

Stuart Showalter
Child Custody Life Coaching

Monthly Motivation 1 - Hello Friend

Welcome to Stuart Showalter Life Coaching. I am pleased that you have recognized the benefit to making improvements in your life and selected me as your companion to help you along your journey to achieving your goals. I find it very rewarding to help people realize their full potential.

As I work on helping you recognize your goals and develop a plan to achieving them there are a few things that I want for you to immediately start doing. These are beneficial to all and applicable before we set an individualized plan for you.

It is my conviction that meeting your dietary needs is the foundation upon which all other aspects of your life depend. In fact, *most financial problems are a result of dietary habits*. I am not going to tell you to make huge changes in regards to your diet. Instead I am going to pass along some of the knowledge that I have gained and results of experiments on myself and then leave it to you to make the beneficial modifications in your diet.

From my days as an athlete at the US Olympic Training Center down to reading nearly every book for all the bogus weight loss schemes, I have obtained great knowledge about food and its physiological and psychological effects. Before you decide on what you want your specific diet plan to include there are just four things I want for you to exclude. Essentially I want for you to eat *food*.

Go to your refrigerator and pantry and just start pulling anything that includes any of these ingredients: High Fructose Corn Syrup, hydrogenated oil [trans fats], artificial color, and artificial flavour. These are the four *non-food* groups. Now you have eliminated most of the garbage which has been processed to appear *as food* and made a huge step towards improving your well-being. Remember you are what you eat. If you don't want to think of yourself as garbage or less than acceptable then don't eat garbage or food products that are less than acceptable.

The goals that we determine for you and the plan we develop will cover the full spectrum of your life domains. These include financial management, relationships, attentiveness, household management, organization, employment, physical and psychological wellness, and diet. I begin with diet because it has the greatest influence across all domains. But our work together, as you see, is not going to be diet alone. For now, I also have three simple tasks for you.

First, continuing with your food, is to just keep a journal of what you eat. When I say "what" you eat I refer to ingredients. I have a much more in-depth lesson on this for later but at this point just make it simple. Rather than write "Big Mac" try for hamburger, lettuce, cheese, etc.

Second is to keep receipts for all your expenses for a month. You may have to make your own receipts for some purchases like parking meters or vending machines so I suggest carrying some 3x5 cards with you. I'll later tell you what you will be doing with your receipts. Be sure to include any direct bill payments and payments automatically deducted from a paycheck.

The third step for now is to opt for simplicity in some situations. When you are in a parking lot go to an immediate spot even though it is further from the entrance. If you got a gift for someone stick it in a paper bag, draw something on it, write a note on a piece of paper, clasp that with the folded over top and staple it shut.

Now that you have taken this first steps of reading this and clearing some garbage from the pantry go ahead and reward yourself -- place a few candles around the tub, put on some music and enjoy a warm bath, or kick back and watch a movie you have been wanting to see, or go for a walk but stopping somewhere along your journey to just sit and take time-out for yourself.

I eagerly anticipate talking with you on our first session and hearing your ideas.

Your partner in well-being -

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