

Health Restoration 101

Change Your Life Workbook

Asking questions is a powerful way to gain new insights and perspectives that will change your life.

This workbook is comprised of 10 questions I have carefully selected to help you begin to realize the potential within you and to start living a life you'll love.

1. What's really important to me?

"The key to the ability to change is a changeless sense of who you are, what you are about and what you value." – Stephen R. Covey

Values are traits or qualities that represent your highest priorities and deeply held driving forces. Answering this question will help you identify your core values so that you can begin to live them visibly every day at work and home. Living your values will help you be the person you want to be and accomplish your goals and dreams.

2. What do I want from life?

"Let go of the past and go for the future. Go confidently in the direction of your dreams. Live the life you imagined." – Henry David Thoreau

Many people live a life that others (e.g. family, friends or society) have planned for them. In doing so, they set aside their own dreams and desires. It's important to realize that each of us is free to choose the direction of our life. Yes, it can take courage to live on your own terms, but your happiness depends on it.

3. How open am I to trying new things?

"You'll miss 100% of the shots you don't take". – Wayne Gretzky

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It's common for people to avoid trying new things out of fear of failure or embarrassment. Yes, it hurts to fail or be embarrassed, but if you never take any risks you will miss out on opportunities that will enrich your life.

4. What am I resisting?

"The path to success is to take massive, determined action." – Tony Robbins

Often we have things to be done that are important, but because they are not urgent or enjoyable we resist doing them. Identify what you are resisting, then focus your energy on getting it done – you'll feel all the better for it.

5. Why worry?

"Worry never robs tomorrow of its sorrow, it only saps today of its joy." – Leo Buscaglia

Worrying can be helpful when it spurs you to take action and solve a problem. But if you're preoccupied with "what ifs" and worst-case scenarios, then worry will drain your emotional energy, send your anxiety levels soaring, and interfere with your day-to-day life. It takes time and patience to overcome the habit of worrying, but it can be done if the will is there.

6. What is my body telling me?

"Health is like money, we never have a true idea of its value until we lose it." – Josh Billings

The body is a wonderful thing. It has ways of communicating with us and letting us know when things aren't going so well. The problem is we frequently don't listen to our bodies. In fact, it is often only when something really terrible happens that we pay attention. Start to listen to what your body is telling you, and then change your lifestyle as needed.

7. What am I grateful for?

"If the only prayer you said in your whole life was, 'thank you,' that would suffice." – Meister Eckhart

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Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything that you receive. Psychological research has shown that practicing gratitude can improve relationships, reduce stress and make you happier and healthier.

8. Who can I forgive?

"Holding on to anger is like holding on to a hot coal with the intent of throwing it at someone else; you are the one who gets burned." – Buddha.

It's common to hold on to anger and resentment when someone hurts you, but if you can't embrace forgiveness and move forward then you may be the one that pays most dearly.

9. Who can help me?

"Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand." – Emily Kimbrough

Whatever it is you want to change in your life, someone has almost certainly done it before. Look for such people and learn from them by reading their books, subscribing to their blogs, listening to them talk or even hiring them to coach you. Alternatively, you may just need some support – don't be afraid to reach out to close friends and family to ask for assistance.

10. How do I want the world to be different because I lived in it?

"The purpose of life is not to be happy – but to matter, to be productive, to be useful, to have it make some difference that you have lived at all." – Leo Rosten

Built into each of us is the desire to live a life that matters. Envision how you want to be remembered, and then start to contribute and make a difference in your own unique way so that this vision comes true.

When you answer all these questions honestly, you'll be on your way to success in every area of your life. Congratulations!

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