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# Heart Coach for Life Newsletter

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*Issue No. 2*

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## **“How to Improve Your Emotional, Physical, *and* Spiritual Health for the New Year”**

**One** of the things that I love about the New Year is that it reminds me of the power of possibilities...and reflection.

How did 2017 work out for you?

What did you learn?

Did you experience growth and forward momentum?

How did circumstances challenge you?

What did you go for in your life?

Were you able to determine with more clarity what your life purpose is?

What will the year 2018 look like?

This month's issue is dedicated to help you to discover the answers...

Let's get started!

Quality questions provide breakthroughs that propel us to new levels of growth, adventure, and hope for the future.

Yet, we get carried away by our emotions and it can take us to some very dangerous places in our heads...

Here's what I mean...

We are the architects of worry, stress, anxiety, frustration, anger, fear, and doubt.

Our circumstances can seem hopeless, and none of this is necessary.

We become what we habitually think about on a daily basis.

We often find ourselves getting stuck within our thoughts...

Which reinforces fear and discouragement.

Our internal stories create obstacles that hinder our destiny.

Here's some profound wisdom...

We can change the way we think!

It's possible we can function with the wisdom to understand our feelings don't have the power to enslave us.

Many don't realize how thinking creates attitude...

Which will determine altitude in life.

Thoughts launch our unique gifts into action which benefit everyone.

We possess the wonderful freedom to create our life experience.

*How awesome is that?*

Yet, we cannot always predict what will knock on the door of our thoughts.

Yet, we don't have to *marinate* in those thoughts...

I love the perspective on how I can view my thoughts as railroad cars that are passing by me every day.

I can just allow a thought to go by without entertaining it...

Or I can jump onto the railroad car.

And before I know it, the thought is taking me down the tracks of my life where I didn't intend to travel!

My thoughts determine my perspective of how I see life being played out before me.

For example, I find out someone broke into my car and had stolen some cash I really need.

I could be super angry about it...

If I believe someone took advantage of me and the world is full of dishonest people.

This is going to cause a real inconvenience for me with the hassle of reporting it to the police...

Insurance claims (higher premiums), and repairing my car, not to mention the fact I don't have the money anymore!

I could be sympathetic in terms of what happened...

If I imagine the person who took the money desperately needed it in order to survive.

And...

The assurance of having peace no matter what happens to me.

I can control the way I feel based on my decision on how to perceive what happened.

Here's the main thing...

What happened isn't going to change based upon the way we think about it.

Therefore, we can master our lives with a peace that transcends all understanding...

No matter what *happens* to us...*by the way we choose to think!*

Resolve to use the incredible power of your thoughts to create the best year of your life!

A great book to read is an old time classic titled "As a Man Thinketh" by James Allen.

It was written in 1902, and the truths revealed in this great work are just as applicable today...

Here are some quotes from this great masterpiece...

"Men do not attract what they want, but what they are."

"A man is literally what he thinks, his character being the complete sum of all his thoughts."

"Men are anxious to improve their circumstances, but are unwilling to improve themselves, they therefore remain bound."

"Every action and feeling are preceded by a thought."

"Right thinking begins with the words we say to ourselves."

"Circumstance does not make the man, it reveals him to himself."

"You cannot travel within and stand still without."

I urge you to read this book at least *ten times*...

It will produce a positive transformation in your life!

## **"The Proven Path for Progress With Your Fitness in 2018"**

There is a disturbing trend in the fitness industry to view exercise as an all-out war on the body.

It's extreme style fitness.

Boot camps, P90x workouts, intense body building routines, Tough MUDder's, Spartan Races, and Cross-Fitting gyms.

This trend is a symptom of a much bigger problem.

We live in a culture obsessed with working endlessly, and it has transcended into fitness programs.

This toxic mindset affects our health, happiness, and consistency with exercise.

Do you believe any of the following are true?

**“No pain, no gain... I have to suffer to get in shape.”**

**“Volume is always the pathway to results!”**

**“Working out is not supposed to be fun...it's an obligation!”**

**“If I don't almost throw up, I'm holding back too much.”**

**“You're only as good as your last workout.”**

**“I feel like a loser when I miss a workout.”**

*These destructive beliefs couldn't be further from the truth!!!*

## **“What are My Healthy Options?”**

**Commit to learning about your body and discover what it takes to nourish, strengthen, and heal it.**

**This will be a lifelong process.**

**Fitness is an awesome adventure, exploration, and a privilege.**

**There are plenty of options that are available.**

**You can dance your way to a new body.**

**How about practicing martial arts and kung Fu your way to fitness satisfaction?**

**Yoga is a great way to use stretching to manifest your physical improvement.**

**Weight training and kettlebells provide functional strength for athletic performance.**

**They're all worthy of being explored if you truly want sustainable, comprehensive, balanced health.**

## **“Insane Intensity or Intuitive Intelligence?”**

**There is a huge difference between using intensity wisely or applying it compulsively.**

**To reach your fitness goals, you will need to recognize your limits and learn to handle discomfort in a healthy manner.**

**It's a process of discovering moderation for yourself**

**Be OK with some discomfort, and learn to interpret your body's language, sensations, and signals.**

**You'll intuitively know which days you can challenge yourself and the days you need to back off and recover.**

**This is something you can't outsource, and the better you get at listening to how your body feels...**

**The easier it is to train hard, reach your goals, and avoid injuries.**

## **“The Secret to Winning the Human Race”**

**Are you willing to go deeper, explore the “less is more” philosophy, and let go of your “no pain no gain” programming?**

**Practice allowing your health, strength, and wellness goals to evolve naturally.**

**Your health and fitness goals will require sustained inspiration.**

**It's an adventure, not a destination, and you'll enjoy it significantly more if you make it your own journey...**

**Instead of following the herd.**

## **“Human Beings Living A Spiritual Experience**

**Or**

## **Spiritual Beings on A Human Journey?”**

If there was only one thing that you could change in your life, what would it be?

We live in a world where there's enormous change all around us.

The way we view and manage change will be a critical key to our success.

It can seem overwhelming and out of control!

Change comes in two forms...

The first form is one where change happens that is beyond our control, and we have to learn how to manage, cope, and adapt to this type of change.

Then there is the type of change which we initiate our desire to pursue a better way of life.

There's a myth which proclaims all change is beneficial.

Most of change which occurs in our culture is often cosmetic...

It doesn't provide any evidence of growth or development associated with it.

Many people are making surface changes in their lives, but nothing of any real substance is taking place.

When we enter into a season of change, we accept the journey in most cases.

Yet in reality, change can be highly emotional, overwhelming, painful, confusing, and even surprising!

People will often ask me why they struggle to change.

We read self-help books, go to counselors, attend seminars, and watch reality TV looking for a quick solution.

We join health clubs, support groups, and attend retreats.

Yet shortly after, we tend to fall back into the same habits.

The challenge with these approaches is they tell us WHAT to do, but they cannot give us the POWER to do it!

The source of the energy and momentum you need already exists *within you!*

Have you ever reached the halfway point of a project and wished you could start over?

Many people feel this way about their life.

The failures, problems, and bad decisions have made us all feel this way at some point of our lives.

Some folks just seem to be unable to let go of their past.

It's a common challenge we struggle with.

Consider If I'm driving down the road and I stare into the rearview mirror...

Eventually I'm going to *crash!*

Many people feel like their life is out of control.

When I ask them how they are doing, they will say "they're doing fine... *under the circumstances*".

To have a prosperous life, we need to live *above* our circumstances!

How can we handle our problems with limited wisdom and power?

We're in the habit of looking for our answers on the outside of ourselves.

When the solution is within oneself.

We project our reality from the story within... and then the cast of characters and circumstances show up to support the personal narrative.

## **"The Secret for Spiritual Success"**

We were created for a purpose to be here...

With unique gifts and abilities to fulfill the reason why we exist!

Our creator is more interested in the outcome of our lives than we are.

We need to understand we don't have to create abundance...

It's already at our disposal within us.

The problem is *we create limitation*...

By looking at the "outside world" for resources...

Rather than relying on the inner wisdom and power of our unique *resourcefulness!*

And we need to...*Stop trying and start trusting*...

**We don't need to create love, happiness, or well-being.**

**It's our essential nature.**

**It's not necessary to learn to open our hearts or connect with others...**

**Because it's our natural way of being, and it doesn't require effort to manifest it.**

**There's nothing you need to do, have, get, or practice, in order to be happy, loving, and whole.**

**These are all the default settings within our spirit when we were created!**

**We can begin to live in the present moment.**

**The beauty of simplicity produces a richly rewarding life experience.**

**Remember...The best is yet to come!**

**Stay Healthy,**

**Don Wood**

**P.S. If you're interested in a powerful coaching session which will transform your life, feel free to contact me...It's my gift to you!**

**The Heart Coach for Life Newsletter Contact Info:**

**PO Box 1043 Plymouth, MA 02362**

**508.254.7754**

**donwood45@gmail.com**