



The 8 Ways To Wellness

Module 2

Highlights From The Live Training

00:00:45: “What has happened in our current system is that we put band-aids on problems. So people are sick, and then we put a band-aid on it, and there's the absence of symptoms, but it doesn't mean that you're on the spectrum or the side of being well.”

00:01:08: “95% of your wellness is self-care... A lot of times we're taking care of other people, and you have to realize that you have to take care of yourself before you take care of everybody else.”

00:06:59: “Accept where you are now; you're on this journey for a reason. You don't need this negative self-talk going on... be happy for your journey and realize that you're going forward. So accept where you are and stop fighting against it.”

00:07:59: “Instead of feeling guilty -- *oh my god, I ate this, oh my god, I'm so bad* -- replace it with self-responsibility, and start to forgive yourself. Forgive yourself for what happened in the past, you did what you did. It's over.”

00:09:33: “I think most important, top of the barrel, is self-love and self-acceptance... *radical* self-love, *radical* self-love, meaning that you understand that that's not being selfish. It's making sure your needs are met first, before you meet the needs of anything or anybody else.”

00:10:18: “In fact, with spiritual wellness, #1 is the absence of fear. And the reason why I say it has nothing to do with religion is because a lot of times a lot of the religions are fear based... realize that fear affects your body. That's called stress... Being able to love unconditionally first starts at home with you.”

00:11:09: “Love yourself where you are. You'll notice you just become lighter and feel better just about loving yourself the way you are. We are so hard on ourselves. And that's what we've been taught... but don't be hard on yourself. Get less hard on yourself.”

00:11:38: “Gratitude. Think about having a daily gratitude practice... what is it that you are happy and grateful about? The highest emotion is gratitude. Above love is gratitude. That's the highest vibration emotion, and it is a sign of wellness.”

00:18:48: “Think critically as opposed to judgmentally and be creative in how you're going to solve something, and you know, there's no brownie points for staying within the lines. Color outside the lines.”

00:33:00: “What's going to happen is you're going to get to the point where your tastes are going to change. Your body's not going to crave it. And even if you go and eat some of that, you're not going to have that same reaction of wanting more and more. That takes a little time to occur. So this is when I say to you, stick with it.”

00:40:21: “This is the only physical body you will ever have in this lifetime... It's you who makes the choice whether you're going to eat something unhealthy or not... You can do this. If you slipped over the last week, pick yourself up. No more slipping. Hold onto the wall, but don't slip, and commit 100% for 90 days.”

00:41:21: “If you feel like it's hard, it's only because you are telling yourself that it's hard.”

00:42:15: “You've got to toughen up, and you have to learn to say to people: *no, no, thank you*. And and you don't even have to give an explanation.”

00:46:05: “I'm holding you accountable, but also find somebody else in your life that can be accountable. It might be your spouse, it might be a friend, somebody else who is interested in going on a journey with you.”