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Your **LifeBook**

*Your Path to Optimal Health and Wellbeing
Becoming the Dominant Force in Your Life*

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Dr. A's
HABITS OF HEALTH

INTRODUCTION: YOUR LIFEBOOK

From where you sit today, you might rightly think that what I am saying isn't possible. You might ask exactly how I can have a clue about your life? In fact, you're probably thinking I'm a bit full of myself.

Well, I know we've only just started this book together but I need to tell you that you're wrong.

Years ago, things were different. I was certainly different. But that was a long time ago. Today, I am full of confidence and certainty in my approach and understanding, which is based on the firsthand experience of thousands of people, from every walk of life, who have transformed their lives.

These people are not strangers. They are my family, my friends, and a community of clients and coaches who all made a decision to take control of their health and lives. What they share is a willingness to reach out for help and embrace a different way of approaching their lives.

Their approach has gone from focusing on what's wrong in their lives to a mindset of asking, "How can I change, what do I need to learn, and how can I include others in my journey?"

These individuals have rewritten their stories so they are the central characters in amazing journeys of transformation. I'll share some of their stories as part of the Habits of Health experience.

Today, reading this, you now have the opportunity to write the next chapter of your health and your life. Believe me. I understand that the idea may seem scary. Based on your past experiences, you might not even think it's something you can do. In this chaotic and unstable world, in times of accelerated change, everything seems to be beyond your control.

Your life does not have to be one of those things.

THE HABITS OF HEALTH TRANSFORMATIONAL SYSTEM

The Habits of Health Transformational System is your pathway out of a reality that doesn't appear to be within your control. The system will give you the opportunity to take a different path and equip you with what you need to write a different story from today onward.

This system will give you a new sense of direction and put you in the driver's seat, so you can take control and travel along a new path toward better health and improved wellbeing.

This is your companion guide to accompany you on an exciting journey to optimal health and wellbeing. In the original version, this guide was structured as a workbook used to help people learn the components of the Habits of Health Transformational System.

I've made Habits of Health 2.0 into a much more valuable tool that helps you as you learn and practice the Habits of Health as part of the Habits of Health Transformational System.

Rather than simply gathering information and filling in the blanks as we did before, this new companion becomes an interactive documentary of your advancement toward a healthier and more thriving life.

In short, it is *Your LifeBook*, expressing your story as you move forward. It is here to guide you and lay down the foundations—at your pace—to help you build a new future. *Your LifeBook* will also give you the opportunity to make notes on what is working (and what isn't) so you can measure your daily progress on your journey.

Like a science experiment, I want to uncover what works for you specifically so I can guide you to your new future. *Your LifeBook* will help track your progress and provide powerful feedback as you grow and advance on the path to better health and wellbeing.

Remember, this is your story. So, because it is absolutely unique, I want to support you in the ways that work best for you. *Your LifeBook* is designed to do just that. You will be able to customize and adjust the Elements to fit your talents, your genetics, and your priorities.

HOW THE PARTS OF THE SYSTEM WORK TOGETHER

There are three parts to the Habits of Health Transformational System. There is the Habits of Health book in a new and updated version. You're holding *Your LifeBook* in your hand. And then there is the Habits of Health App. Let's briefly explain why they all matter and how they interact with each other.

Dr. A's Habits of Health

This is the main textbook; it contains much more detail about the different aspects of the Habits of Health. It reflects on the latest science of wellbeing and outlines a huge amount of important information about nutrition, sleep, exercise, and more. Think of this as the part of the system that lives on your bookshelf and you will reference it often.

Your LifeBook

This is a day-to-day journal packed with really useful tips, hints, and advice on your journey to optimal health. Each progressive Element represents a central core component which will forge a rock-solid foundation for your progress to optimal health and wellbeing. As a completely joined-up summary of the main book, it's designed to be easy to carry around and perfect for jotting down your thoughts, your progress, and your challenges—so you can reflect on your achievements and know your weaknesses! Think of this as something you can keep with you throughout the day and on your bedside at night, and over the next 12 months you will use it to create and write your new healthy story.

Habits of Health App

Using the latest technology, I've created an app that will help you manage crucial aspects of your journey to optimal health. Using the App, you can set alerts for mealtimes, store and refer to dietary information as well as recipes, and keep a dynamic record of your daily levels of activity. It will also allow you to better manage your emotions.

The three critical parts can work independently of each other but because they're all based on the same principles and with the same aim—of getting you to optimal health—they're far more effective when used together.

There's one important thing you should know: Your journey will not go perfectly. It will be full of challenges and setbacks but they are all part of the life-building process.

But if you stay the course, use the life lessons as learning opportunities, and are willing to be open and curious then this story will be a happy beginning to a thriving life. When you are doing what you want to do, becoming good at it, and sharing it with those you love and care about, you will have written a great story.

I love this story for several reasons. Its principle lesson is the very building block of the Habits of Health Transformational System. Life is a series of choices and some of them are more important than others. As you will soon learn, it is the prioritization of those choices that creates the motivation which drives everything you can accomplish.

Since the origin of the story is unknown, I am going to adopt the visual analogy it offers and make it a way of explaining and describing our system. It is the perfect structure to visualize and empower your new story and your journey.

The reality is that we live in an obesigenic world, surrounded by so many things that can have damaging effects on our weight and our health. As I describe in Part 1.1 of *Dr. A's Habits of Health, It's Not Your Fault That You're Struggling*, with your weight, your health, and your wellbeing. And this chaotic, unhealthy, fast-food-filled, stressful world is not going to change in the near future.

The Habits of Health Transformational System is like the mason jar, as it creates a microenvironment of health to protect you from your unhealthy surroundings. The MacroHabits of Health are the foundations of optimal health and wellbeing. These six key foundational categories are like the rocks. We will place them in the jar first to create lifelong transformation and to protect you from the modern world's negative side effects.

MICROENVIRONMENT OF HEALTH



MACROHABITS OF HEALTH



**Healthy Weight
Management**



**Healthy Eating
& Hydration**



**Healthy
Motion**



**Healthy Sleep &
Energy Management**



**Healthy
Mind**



**Healthy
Surroundings**

Addressing all six of these MacroHabits of Health is critical. Taking time to focus and place these rocks in our jar is the first step in building the foundation necessary for our long-term success. If we fail to tackle each of these keystones of our microenvironment of health, the structure will be weakened and decrease our chances to withstand the effects of our modern world. Next, we have to introduce the primary and secondary habits that are derived from the six MacroHabits. These are the pebbles. These actions surround, reinforce, and actually arise from the foundational rocks. These Habits of Health can be further broken down into the microHabits of Health which are extremely small positive actions—they're so small that we can always do them.

MicroHabits are the thousands of small choices that are a part of our daily life. For example, we make over two hundred decisions about food each day, and each micro-action either adds to our health and life or detracts from it.¹ The sand, therefore, represents what appears to be insignificant choices on their own but, when placed in the jar and mixed with water, they become the concrete that makes the jar rock-solid and a formidable force against any external challenges to your health and wellbeing.

¹ *Exploring Comfort Food Preferences across Age and Gender, Physiology and Behavior* – Wansink, B 79 (4–5, 2003):739–47

How to use Your LifeBook

Think of this guide as a combination of a guidebook and a personal journal. I would encourage you to make it as personal as possible. You can attach photos of your progress, write about your successes and your challenges, or sketch a favorite meal. The key thing is that the LifeBook is special to you.

Each Element will have a central theme and a goal and will end with a review of that principle and how you have applied it to your life. Each principle builds on the previous one to lay a foundation for your daily life. Once learned and installed, we can step up on your path to give you a firm footing for your ascent to optimal health and wellbeing.

If you have a coach or professional helping you, they will help make sure you have mastered each Element before you move on to the next. They have been trained to help you get the most from *Your LifeBook* and the process.

Your LifeBook is designed to accompany you throughout your day so you can take notes in it and refer back to key takeaways later. This will be important to remember breakthroughs and insights and to identify triggers from which future days can be built.

Your LifeBook will also allow you to track your progress; so, fill it with notes on experiences and maybe even setbacks. It will help you remember the key things that you are working on.

It cannot be said enough that reviewing your notes, events that lead to "aha" moments, and just coordinated repetition will allow you to go over where you are in your Element and your journey. This can lead to amazing breakthroughs.

"This knowledge is most valuable when you decide to "become" through the act of doing, which will lead to the results you are really after.

Not only should you review your current and completed Elements often, but you should also share your insights and thoughts with your coach or mentor.

What I really hope is that *Your LifeBook* ends up on your nightstand so that you will transcribe your key thoughts from the day into it as one of your habits. Whether it is expressing your gratitude, a list of key takeaways, notes, or reminders of how you will start your day tomorrow, it should become a part of your life as you journey to your transformation.

Your LifeBook has much in common with a traditional journal but our approach gives it structure.

Each Element is a permanent step toward a better understanding. It will equip you with increasing skills and act as a reference so you can proceed safely on your climb to optimal health and wellbeing.

Each Element will have enough structure and information for you to master it. And, if you are not used to writing things down and journaling (it took me a while to get used to this when I first started), it will give you default boxes to check off when you make progress and provide questions to assist you on your journey. Using *Your LifeBook* is a key Habit of Health that you can successfully install. It will become an automated part of your day, like all of the other Habits of Health.

Your LifeBook is designed to chronicle your first year of building your new healthier life. It will also document your increasing mastery of the key Elements as you become a higher version of yourself. There are 26 progressive Elements for the next 52 weeks which gives you, on average, two weeks to progress through an Element. Some of the lessons you will be able to complete sooner, and some may take a little longer. There is no set schedule because we want you to proceed at your own pace. I will provide an average time I think is reasonable to complete each Element simply for your reference.

A quick look inside Your LifeBook

Your LifeBook has been designed to be as interactive as possible. That's about you writing in it, carrying it around with you, and turning to it when you need inspiration, advice, or a reminder about how far you've come.

Let's take a quick look at how each Element works.

1. Each Element starts by setting goals and being clear on why it matters
2. We'll also ask you to write about your experiences so far
3. And we'll tell you what you'll learn
4. We include lots of helpful tips and advice
5. You'll see references to the main Habits of Health book
6. Your coach will help assist you to master each Element

If you are ready to start, proceed to the first Element.

For those of you who have already started the journey and are losing weight and getting healthier, congratulations. We can pick up from here because the journey to optimal health and wellbeing isn't just about a restricted period of time when you are losing weight.

It is about fundamentally changing your habits one at a time until you have created sustainable transformation. Those new habits will provide a microenvironment of health to armor and protect you against whatever this crazy world throws at you for the rest of your life.

In Health,
Dr. Wayne Scott Andersen



In *Your LifeBook*, I will give you the knowledge, tools, and gift of creativity, so you can write the first year of your new life using the key Elements to forge your new story and celebrate your journey to optimal health and wellbeing.

Dr A

Visit the website for resources and support:
www.HabitsofHealth.com



HABITS of HEALTH

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