

YOU



MODULE

**A DOSE OF DE SOUZA'S
STRAIGHT TALK HELPS YOU
UN-EARTH YOUR OWN SECRETS &
TRUTHS THAT WILL IGNITE THE
WELLTHY WOMAN YOU ARE**

**TRUTH TRANSFORMATION PREREQUISITE
CHANGE AGENT WORKBOOK**

CHRISTINE DE SOUZA

“You” Module

CHANGE AGENT WORKBOOK

CHRISTINE DE SOUZA

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This book was published thanks to free support and training from:

EbookPublishingSchool.com

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INTRODUCTION

This workbook has been a long time coming. It is the follow up to the essential and pre-requisite workbook “THE YOU_MODULE”. It is just one of many impactful interactive messages I have on my heart to share with you. I put together this program out of a growing need that I have seen over and over with myself, my friends, family and clients. There is so much conflicting information in the health and beauty industry on how to lose weight, how to be healthy and ultimately how to be happy that it makes it overwhelming to take action.. What I have found is that the information isn’t really the problem even though it might be tough to sift through. The problem is us. It is our ability to say yes, say no, prioritize and get results. Most programs don’t take into account the whole person even though Mind Body Approach is often in the tag line. The goal of 12 Weeks to Boss is to learn how to confidently own your choices in a way that puts you first while taking into heartfelt consideration the important people and areas of your life. We become the Boss of our destiny, we take back our power and live our prowess. We turn the self discipline into celebration instead of punishment. When we are no longer controlled by food, work, toxic relationships, circumstance and junk we begin to make choices that support a shift in our mind, heart and nervous system that allows us to honor a sort of freedom that brightens our being and is well with our soul. In the end the cherry on top is a sexy lean body and an inner prowess that transcends whatever life throws your way. Thank you for joining me on this journey toward attaining the “Wellthy Life”.

You

Congratulations! If you are here it means you have taken a first step at having a hard look at yourself in the mirror. After this first mission you will understand what roadblocks that need to be removed in order to lay down your road map and move forward in your wellness journey. Consider this a game of truth or dare with yourself. So often in my coaching experience, I see clients drowning in their battle to balance everyday life responsibilities with good self-care practice. It's not surprising how so many of us are naturally inclined to put ourselves last on the personal scale of priorities. Everything comes before our own needs like school, kids, work, chores, more. When we ignore our own needs for too long our bodies tend to start communicating with us in ways we can't ignore. Some of us who have had a health scare or deep down just know it is time for a change for the better, investigate and watch YouTube video after YouTube video about how we can do better for ourselves. As a society we consume the latest fads on how to eat, workout, reduce stress and even consider that magic pill year after year. We find ourselves still on a slippery slope to the real realities of things like osteoporosis, diabetes, heart trouble, high cholesterol, high stress, infertility or a bad back just to name a few of the most common effects of a non-nutritional and a non-exercising body. The truth is most of us have heard this all before. The truth is that many of us know what to do already and just aren't doing it. Now let's stop generalizing and talk about you. Do you know what to do to bring out the healthier and "wellthier" you? Are you doing it?

IT'S NOT WHAT YOU KNOW, IT'S WHAT YOU DO-Unknown

The real question isn't how should I begin? The real question is WHY won't I begin? Perhaps you do begin and quit before you have made any real difference. Maybe you make some progress and at the first sign of your imperfect performance or stalling of the scale you convince yourself that giving up is justified or that there must be an underlying problem. Maybe you have no trouble keeping on track, and are looking for a swift kick in the bootie to get motivated for this exciting period of your life. Every reason is a good reason for you to read on and get clear on what drives you. It will only serve to increase your momentum. Plenty of you are about to stop reading here, perhaps confusing offense with the fact that I simply may be challenging you to address some issues you know have been needing some attention for a long time now. Being confronted with the prospect of change can feel intimidating and uncomfortable, though it is often a catalyst for growth. If that's you, consider that most people won't talk straight to you about your health because they are more afraid of severing their relationship with you than keeping you around longer. Sometimes even your doctor won't or can't look you in the eye for this type of straight talk, because sometimes they are in need of some lifestyle tweaking as well. If we are honest, we all are and should be regularly pruning and

improving our lifestyle. Take this as a big heaping dose of fearless love. Read on and answer the questions with heart. DO NOT just scan over the questions and call it done. Get alone in a room, with you, God and a pen or your computer. You might surprise yourself at the shift that will happen. Be open to your feelings. You might radiate with excitement, you might get angry, you might weep and that is all ok. I just ask that you complete the entire workbook genuinely and listen for that still small voice. Show respect to yourself and tell yourself the truth. Whether you are rearing to go and excited about your leap of self-love, or are scared to death and need someone to help you along, find out a little more about you with the next section.

WHY? WHY? WHY?

As you go through this self-exploratory exercise I want you to notice every time you see a WHY question. After you answer each why question, read your answer and ask WHY to your answer. Then do it again. WHY, WHY, WHY? Three times. WHY1, WHY2, WHY3? This will help you dig a little deeper. Your first answer is always the most superficial, but by the third WHY you are looking yourself in the heart and that is where the magic happens. Magic looks a lot like the beginning of healing.

Let's get the magic started.

TAKE THIS AS A BIG HEAPING DOSE OF FEARLESS SELF LOVE

1. Here is a list of priorities. Put the following in order from highest to lowest.

Work - Food - Love - Air - Exercise - Kids Homework - Alone Time -
Family Time - Sleep - Cooking Dinner - Laundry - God - Money - Other

2. How healthy do you feel?

Not Healthy Somewhat Healthy Healthy Super Healthy

3. Are you happy with your current health? Yes/No

4. How do you feel when you are not at your healthiest? Be specific.

5. Does this hold you back in any way? If so in what way and from what?

6. How do you feel when you are at your healthiest?

7. What in life excites you drives you and makes life worth living?

Name 3 things.

1.

2.

3.

8. Where do you see yourself in 10 years? 20 years? 50 years? Describe a day from each stage in detail.

9. What are 3 goals you have for yourself this year pertaining to your personal wellness?
 - 1.
 - 2.
 - 3.

10. Give up or Give up? Are you going to give up or are you going to give up what is inhibiting your success? What will it cost you to take control of your health? Will it cost you money? Time? Comfort? Relationships? Sleep? Wine? Your wardrobe? Or something else?

**“TAKE CARE OF
YOUR BODY, IT IS
THE ONLY PLACE
YOU HAVE TO LIVE.”**

Jim Rohn

11. What will it cost you if you don't take control of your health? How will that affect you, your loved ones?

12. If you haven't been actively pursuing a healthy lifestyle, what are the reasons you have been avoiding taking the steps to do so? Why? Why? Why?

13. Will you give up or change what is causing these limiting circumstances? If not, why? What is holding you hostage?

Yes /No

14. Do you feel guilt associated with the prospect of bettering yourself? If so, what area of your life do those feelings surround? If your answer was yes, why?

15. When was the last time you had a full check up at the doctor? _/_/_

16. Have you ever been diagnosed with any of the following?

- High Blood Pressure
- Heart Disease
- Diabetes
- High Cholesterol
- Arthritis

Corinthians 6:19 – 20

19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

20 you were bought at a price. Therefore honor God with your bodies.

17. Are you willing to invest in the only body you have got? Yes/No

18. If not, why?

REASONS VS. EXCUSES

Excuses are like your great escape route. It's what you use to justify your actions or your lack thereof. Similar to a lie, we mislead ourselves. You are dressed in your robbery attire, but you are only robbing yourself and everyone else can see it. Now go back over your answers. Would you consider your answers reasons or excuses? Go back and with your pen mark each as R for Reason and E for excuse.

If you consider them reasons, do you consider them good reasons?

19. In your REASONS, you have identified obstacles. What can you do to overcome them?

20. Are you willing to make these changes? Yes/No

21. Why have you come this far in answering these questions?

22. You want to improve your health. Which areas would be most helpful for you to address first? _____

NUTRITION STRESS FITNESS REST FINANCE. WORK/LIFE

ARE YOU A CHANGE CRAVER OR A SAME SAMER?

Some of us crave change, but why? Some of us hate change, but why? Change cravers, is it because you want to put your stamp on the world or is it because you want to run away from your problems or restlessly find a drastic way to solve them? Same Samers, do you resist change because of fear of unknown, because what you are doing just works or because getting out of your comfort zone will make you...well uncomfortable?

23. Is there something you need to change to achieve the results you are looking for in yourself and your life? Yes/No What?

24. _____

25. Are you a Change Craver or a Same Samer? _____

26. If you decide to do what it takes, do you believe it be worth it? Yes/
No Why?

27. Do you know what actions need to be taken to achieve your goal?
Yes/No

28. What are they?

29. Are you a slow and steady wins the race type of person or a pounce
kind of person?

30. Would you consider yourself a perfectionist? If so, does it hold you
back in any part of your life? If so, from what?

31. Are you ready to begin making any needed changes? Yes/No

32. If not, please describe in detail the perfect time for you to begin.

33. If the time is not now, please list 5 reasons why below.

- 1.
- 2.
- 3.
- 4.
- 5.

YOU KNOW YOURSELF BETTER THAN ANYONE ELSE. YOU CAN TRUST YOU... CAN'T YOU?

I have heard it said that the hardest person to lead is ourselves. As we touched on, often we have the tendency to put ourselves last. So it's not really that we can't trust ourselves, it's that we prioritize other things in place of the things that are important to us. Why is that? Sometimes the things we think are our priorities actually are the things we prioritize the least. Have you ever caught yourself saying I have to eat better, or I need to read more, or I should really be praying more? We sometimes trick ourselves into believing the illusion that we are making those things priorities because we talk about wanting them to be when, in fact, are often last on our list in practice.

IT IS NOT WHAT WE SAY, IT IS WHAT WE DO

Remember it's not what we say, it is what we do. Try this ... Ask five friends/family that know you the best to list YOUR top 5 priorities. Hearing their answers might give you a dose of insightful truth.

Response: Person 1

Response: Person 2

Response: Person 3

Response: Person 4

Response: Person 5

So let's see...can you trust yourself on this one? Here are a few more self-probing questions.

34. Have you tried to reach this particular goal in the past? Yes/No

35. How do you deal with successes and failures?

36. Had you succeeded or failed or both?

37. If you succeeded, what were the contributing factors? What worked? What is different now?

38. If you failed, can you honestly say that you gave it your all? Thinking back were there any solutions to your obstacles you did not exhaust?

Before you get ready to stop answering these silly questions maybe you should reconsider. I know we would all like to say we are keenly self-aware, self-controlled and intrinsically motivated, but are we? Most of us have ups and downs as far as this goes. Could you use a little outside wisdom or accountability in your life? The truth is we all probably could from time to time. Get some feedback from someone who knows you well. For some of you, you might just need to channel your unapologetic doppelganger for a dose of the truth. For others, an outside opinion could really shed light on why your efforts are falling short. Once you listen openly you can decide whether you are being honest with yourself. Remember it's those that love you that are able to be honest with you without being brutal, so choose your confidant accordingly. . As much as we hate to admit it, sometimes the spectator can be pretty dead on about what they have observed about us. After you ask them what your 5 priorities are, here are some additional questions you can ask to someone who will answer with tact. Remember we are seeking insight, not approval.

When you asked....

- a. What would you say my top 5 priorities are?

They said:

- b. Would you consider me someone who holds true to my word?

They said:

- c. What about when it comes to a commitment I have made to myself? They said:

d. Do you perceive me as a perfectionist?

They said:

e. Do you perceive me as someone who makes excuses for myself and those around me?

They said:

f. I tried to reach this goal and I failed. Is there anything you noticed that could have made it harder or easier for me to reach it? Did you notice anything that I could have done differently?

They said:

g. Have you noticed if I speak negatively of myself?

They said:

h. Will you be supportive of me pursuing a lifestyle?

They said: Yes/No

BE A LOVER NOT A FIGHTER – MY FAVE SWEATSHIRT

This is not a time to beat yourself up, but examine the answers objectively and answer the questions: Why? Why? Why? For any actions revealed that you are not happy with. For example, if they answered yes to negative self-talk dig deep and get to the root by asking the why, why, why.

Now back to exploring yourself.

THE BODY ACHIEVES WHAT THE MIND BELIEVES -UNKNOWN

39. If the body achieves what the mind believes, do you believe you can achieve the changes you want to make? Yes/No

Have you thought much about the faith factor? One definition of FAITH according to Merriam-Webster is “ A firm belief in something for which there is no proof. “ I used to run this fitness competition called To Fatigue. The object was to push yourself to your maximum for specified and controlled exercises. For example, during the Push Up exercise, the goal was to always beat your best number of reps at a tempo or 85 beats per minute. What I noticed was that when I would remind people what their best was, they would meet it and then collapse instantly because they believed they could do just that amount. That’s all they had faith for. They measured themselves by their past achievement. When I didn’t remind them of their past performance, most times they would meet their personal best and then exceed it. If the body achieves what the mind believes then we better start training our faith muscle. As corny as it sounds, positive self-talk can help your faith factor. How often in the past week have you made a negative comment about yourself?

Give positive self-talk a try, maybe even look yourself in the mirror while you talk!!! Say it, “I’m strong, I look amazing, I feel incredible and I can reach the moon!” We all need to commit to respecting our bodies. When you are truly grateful for what you have, you treat it with extra care. You wouldn’t go scratch up your brand new car would you? Let’s treasure our bodies and honor them by being particular about what we put in them and utilizing them to the fullest. If you don’t know where to begin and could use a road map, I am happy to get you off to a meaningful start and a fruitful life-changing journey.

CHOOSE YOUR NEXT STEP OR LIFE WILL CHOOSE FOR YOU - CDS

Now is the time that you have all of the power of choice that you will ever have. There is nothing to wait for. You have the power to choose what you want to spend your time, talent and treasure on. You choose your next step or life will choose it for you. Do not be a victim of your circumstances. Life is made up of a series of small decisions...don't let another one pass you by. You are not bound; you are free to carefully decide what changes you want to see in your life to help you get to live the Wellthy Life. Be invigorated. Although we can never have complete control over our lives, there are lots of things that we can. You have to answer these two questions.

Can I discipline myself with my current circumstances to accomplish my goals?

If I can't discipline myself, what about my circumstances can I change to allow for a better progression toward my goal?

Free will is one of the greatest gifts we have been given. Do not let inertia govern your story. You be The Boss.

IDENTIFY EVALUATE TERMINATE | IDENTIFY EVALUATE NURTURE

Never underestimates the power of choice. It is the power to shape your future.

Every time you stop to remember you have the choice to change your life, to change your course of action and then you actually make a plan, move forward and execute it, that is empowerment and that is creating your wellthy life.... You are responsible for your future. No one else, you are The Boss. You don't like anyone telling you what to do anyway, do you?

PRAY.KNOW.PLAN.ACT

Some of you might already be exactly where you want to be. Maybe this process confirmed it. For others, you are not ready to take the next step. For those of you who are ready and feeling a tug to move forward here is what to do. Pray - Know - Plan & Act. Never make an impulsive decision, at the same time do not ignore the internal knowing you feel. In the beginning you will linger on your decisions way longer than need be, but in time you will be able to identify a clear direction when faced with important choices. Your choice today is the first of many that will reshape your life in ways that will transform and refresh you continually.

40. Here is the list of priorities we looked at earlier. Put the following in order from highest to lowest priority.

Work - Food - Love - Air - Exercise - Kids Homework - Alone Time -
Family Time - Sleep - Cooking Dinner - Laundry - God - Money - Other

I have one final question for you.

41. DO YOU BELIEVE YOU CAN SUCCEED AT THE CHANGES YOU WANT TO IMPLEMENT? (YES, I AM SCREAMING WITH EXCITEMENT FOR YOU!)

Your Next Steps

If this has moved you to action please share your experience by emailing me at thewellthylife@gmail.com.

Title your email I HAVE BEEN MOVED: TIME TO MOVE

If you have already decided that you would like to work together moving forward your next step is to enroll in 12 Weeks 2 Boss . Use this link to accept the special offer I have put together for you because of your dedication in awesomely completing your first step the “You Module”.

If you would like more information on the different ways we can work together please visit our Programs & Services page <http://www.christinedesouza.com>

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Thank you from the bottom of my heart for reaching inside for these answers. I truly believe that lives can change with a single word, prompt or God Wink. I hope that happened for you today. I am so excited for you! I believe that this is only the beginning and your potential is uncapped. I hope this experience has you ready to rock your own world. Be the Boss. Be Happy. Be Wellthy.

Sincerely,

*Christine De Souza
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ABOUT THE AUTHOR

Christine De Souza is an entrepreneurial business hippie and Boston based personal trainer. She lives in New Hampshire with her family, where her heart is. She is a mother to one amazing daughter and remarkable husband. Christine loves inspiring and teaching people how they can reignite their life through beauty, wellness & creative expression.

Learn more about Christine's programs and workshops Chritinedesouza.com