



HEALTHY LIFE UNIVERSITY

Transform Your Life!



INTRODUCTION

Hello . . .

My Name is





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[Healthy Life University](#) is just one part of the programs and services from Healthy Life America. And, inside Healthy Life University is our premier 22-module course called Transform Your Life.

You can purchase Transform Your Life outside the University, but it is also included in your membership to Healthy Life University.

We'd like to give you just a small taste of what Transform Your Life is all about in this free introductory module. Transform Your Life is designed to help you renew your mind and experience greater success in your life, no matter how you define success.

You may want stable finances, better relationships, improved health and wellness or better emotional health. However YOU define success, you first have to change the way you think to get different results.

If that weren't true you'd be getting the results you want RIGHT NOW.

Be sure to check out the incredible benefits you receive inside Healthy Life University where you can access resources to help you achieve your goals.

Coaching
Community
Fitness and Nutrition Trackers
Access to doctors, nurses, counselors and financial advisors
Legal consultations
Travel Perks
Gifts each month that cover the cost of the membership

AND so much more!

Check out what Healthy Life University has to offer TODAY!



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As one year ends and a new one begins, many of us reflect on the successes and errors of the past year. This is the time when it seems easiest to set new goals.

Unfortunately, for most of us, by the time February is on the calendar we've reverted to our old habits that have realized the same old rewards year in and year out. While we have great intentions in January, those plans are defeated by some of the very things that we want to change.

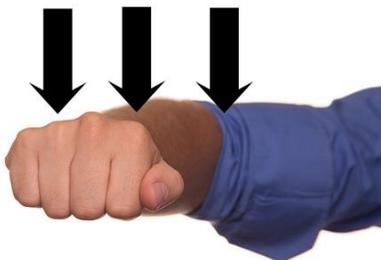
The ***Transform Your Life*** program is designed to help you over those obstacles by showing you how to change what you think. There is an interesting ingredient about being human that makes change both simple and difficult at the same time. It is easy to learn the steps that must be taken to achieve a goal, but until you change your MIND about doing the steps you'll get the same results.

For instance, it might be easy to learn the steps about weight loss, but until you change your mind about how you think about food, the results will be the same you've experienced for the past years.

The human mind is an incredibly powerful tool. You have the ability to do whatever you want by virtue of changing your mind and thinking different thoughts.

Experiment

Here's an experiment that will demonstrate this immediately for you.



This experiment takes two people. One person stands with their arms held out to their side at shoulder height. The second person stands to one side and tries to push one arm down while the first person resists.

Pay attention to how much strength you [the first person] have to use to resist the second person.

Now, **out loud** the first person will say three times, "I am not good enough. I am not good enough. I am not good enough." These words have to be said **out loud**.

Immediately, the first person holds their arms out to the side and asks the second person to use the same amount of force to push the arm down.

What did you experience?



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If you are like the majority of people you'll have found that the second time you [the first person] were not able to hold your arm up as long as you did the first time. Or, said another way, it takes less energy from the second person to push the arm of the first person down.

This is because your brain hears what your mouth says and it becomes immediately integrated in your muscle and neurological system. This is more powerful than what you say in your head.

However, while saying something out loud is MORE powerful, your thoughts are just as powerful but over a longer period of time. For instance, you could experience immediate results in your strength by saying something out loud, but will experience the same results over a slightly longer period of time when you continue to think a certain way.

In other words . . . what you think creates feelings. These feelings motivate you to act. Your actions develop results. If you want different results you have to develop different thoughts.

Thoughts → Feelings → Actions → Results

And this is how we designed ***Transform Your Life***. We help you to develop a different way of thinking about your problem so you can perform different actions more naturally and consequently get different results.

The program is not based around a specific goal, such as weight loss, quit smoking or getting another job; but has been developed to help you achieve the changes that YOU want in your life. One of the first steps is opening up to the idea that there are new ideas and information which CAN change your life.

In order to experience better results, you have to first acknowledge that you may not already know everything you need to know in order to be successful. The hard truth is . . . if you already know everything you need to know then you would already be experiencing success you want to achieve.

That's sometimes a difficult pill to swallow.



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But, it is true. And, if you walk through this *Transform Your Life* program with us you'll discover a new way of achieving exactly what you want without banging your head against the wall day after day.



Opening up to new ideas is being open-minded which, according to the dictionary, means you are willing to consider new ideas.

Imagine what would happen in life if you were not at least WILLING to consider a new idea.

If you were a farmer, you'd still be using a horse and plow. If you were a business man you'd still be using a file cabinet stuffed with paper instead

of a computer.

We would never have reached the moon.

We would never fly a plane.

We would never have air conditioning in our homes.

People in one town would never meet or marry people from another town.

Skyscrapers would never have been built.

Trains couldn't travel from NY to California.

You wouldn't be driving a car.

Let's face it, if we weren't open to new ideas we'd still be living in caves and dressed in animal skins!

Let's define the idea of being open-minded here so we're all on the same page as we move forward. There is an incredible danger to openly accepting everything you learn and discover as you walk through life. Without critical evaluation you end up in a literal group thinking pattern where you believe everything that everyone else believes.

***Open to new ideas with critical evaluation of their potential in your life.
AND, DO NOT dismiss ideas before evaluating them!***



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On the other hand, by critically evaluating new ideas and concepts, you continue to learn. This is the open-mindedness that we're talking about. The point in which you are always learning, thinking, and improving your life and the lives of others.

No one person has all the answers and there is always more to learn!

If you want to make a change, but can't seem to fit a part of that change with your current knowledge, then it won't matter how inspired you are . . . the change you are looking for may not happen.



When you are open to new ideas it increases your possibilities. You will have a greater potential for success.

But maybe change doesn't come easily to you?

Maybe you've tried before but draw back from new ideas about health, wellness or changing your financial planning. You may find it difficult to change, no matter how inspired you are to get better, be better or be different.

Did you know there are 5 different strategies you can use to open your mind to new possibilities in your life. These 5 strategies are important building blocks if you find change difficult.

These are strategies you can use to help open your mind to the ideas that may seem foreign to you today.

***Use strategies to learn new ideas.
Thinking new thoughts creates new feelings,
which drives your actions and changes your results!***



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Jane and her husband had been married for 15 years. Every month Jane made a pot roast. Her husband loved her pot roast. She used the same recipe that her mother had used when she was growing up.

The pot roast was always a hit with her husband and children. Each time she made the roast she cut off the ends of the meat and placed them alongside the larger piece of meat and encircled it with savory vegetables and herbs.

Finally, one day, her husband asked her why she cut the ends off the roast. She didn't know, it was just the way her mother made the meal. On their next visit Jane's husband asked his wife's mother why she cut the ends off of the meat.

Her answer? She didn't own a pan large enough to put in the full roast!

Sometimes we do things just because that's the way we've always done things, or the way our family has done things.

Fortunately, we can use the experience of the past and knowledge from the present to make decisions.

It may have made sense for Jane's mother to cut off the end of the roast, but Jane had a bigger pan.



In the 1940s and 1950s doctors recommended smoking for men and women who suffered from anxiety disorders. They determined that smoking had a relaxing effect on their emotional state and would reduce their anxiety.

And, they were right. Smoking will reduce anxiety.

But smoking also has other serious side effects that were not well published at that time. With their current knowledge, physicians were making appropriate recommendations. With our current knowledge, they were not.

The same holds true for some of the changes that you might want to make in your life. Smoking may help reduce your stress, but it's time to find other stress reducing techniques that work as well.



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You might enjoy eating cakes and cookies, but you can satisfy your sweet tooth without indulging in trans-fatty acids that increase your risk of heart disease and stroke.

You might have been able to keep up a daily routine sleeping for four hours a night in college, but your body will break down on that schedule. It's time for a change!

For some of us, being open-minded is as easy as breathing. For others, it's really challenging. You may have to think about it constantly and make an effort to think openly and embrace new ideas . . . after evaluation and research of course! Be open to new ideas, but don't go down the rabbit hole believing you can get healthy by pressing the Staples "Easy" Button.

Thinking with an open mind will benefit your health, your relationships, your business, your finances and your own personal thought life.

Let's get started with those five strategies.

I. Listen more than you talk.

We were born with two ears, two eyes, two nostrils and one mouth. It's important that we use those faculties in that order. Watch, listen and breathe deeply before you open your mouth and speak.

First try to understand what is happening or the new research you're reading. Watch what is happening to others who are changing. Listen to their stories before making decisions.

You won't learn a new idea while your mouth is moving, you're texting, reading email or generally otherwise engaged. Put everything down and turn your whole mind to the task at hand. Learn what is being said or proposed before you speak.

Everyone has a different way of speaking or communicating ideas. If you wait a bit of time you may find that ideas just pop into your head from the information you've learned.

THEN speak.





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II. Avoid making quick decisions or snap judgments.

Although this is a bit like number one, in the first strategy you are not speaking. In this strategy you are not making decisions and judgments about the information or situation.



Part of having an open mind is to be able to withhold your judgment or decision until you are no longer angry, until you have the time to consider all the possibilities. In this way you are not only avoiding a potential conflict that will damage relationships, but you are opening your mind up to possibilities that may affect a solution to the problem.

When you practice patience and restraint you are practicing an open mind and reaping the benefits by coming back to the situation from a position of power instead of anger, fear or frustration.

Having an open mind requires practice. It doesn't come to us naturally. In fact, it is more likely that you'll hear about a new health practice and immediately dismiss it, than you would do more research to determine if it could help.

For instance, if you were to hear about 'pulling' – the practice of rinsing your mouth with coconut oil for 20 minutes every day, what would be the first thing that popped into your head?

Would you be interested to hear and learn more, or would you dismiss the idea as nonsensical and move on?

How you react and act is a function of how open your mind is to new ideas and new concepts. And, interestingly, you can practice having an open mind in order to reap the benefits of actually having an open mind.

***Hear, LISTEN, Think, Consider, Evaluate . . .
THEN Speak – In that order!***



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III. Learn something new every week.

Our minds will stagnate and lose power if we don't use them. Our brains were meant to be challenged and pushed to develop new neurological pathways and learn new skills. When you learn a new skill each week or each month (depending upon the size of the skill!) you are pushing your brain to create new pathways and improve your ability to evaluate your situation.

Learning something new can be a challenge, but doesn't have to be complicated. Instead of taking classes in a new language, pick up a crossword puzzle. If going to a class is not your thing, then get a class on DVD you can take at home. Get together with friends who want to take a computer class or take an evening class at the local church or recreation center.



You stretch your current abilities when you learn new things every week. This helps your brain develop new neural pathways as you learn. This, in turn, makes it easier for you to open your mind to new ideas and new concepts.

The idea is to pick something to learn that isn't so easy you don't have to work to do it – but not so difficult that you give up because you can't manage it. Word searches, learning new vocabulary words and using them, crossword puzzles and games will all help you learn a new skill.

IV. Face your fear.

Sometimes the reason we aren't open to change or new ideas is because underneath it all, we are afraid.

The fear may stem from trying something new in your life. Or maybe this new idea is a lot like another you tried and failed. You might be very satisfied with your status quo and any change makes you fearful.

Did you know that the most courageous person you know also feels fear?



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The only people who don't really feel fear are those who are not capable of feeling fear - an emotional state that isn't within normal human limits. As humans, fear is something that saves our lives. When there is something to be afraid of our body reacts by secreting hormones that gives the ability to either run away or fight for your life. It's called the 'fight or flight response.'

People who have courage also have fear. But, in the face of their fear, they do it anyway.

In an industrialized country, oftentimes doing something afraid has a rather wonderful result. As you go through the process you realize the fear was worse than the event itself.



Of course, if you're living in the woods and a bear is chasing you, that fear is very real and the event of being caught by the bear will be worse than the fear!

But, life threatening situations notwithstanding, for the most part you'll find that the situation is much less threatening than the fear itself.

And the same is true for making change in your life and opening up to new ideas. It might be fearful to think of making dietary changes, financial changes or learning to control your anger reactions, but the actual act of making the change will be much less difficult than the fear itself.

This might be the most difficult strategy to implement because you have to face the fear and do it **IN SPITE** of the fear.

That's the definition of courage: Acting in spite of fear. The fear reaction will be there but it can't do anything to you that you don't let it. You can **LET** fear take over your life or you can **FIGHT** fear and have a great life.

If this is your struggle, you'll find more help in an upcoming module -From Fear to Success.



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V. Accept that change will happen.

Change will happen. No matter how much we might not like it or don't want it, change happens. Nothing stays the same . . . but the more things change, the more they stay the same.

It's a conundrum; a mystery, or riddle.

We may not like change but it will happen. And the more things change, the more they change and the easier the change becomes.

Instead of fearing the change or dreading the change, open your mind to the benefits of the change.

Most change brings progress to your life and can transform what is today, into a much better tomorrow. When you choose change it gives you more choices. When change is forced upon you because you didn't take action earlier, the choices are more limited.

***Most change will bring progress
and can transform your life.***

Try to open your mind to the idea that change will happen and it will be good. We have the power to determine our present and future circumstances by the decisions we make today.

When we decide to be happy about change, or to embrace a new, rational idea, our lives take a turn for the better.

We can take a step into transforming our lives and creating a better tomorrow for ourselves and our families. Open minds are able to be creative, jump at new opportunities and develop better emotional, financial and physical health. There is no one person who is not capable of opening up to new ideas.

The question is, will you?



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Worksheet: Am I Open to New Ideas?

*Progress is impossible without change,
and those who cannot change their minds
cannot change anything. ~ George Bernard Shaw*

This worksheet will help you identify things in your life that either help you open your mind to new ideas or block your ability to be open minded. By evaluating your answers to these questions you can deliberately remove the blocks to your ability to be open minded to new ideas and thoughts about your health, wellness and future potential.



As you remove one block at a time, you'll find that you can evaluate new ideas without screening them or filtering them through your previous belief system. We all have a perspective through which we see the world. When you can open that perspective up to new ideas, evaluate them for truth and strategic promise, you will have a better arsenal of weapons from which to choose in order to improve your own life.

Here goes!

Choose the answers that best fit the question. Remember to choose what you are doing NOW and not what you wish you could do.

1. When someone tells me a new idea, my first reaction is . . . [imagine someone told you that register paper receipts were filled with chemicals that could cause cancer . . . what's your reaction?]



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- a. Immediately discount the information, people say everything causes cancer these days.
- b. Discount the information or believe it, depending upon the person sharing it.
- c. Discount the information or believe it, based on your current knowledge of the topic.
- d. Neither discount nor believe it. Store the information and look it up when you get home.
- e. Believe it outright and not look it up. I believe everything I hear.

2. When I'm in a conversation with my friends I usually . . .

- a. listen more than I talk.
- b. ask more questions and listen for the answers.
- c. just let them talk and tune them out.
- d. give them examples of their situation from my life.
- e. talk as much as possible because I don't see a lot of adults.
- f. nothing . . . I don't have friends.

3. If a friend of mine who was having financial problems bought a new car, my first thought would be . . .

- a. What the heck! They don't have the money for that!
- b. I wonder if they'll ask me for a loan when they can't make the payment.
- c. I wonder if they inherited some money. They should have paid off their bills first.
- d. It's none of my business and I hope they enjoy their new car.

4. My friend told me that eating saturated fat is good for my health. The first thing I DO is . . .

- a. ask them several questions.
- b. discount the information, saturated fat causes heart disease.
- c. ask questions and look up the information myself.
- d. believe them outright and go pick up a juicy steak for dinner. [because I want to believe it's true.]

5. I don't enjoy learning new things because . . .

- a. it's too hard to find the time in my day for anything else.
- b. it's too difficult.



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- c. it takes too much energy to find something to learn.
- d. I know everything.
- e. . . . I actually do enjoy learning and discovering.

6. I'd like to try new ideas but . . .

- a. I'm afraid that I'll fail doing them.
- b. I'm afraid I don't have all the information.
- c. I don't like change.
- d. new things don't like me - I've not been successful in the past.
- e. . . .no buts - I love new things and change!

7. My coworkers would say . . .

- a. I do well with change at work and don't question it.
- b. I enjoy helping change my company.
- c. I hate change, of any kind.
- d. I tolerate change but don't thrive during it.
- e. when there is change at work, I research the information first and decide if it's right for me and the company.

8. I believe . . .

- a. I can change my thoughts and be a better person.
- b. I'm happy with the way I am and don't want to consider changing - AT ALL.
- c. learning new ideas is important to my growth and development as a person.
- d. being open to new ideas is a bad idea.

These are simple questions and answers that will help you pinpoint where you are now with the concept of being open to new ideas.

This is a bit of a catch 22 situation, however. In order to be open to being open to new ideas, you pretty much have to be open to THAT.



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In other words, if you are a close-minded individual to start with, you won't see the benefits of opening up to learning new concepts, ideas or information.

On the other hand, if you are close-minded, then just may be the information in the module was enough to show you the advantages of learning new information and incorporating it into your lifestyle choices.

The truth is that you have the potential to do exactly what you want and what you dream of doing. The reality is that you won't achieve your goals unless you open yourself up to the idea that you are good enough and smart enough to get there.

How badly do you want to . . .

- lose weight?
- reduce your dependence on medication?
- be healthier?
- have more money in the bank?
- enjoy life?
- improve your relationships?



***Your success is directly congruent
with your desire to be successful.***