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Life Coaching & Counseling Sessions

(Can be conducted on line via Email ,Skype or by Phone)

Hypnosis:-Via the use of pre-recorded CD.

For more Empowering eBooks and Audio recording go to our website www.GlobalClinics.net, go to the eBook tab.



WWW.ZENCOUNSELLING.COM



Phone: 0421 247 810

Skype: zencounselling1

E-mail: zencounselling@outlook.com

Zenith Global Consulting & Education
ABN :50-428-474-654



Zenith
Life Coaching & Counselling

Life Coaching
“Mini Course”

#2

Health



**International Institute
for Complementary Therapists**
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ZENITH LIFE COACHING & COUNSELLING

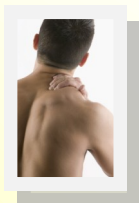
10 Tips on how to stay Healthy



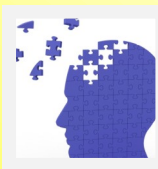
Hi and Welcome to the Zenith- Life Coaching "Mini Course"

On life changing activities that are designed to empower and motivate you! The "Mini Course" is made up of 7 lessons . This Lesson is on *Health*.

We live very busy lifestyles that to often we forget that our health is paramount to our daily activity, until the body starts to give you those little warning signs.



Such as Aches, Pains, Indigestion, Rashes, Headaches, Lethargy, Poor Sleep and Poor eating habits. This is our body crying out for attention!



So what can be done in order to bring balance into our life, the first thing you need to know is that the current lifestyle you lead is based on behaviour and routines that are *almost*, recorded in to your brain.

Almost, as with a change in thinking and some clever lifestyle choices - You can begin to benefit - but ultimately it is up to You



Tip #1. *Eat a Nutritious Breakfast*

Tip #2. *Eat a variety of foods.*

Tip #3. *Get moving.....don't be a couch potato*

Tip #4. *Participate in activities you enjoy*

Tip #5. *Choose healthy snacks*

Tip #6. *Spend quality time with loved one*

Tip #7. *Spend quality "Me" time*

Tip #8. *Drink plenty of water*

Tip #9. *Include others in your activities.*

Tip #10. *Having FUN is important*

Make a Plan to start you on a new direction, look at areas in your life that you feel need some changes,.

And slowly begin the process of transforming your self.

Goal Setting Worksheet

2015

Goal Setting Worksheet

ONE AREA IN MY LIFE THAT I NEED TO CHANGE IS :-

I WILL ACHIEVE THIS GOAL BY

SPECIFIC STEPS TOWARDS MY GOAL

1. _____
2. _____
3. _____



*Remember writing your plan has tremendous power,
So put pen to paper Now!*