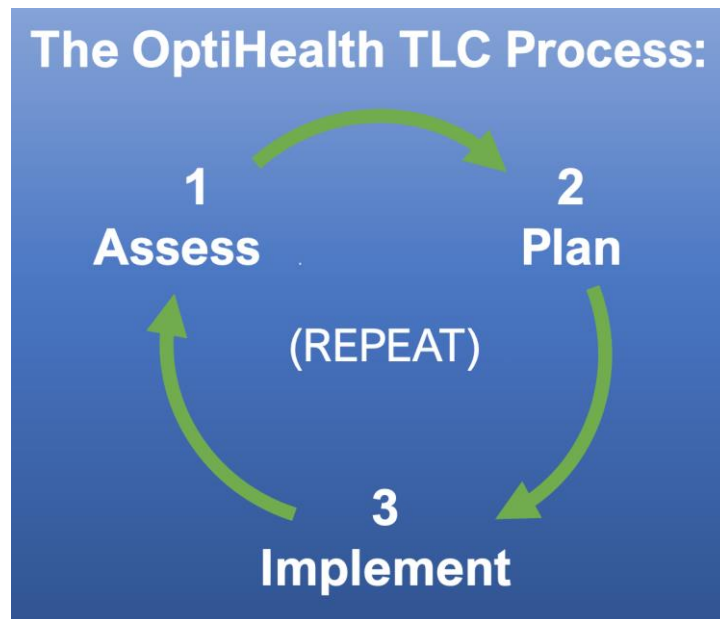


OptiHealth Workshop:
Therapeutic Lifestyle Change, Part 3

Worksheet:
Personal Application

Successful Therapeutic Lifestyle Change follows a simple and practical 3-step process.

A simple and practical process is important because
Repetition & Consistency Win the Game!



1) First, you will **assess** your situation. **2)** Second, you will develop a **plan** for change. **3)** Third, you will **implement** your plan. As you implement your plan, things **change**. So, you will **repeat** these same three “cyclical” steps.

1) You will re-**assess** your situation and progress. **2)** You will modify your **plan** accordingly. **3)** You will continue **implementing** your revised plans until you achieve your TLC goal. This repeating **cyclical** pattern ensures a **personalized** program and **guarantees** results that are **meaningful** to you.

In achieving your first TLC Goal, you acquire **new skills**, which you can use to change your other unhealthy behaviors.

As you acquire the skills, the change process **gets easier**... and as your health gets better, you become more **motivated**... and before long, you have developed a healthy lifestyle, and you are enjoying a much higher level of health – and a higher **quality of life!**

What really makes the TLC process fun, rewarding, and meaningful is to then help someone else do the same. Your successful lifestyle change puts you in an ideal position to help a loved one change their lifestyle for the better, so that they can enjoy better health, as well.

When you help coach others through the TLC process, you **reinforce** your commitment and **enhance** your abilities to stay the course. Coaching others not only helps you avoid your own relapse, but it also sets a **good example** for your family and friends and helps **create** a culture of **optimal health** for **everyone** to enjoy.

Review: Now that you have 1) Clarified your **Health Beliefs**, 2) Identified your **Stage of Change**, and come to understand the simple and practical 3-step process of Therapeutic Lifestyle Change for **Personal Application:**

What are you going to do?

Continue with Workshop #5: The OptiHealth Pledge