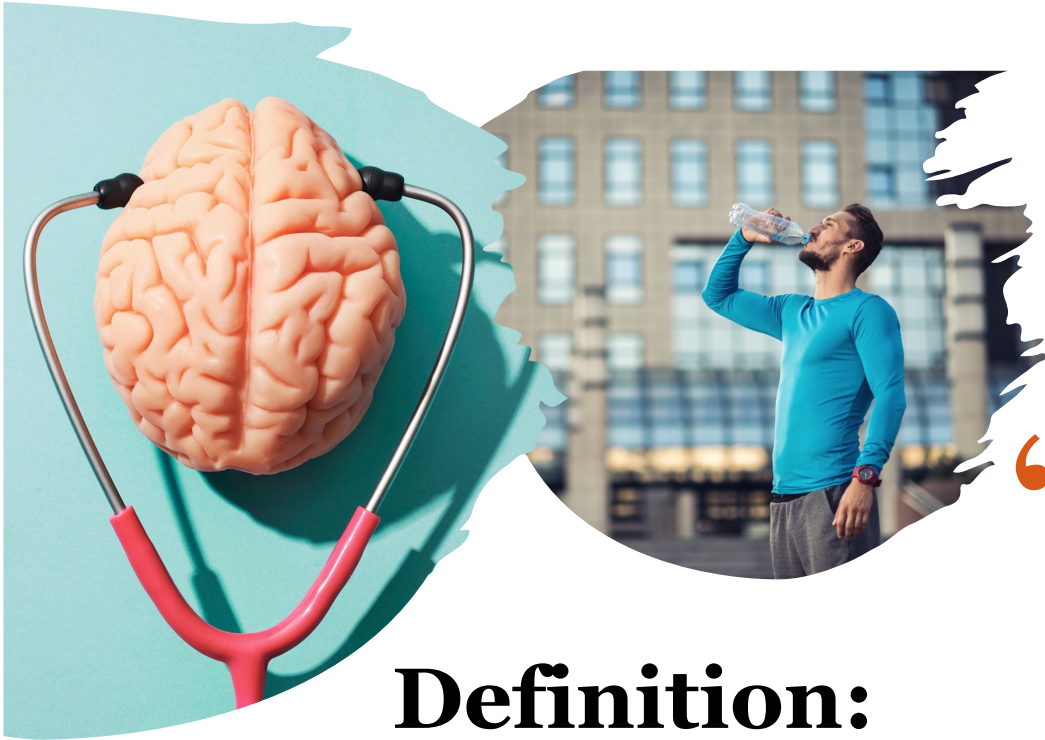
A close-up photograph of a hand holding a small, round object, possibly a coin or a small stone, against a warm, golden sunset background. The hand is positioned in the lower left corner, and the object is held gently between the fingers. The background is a soft, out-of-focus view of a sunset over a body of water, with the sun low on the horizon, creating a warm, golden glow.

We All Know That If We Don't
Have Our Health,
Nothing Else Works In Our Life.

- When health in our minds and/or bodies breaks down, we are not capable of any other Action. Health is the machine that runs everything in our lives.
- Today we look at what Physical Vitality means, how it relates to the other 5 Energies in the Realm Physical Reality, and how we can improve it with small sweet steps.



Physical – Is related to our Bodies and Organs... including that organ called the **Brain**.



But
What is
“**Vitality?**”



Definition:

Exuberant physical strength or mental vigor; the state of being strong and active!



Exuberant!





Don't you love
the word
exuberant?




*“Filled with or
characterized by
a lively energy
and excitement,
joyously
unrestrained and
enthusiastic.”*

PHYSICAL VITALITY



- Putting “physical” in front of vitality specifically regarding our physical bodies, has the potential to shift how we *look* at our bodies.
- When we understand that using the Energy of Physical Vitality consciously leads to living strong, active, exuberant and enthusiastic lives, it brings a whole different energy to what we DO each day.
- To our efforts to be healthy and productive and our BEST SELVES!





ONE of the 6 Energies
that move us
THROUGH the
“border” between our
Dreams and Visions
(Visionary Reality)
and INTO “real life” in
our Physical Reality...
**The only place our
Goals can be
Achieved!**



We have talked so far this year about our Energies of:

Time Relationship And Creativity

We focus July and August on
Number 4.

Physical Vitality.

The remaining two are
#5 Money and #6. Enjoyment

As we move into this Energy, we want
remember to use it consciously...
along with the other 5 Energies!

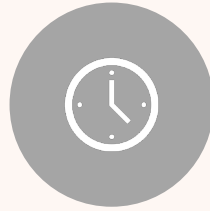




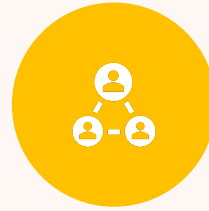
Reviewing The 6 Energies



MONEY



TIME



RELATIONSHIP



ENJOYMENT



CREATIVITY



PHYSICAL VITALITY

Quick Review of The Playing Field

Physical Reality

People Things
Places



GOALS
ACHIEVED live
up here



Visionary Reality

vision desires
ideas dreams



IDEAS for GOALS
are visioned or
dreamed or
desired in here

Trouble at the Border Review

Physical Reality

Trouble at the Border



Monkey Mind
or “negativity bias”

Visionary Reality

The line dividing Visionary and Physical Reality is known as **the Border**. This is where the **high, possibility-filled energy** of Visionary Reality hits up against the **energy** things demand in Physical Reality.

It's like standing on a sunny beach, being hit by a wave of cold water. There is a realization that moving to Physical Reality will take much more energy than we thought it would take — about ten times more Energy.

**What Energies?
The SIX Energies!**



Trouble at the Border sounds like...

What people may say when they are at “Trouble at the Border” and listening to Monkey Mind:



Individuals

- I can't do this
- It shouldn't be this hard
- I'm not smart enough
- I don't know how to do this
- This isn't meant to be

Groups

- We underestimated this
- We don't have what it takes
- We should give this up and do something else
- Maybe this is a sign



3 things that take us across the Border *with Ease*

When you notice the voice of Monkey Mind, there is something you can DO to save yourself and everyone involved a lot of time, energy, wasted effort, and frustration... by FIRST acknowledging that this is NORMAL. It doesn't "mean anything" other than we are Up to something BIG enough to be a "Border Experience"... And then:



- Take Small Sweet Steps
- Get Support
- Celebrate Each Step!



So, what does that look like regarding Physical Vitality?

It starts by Looking, Seeing, and Telling the Truth. **Our Coaching Model is based on this.** With ONE final step, which we will end with today...

1 - LOOK

2 - SEE

3 - TELL THE TRUTH

Step 4 (Can only be done after the 3 above)

Look simply means to Turn our attention Toward

- Looking doesn't mean we see... I mean... try this. Look and find 5-7 things in the area you are in as fast as you can that are Green or Greenish.
- Quick – Find and count 5-7 things and and then close your eyes.





Now.... Think.

Can you NAME each object
you found? What are they?
Without opening your eyes.

Most of you can name one or two, but
doubtful for all of them.

We LOOKED, but we didn't SEE.



Seeing

is the Result, when we LOOK long enough
to See what is ours to See.



- Seeing is not superficial.
 - It takes time.
- It takes concentration.
- It takes effort and study.



Looking is how we START to see... so very important... but SEEING is what happens AFTER we are willing to look for long enough.

**Remember those
Magic Eye Pictures
or the Rabbit/Bird?**

**SEEING is what happens when we
LOOK long enough at one of those.**

- Notice that once you SEE what's in one of those pictures, then it seems almost MAGIC that you can't "Un-See it"!
- You may not believe how it took SO LONG to see... but when you do it's Clear as Day!
- **That is the magic of SEEING.**



Once we have Looked... and Seen... only NOW can we Tell the Truth because anything we tell before that may only be based on LOOKING...



Telling the Truth is simply stating the facts in front of us.

It does NOT include any thoughts, opinions or beliefs.

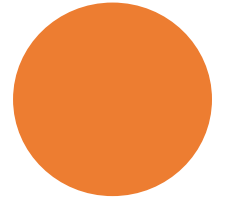
The truth does not start with, “Well, I think XYZ” nor “Well, my opinion is that XYZ” nor “What I believe is XYZ”.

The truth looks like this: **A man was in a conference room.**

**What might a thought, opinion or belief sound like instead?
What story COULD we make up?**

Let's try an Exercise around your Physical Vitality, using Look, See, and Tell the Truth, OK?

- If you are willing, turn your attention toward your Physical Body. Simply LOOK.
- Now... Take a few moments to SEE what is yours to see. Think about your Body... and your Organs, including your Brain. Just observe, with no thoughts, feelings, beliefs or judgements. Just sit with the Observation of your Physical State as it is right now in this moment.
- Not doing anything else. Not letting your thoughts wander, just focus on your Body and its organs.
- Your head, shoulders, arms, torso, hips, legs.
- Your skin, brain, heart, lungs, digestive organs and so on.
- REMEMBER: NO JUDGING, JUST OBSERVE.



What is the Truth?

- Are your answers judgmental or facts?
- Are they I am 5'9" and have blue eyes?
- Are they I am XX lbs. or more like: *I am too thin/too heavy?*
- Are they more like, my muscles need work, or are they *my muscles move me around every day?*
- Are they more like my brain does what I need, or something else?



What are thoughts, opinions or beliefs and what are facts?

Great observing... Now... we'll do an Exercise around the Facts of your Body.

Based on the facts about your Body and Organs, I want you to pretend that your Body is another Person talking to you. I know some of you have done this before, but we're going to do it again... and for first-timers, sit up and pay attention!

FROM “MASTERING LIFE’S ENERGIES”

“Imagine having a relationship with your body that’s a partnership, one in which you and your body are operating as a success team so that you can show up for the “games worth playing” in your life to reach your Goals in Physical Reality..



“Imagine you discover that you and your body aren’t communicating well.”



“You seem to bump into each other... And in your mind, it’s an adversarial relationship. So, you decide to send you and your body to a couples’ counselor.

There you are, sitting next to your body on a couch in the counselor’s office.

The counselor turns to you and asks you to talk about your complaints when it comes to your body.”

Now it’s time to TELL THE TRUTH about what you would say about your Body to a Counselor. Go ahead...

Several thick, hand-drawn style yellow curved lines of varying lengths and orientations are scattered in the bottom right corner of the page.

The Counselor Listens and Nods and Your Body is Listening too, patiently and lovingly. You notice your Body is “in this with you” and wants to help.



Then the counselor
turns to your body and
asks:



‘What are your
complaints about this
person?’



***“What would your
body say about
you?”***

ASK YOURSELF THIS...

“If you were in a relationship with someone who treated you this way, how long would you want to remain in it? Not long right?

Then why does the body stay around?

What if your body stays with you because it loves you? It has been your partner since the moment you came into physical reality.

It is here with you until you leave.

What if all it has ever wanted to do is support you in being successful at the games **you** find worth playing in your life?



Many of us have a strongly held Conclusion that there is something wrong with our Bodies that needs fixing.



Are you willing to consider, instead, that your body is exactly right, right now... and shift your attention from those complaints to the conclusion that your body loves you and wants to support you!

Do this, and you transform your relationship with your body forever.

Get Clarity about this and put some Focus into it... and your behavior with your body, how you “show up” for it, follows suit – naturally, with ease.

So, lets look at some
Small Sweet Steps we can
take to IMPROVE our
Physical Vitality so we can
go into the 3rd and 4th
Quarters this year with
more EXUBERANCE!



Small Sweet Step #1 – Hydrate

- Hydration can be done with any fluids, however, the BEST one for your Body....

- The one your BODY would ask for...
is Water.

How can we get more WATER in our Days?



How to Hydrate

- Start day with a glass before you get out of bed.
- Drink 1 glass for every cup of coffee or tea (between cups).
- Drink 1 glass for every soda.
- Drink 1 glass between each alcoholic drink.
- Measuring water jugs
- If you can't tolerate water, can you add lemon or another fruit to it?
- Water Hydration can come from FOODS too. Fruits and leafy greens and of course... celery!





If you were going to choose **just ONE** of those Hydration Techniques to add to your Day, which would be the **SMALLEST SWEETEST STEP** for you?



Small Sweet Step #2 - Rest

Most of us don't get enough Rest...
Not since we took naps as small children.

We power through the days and evenings rather than be up the 12 hours of Sunlight we have. Have you ever considered that is the NATURAL Rhythm of our Bodies?



REST does not ONLY mean Sleep. It means downtime.

- Yes, some of it sleeping time.
- It also means screen-free time.
- It means enjoying a sunrise or sunset.
- It means putting your feet up with a book.
- It may mean slow movements like Tai Chi or Yoga or Stretching.
- It may mean Meditation.
- It can be sitting in Nature or with a Pet.
- It may mean “moving” or “deleting” something scheduled for today using Donna Stott’s Do It, Move it, or Delete It method of Time Management.
- And yes... it may mean a NAP. Siestas are a cultural thing that is good for you!



If you were going to
choose **just ONE** of
those RESTING
Techniques to add to
your Day, which would
be the SMALLEST
SWEETEST STEP
for you?



Small Sweet Step #3 - Movement

- Park further away from the door
- Swimming is great movement with little stress on the body
- Bike or walk to destinations (Mike walks to lunch often)
- Movement class like water aerobics or silver sneakers or jazzercise
- Or just sit on the floor when you get up or before bed and do 5 sets of 5 floor exercises

ALL of that is MOVEMENT





If you were going to choose
just ONE of those
MOVEMENT Techniques,
which would be the
SMALLEST SWEETEST
STEP
for you?



Small Sweet Step #4 - Nourishment

- ❖ Vitamins
- ❖ Fish twice a week
- ❖ Commit to ONE fruit or Veggie at each Meal
- ❖ Less processed salt and sugar, alcohol
- ❖ Eliminating tobacco use
- ❖ Less fatty or fried foods
- ❖ Eat SLOWLY and being attentive to each bite
- ❖ Eating only at a table, not in front of TV, Books, etc. FOCUSING on the food.





If you were going to
choose **just ONE** of
those NOURISHMENT
Ideas, which would be
the SMALLEST
SWEETEST STEP
for you?





Small Sweet Step #5 – Professional Health Support

- ✓ Brush and Floss 😊
- ✓ Physicals AND following the Pro's advice
- ✓ Chiropractor, Acupuncturist, Massage regularly.
- ✓ Bloodwork, blood pressure checks, and heart stress tests
- ✓ Dental appts
- ✓ Mammograms/Colonoscopy
- ✓ What is outstanding 4 You?



If you were going to
choose **just ONE** of
those HEALTH
SUPPORT Items to
commit to, which would
be the SMALLEST
SWEETEST STEP
for you?

Small Sweet Step #6 – Stress Reduction



- ❖ Look, See and tell the Truth about your Goals. Do you know why they are your Goals or were they just a Number to Pick? **More importantly... Are they healthy for you?**
- ❖ Practice Do it Move it or Delete it
- ❖ Practice Mindfulness 5-4-3-2-1*
- ❖ Breathing Exercises
- ❖ Gratitude Exercises such as being quiet and still and expressing gratitude for all the Systems working in your Body in Harmony!

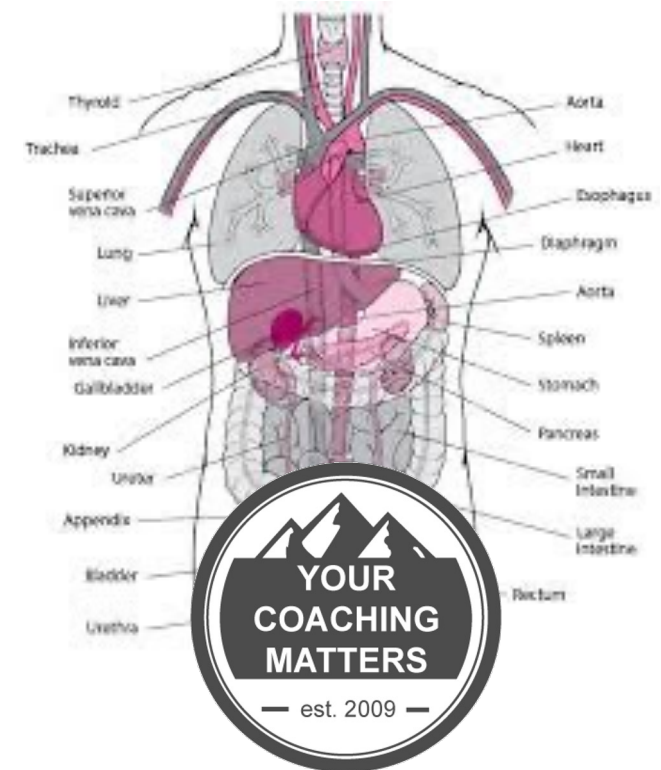
Consider Gratitude Exercises for Stress Reduction such as:

Being Grateful for your Body – Sitting or lying quiet and still and expressing focused gratitude for all the Systems working in your Body in Harmony!

- Digestive Systems that process all we eat and drink keeping our bodies working.
- Muscular- Skeletal Systems that move us and hold our organs.
- Pulmonary Systems that include heart, lung and blood flow.
- Elimination systems that rid your body of things it no longer needs.
- Immune Systems that keep us healthy
- Nervous Systems that take care of our eyes, brain, and spine.
- Auditory Systems that let us hear
- And so on.

Gratitude for all the People and Animals and Plants in our lives.

**Gratitude for all our Blessings.
What we are Grateful for Improves!**





If you were going to
choose **just ONE** of those
STRESS REDUCTION
Techniques to add to your
Day TODAY,
which would be the
SMALLEST SWEETEST
One for you?



In closing... Create Focus
around Your Physical
Vitality by choosing
Actions in ALIGNMENT
with your Unique Life
Intentions and Standards
of Integrity.

If you do not know these,
just ask and we'll send you
a video and the forms to
so you DO know. Our gift.



Thank you for joining us today. It's an honor to be with you and we are so very Grateful for YOU.



Take a Small Sweet Step.

Remember...

If you just do ONE of these Actions, you are ahead of yesterday!

