

Take your DREAMS to Reality

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Elaine Curry Coaching

Transformation & Performance Coaching

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MY HEATHY PLEDGE – FOR MY HEALTHY LIFESTYLE

On this day and every day, I pledge to myself, my family, my friends and my future self that I will follow a healthy lifestyle.

• I will be kind to myself and be aware of my strengths and weaknesses.

• I understand that eating healthy is a way of life, and I will start eating better with better food shopping habits, planning and eating habits.

• I will drink more water and flush toxins out of my body. I will understand the benefits of keeping my body hydrated.

• I will make a weekly eating and exercise plan, keeping focused on my health goals.

• I will focus on getting more active, join the gym and surround myself with active friends, telling them my goals.

• I will increase my knowledge of a healthy body and experiment with new healthy foods and recipes.

• I will take control of any health issues and seek help to overcome health challenges.

• I will be motivated, have willpower and be consistent for a healthier me.

• I will support others who have similar goals and encourage others around me too to lead a healthy lifestyle.

• I will not beat myself up if I have a bad day. The next day is always a new day.

• I have the inner power to be healthy now and in my future.

• I will surround myself with positive, inspirational people building a healthy body and a healthy mindset – tapping into good health coaches.

• If I struggle, I will seek help and guidance from others and recognise this is strength, not a weakness – giving health my time and focus.

• I will celebrate with my new body and enjoy my new lease of life.

• I will make this healthy process enjoyable and fun, and I am excited to be more fabulous this year.

I GIVE MY BODY WHAT IT NEEDS, NOT WHAT IT CRAVES

My personal goals for this year are:

• My ideal clothing size:

• I will be … stone – ... kg - … lbs

• I want to feel: healthier, stronger, fitter, with more energy, looking good in my clothes, going on holiday and feeling great)

Signature: _____

NEED FURTHER GUIDANCE AND HELP?

- **Ask us for 1-1 Coaching, and we will go through your life plan together, listening to your needs.**
  MY COACHING ROLE on a 1-1 basis works with people who need extra support and guidance in transformation or the change process, to change limiting beliefs to talk and work through your visions. The process is successful in helping you set achievement goals to improve your health and well-being. I initiate thoughts to create actions which brings a powerful energy and flow. I will coach you to promote all positive thoughts and visions. When you keep looking at the life you truly want you to believe in – YOU CAN MAKE IT HAPPEN. ARE YOUR EXCITED?

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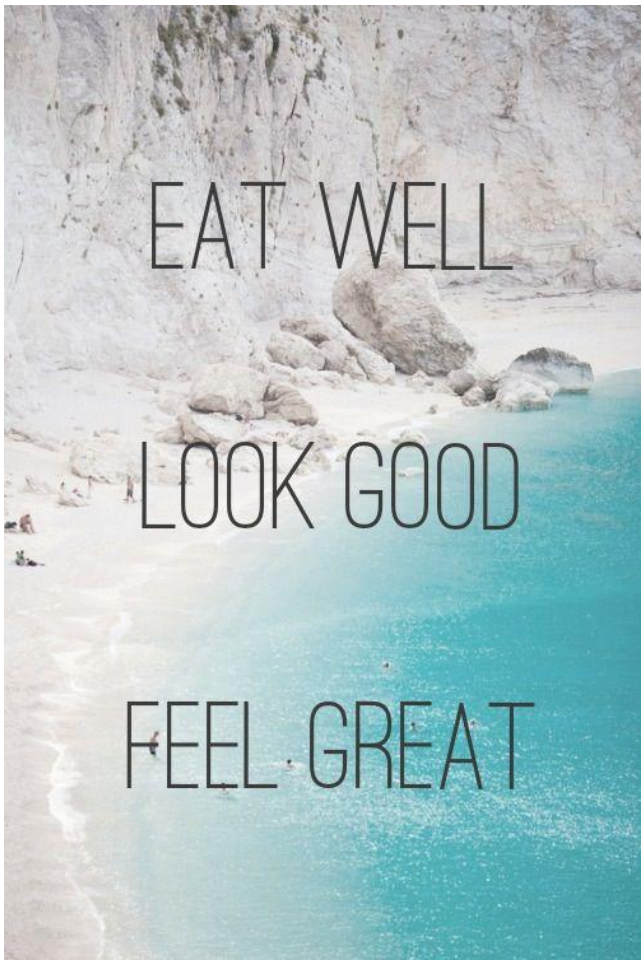
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HEALTHY BODY VISION BOARD











#Self-love **Age is an Asset** **Wellness**

