



TRANSFORMING YOUR MIND

Goal Setting

If you are ready to get healthy, lose weight, sleep better, look younger, tone up and get your life back you need the right mind set and the right plan. If you haven't received our Free Report: *The Weight Loss Secrets of Skinny Women*, I highly recommend that you go to our website or email us at info@drindamarquez.com. Let's focus on the solution and not on the problem. Focusing on the problem will not get you closer to your desired outcome. Get ready to become an excellent problem solver and be creative in your methodology. I have often heard "if your life or health is a mess it's because your mind is a mess." I would have to agree with that. What holds us back in life is ourselves and no one else because we have the greatest power available to us in order to change or lives. It's the power to choose! We need to look at our life from this moment on as an exciting journey, with joy, great anticipation and a vision of what it looks like!

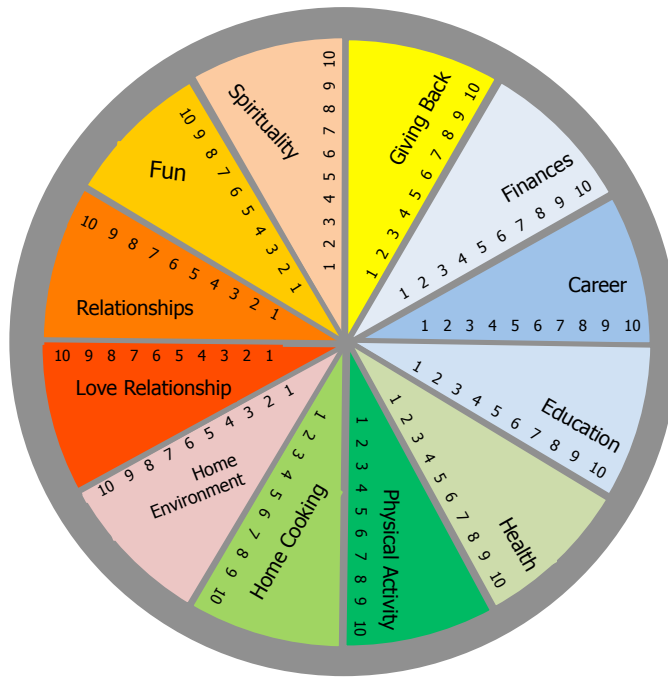
Clarity Of The World Around You

This exercise will help give you some clarity and help you discover how everything around your life is affecting you or how you are affecting everything around your life. The 12 sections below represent areas of your life. Rate yourself in each are of your life. Each section has a number 0 to 10. Give each section a value from 0 to 10, where "0" indicates not satisfied/needs improvement and "10" represents very satisfied/minimal to no improvement and circle it.

Connect the numbers you have circled for each section. Who does the new circle look? Is it closer to the outside or the center? Is it lob-sided? A lob-sided circle means there is an imbalance in your life. The closer it is to the center the more work it needs. This will help you gain clarity as to what areas in your life need attention and how working on one area may change the number in other areas of your life. See the key below

for description of the life traits. Once you have completed your health goals in the following section use the same formula for the life trait areas that need attention.

How Do I Rate Myself In These Area In My Life?



Life trait keys

- Giving back – tithe, volunteer work, community service, helping others
- Finances/money – are you a spender, saver or planner? Do you manage your money well?
- Career/work – fulfillment and commitment to your current occupation
- Education/learning – college classes, seminars, community classes, learn something new on a regular basis?
- Health – as it relates to your body, energy, free of symptoms
- Physical Activity– working out, fitness classes, group workouts
- Home cooking – cook meals at home frequently
- Home environment –is there organization at home? Harmony and peace in the home?
- Love relationship – is there a deep love connection and appreciation for your spouse or partner?
- Relationships – are you holding on to resentment or have not forgiven someone (family, friends, siblings, former business associate, coworker, former spouse)
- Fun – are you doing something fun exciting (ski diving, boating, skiing, shooting, camping) on a regular basis
- Spirituality – do you have peace and joy in your life?