

The 5 Steps *to* Health and Well-being

with Laurie Warren



Introduction

Optimal health and well-being is a lifelong journey. Our body, mind, and emotions are in constant flux. Our connection to—and expression of—our spirit aspect can expand a little or a lot over a lifetime. With so much constantly in transition within us, feeling good isn't a “set it and forget it” state that we attain. Instead, it's a continual dance. Sometimes it's difficult and sometimes it's easy. Sometimes it requires a lot of our attention, resources and energy, and sometimes not much at all. The key is to keep our health and well-being at the forefront of our priorities and to be ready to engage in a new way when we have issues. To be curious about why a symptom or issue is cropping up, as opposed to ignoring it or suppressing it. We are best served by working with the body, instead of against it.

While we have learned a lot about ourselves over time—especially the last few centuries—there is still so much more that we don't understand than we do. For instance, we understand less than 3% of our DNA's function. Three percent! Again, we still have much to understand about what makes us tick. The great news is that the human organism is hard-wired for healing and is masterfully adaptive. All of the structures, systems, feedback loops, hormones and neurotransmitters in our body are all pre-programmed to continually seek balance. This means that we are best served by remaining open, curious and willing to adapt as we honor the body's wisdom and move toward better health.

With all this in mind, let's explore the five steps to health and well-being. These steps are generally sequential, but there can also be some overlap and circling back, where required. This 5-Step Empowered Well-Being Plan forms a supportive framework, with eleven key focus areas, to support and improve your health experience. You can remember these steps, when seeking out the right practitioner, by remembering the acronym DANCE.

Discover challenges
Assess needs
Navigate barriers
Cultivate mindset
Evaluate progress



Establish a safe harbor

This first focus area ideally begins during your initial contact with a practitioner. In order for you, the client, to engage with your challenges—such as weight gain, chronic illness or off-the-rails stress—you need to experience the client-practitioner relationship as a supportive, non-judgemental space. A space where you can trust the practitioner and learn to more fully trust yourself—your body, your mental/emotional self and your spirit. If this client-practitioner safe harbor is provided and protected, it supports you in doing the work that must be done on your own behalf. With this safe harbor established and continually re-affirmed, your energy and focus is freed to fully engage in your quest for feeling better.

Step 1: Discover Challenges

Any successful journey starts with understanding important issues, barriers and mental constructs that hold us back from living our best, most healthy life.

Explore client experience

What are you, the client, experiencing in relation to well-being? This is the fulcrum on which the entire process will turn—at the beginning of your client-practitioner relationship, and every step that follows. How you feel and what you're experiencing provide the stepping stones that guide you and your practitioner in following the thread of your healing journey.

Ensure client education

Client education is the secret sauce in creating lasting change. You, the client, are more invested in expending effort on your own behalf when you understand WHY the effort matters. Education needs to commence at the start of the client-practitioner relationship and continue throughout the journey. One of the key benefits of working with a skilled practitioner is becoming an educated and empowered steward of your own well-being, for life.



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Step 2: Assess Needs

This step allows the practitioner to combine what was uncovered in Step 1 with key data points that will support the creation of a PLAN.

Gather data

Forms and questionnaires provide a deeper look into where imbalances may be. Includes inquiry—at a minimum—into symptoms, food intake and timing, medications, supplements, exercise, and hydration. Other important areas of focus are stress, stress management, tactical and mental barriers, and medical lab results. Functional medicine lab testing may also be deemed necessary.

Create unique plan

The client-practitioner engagement up to this point is all in service to creating a plan. It's vitally important that the initial plan is something that feels do-able for you, the client. Most people already have lives that feel very full, so collaborating on a plan that has necessary stretch—but also feels do-able—is imperative for your commitment and engagement, and therefore, for your success.



Step 3: Navigate Barriers

Barriers are an inevitable part of any journey, whether that be in our career, parenting, marriage, or health journey. The great news is that successful navigation of those barriers is less about the size, number or type of barrier, and more about how the client-practitioner team navigates the barrier.

Maintain open communication

One of the many reasons that the first focus area is “establish a safe harbor” is that open and honest communication from both parties is key. Sharing information, setbacks, new symptoms, insights, wins and losses are all grist for the mill of working together to creatively navigate and minimize barriers.

Creatively minimize barriers

There are all kinds of healing barriers—physical, mental, emotional and tactical—and some of them are real and many are imagined. Again, the safe harbor affords a space where you, the client, can more easily receive information and guidance that might otherwise feel challenging. Busting through barriers is a key component of creating true and lasting change in the way you feel, and in the way you experience health and well-being.



Step 4: Cultivate Mindset & Habits

We make our habits, and then our habits make us. Many of the barriers that are uncovered in step 3 are mindset and habits that feel “solid”—such as personal qualities, the way we are accustomed to doing things or our environment—that we perceive as unchangeable. This includes both tactical habits such as what we drink with breakfast, as well as mental habits such as what our inner dialogue sounds like when we make mistakes.

Soften limiting beliefs

Identifying and softening limiting beliefs is a main focus of cultivating a supportive mindset. When we intentionally cultivate an open mind and heart to face these beliefs and minimize them, the sky is the limit!

Evolve habits to support health

One of the main reasons that diets and symptom-suppressing medications don't work is that they fail to address root causes. We often go on a diet, lose weight, and then go off the diet and back to what got us overweight in the first place. We white-knuckle through extreme change for a brief time—holding our breath, so to speak—and then we exhale and go back to what we know. If we suppress a symptom and feel better in the short-term, but don't address the underlying biology and psychology, then the root issue remains. We've simply quieted the symptom's ability to communicate with us. Forging new habits that support, rather than undermine, our health is a foundational part of creating lasting change in our health and well-being.



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Step 5: Evaluate progress

The client-practitioner team assesses what's working, what isn't and how client well-being is evolving. Are you, the client, moving closer to your health and well-being goals? This is the question that must be continually asked by the client-practitioner team.

Stay on track or pivot

It's a rare healing journey, weight-loss journey or stress resilience journey that is a straight line. When seeking a practitioner, you'll ideally find a curious and nimble practitioner, who is ready to pivot the plan where needed, in response to how your body-mind-spirit is responding. Remember that it takes time to adapt. Allow for acclimation while keeping tabs on when a pivot may be needed.

Celebrate wins

Any health win, big or small, deserves its day in the sun. Remembering to celebrate wins not only supports you, the client, in staying the course, but also communicates to your mental-emotional self that you are reaping the benefits of your own efforts. There is a saying that "we are what we believe we are," so believing and celebrating that we're making progress will create more progress.



Your BetterHealth Journey™: Foundational Healing for Your Unique Needs

Hi! I'm Laurie Warren and I invite you to ditch the frustration, enter the no-judgement zone and reclaim your health and well-being. I deeply believe that you can feel better, sustainably lose body fat, heal chronic illness and evolve into a more empowered, healthy version of yourself.

My unique toolkit of expertise has been carefully cultivated over two decades to help you to create a health and well-being plan that is both do-able and powerful. The 5-step plan that I've outlined in this eBook is at the heart of my work with clients. We honor the 5 steps and the accompanying 11 focus areas, while also knowing that your particular health journey is unique. My 6-month BetterHealth Journey™ Program offers the full support that your health journey needs:

1. DISCOVER CHALLENGES

A rigorous onboarding process supports us in collaboratively gaining clarity about your challenges, while you jumpstart your health journey with The Body Sass® Cleanse.

2. ASSESS NEEDS

We develop clarity around your needs, desires and goals, on all levels of your being. This instructs your initial focus areas and general plan, while remaining open to needed shifts.

3. NAVIATE BARRIERS

You and I continually address your perceived barriers to health and well-being, while you develop the awareness and skills to navigate them, for life.

4. CULTIVATE MINDSET

We work together in the safe harbor of a no-judgement zone to support you in developing an empowered well-being mindset.

5. EVALUATE PROGRESS

All good processes allow for iteration and evolution. As we work together, we continually evaluate progress and remain open to engaging with new needs, barriers and mindset snags that are uncovered.

We remain committed and curious while assessing progress; we stay open to potential needs for redirection and/or re-visiting of steps; and we continually monitor and address challenges and barriers. This is a client-practitioner relationship that is far beyond 4-week diets, symptom suppression or brief conversations about lab results. This is a carefully developed, time-tested process that supports YOU, on every level of your being.

This half-year program serves your unique health challenges, body, mind and spirit. The program's unique blend of...

- ▶ The time-tested 5-Step Empowered Well-Being Plan framework
- ▶ Carefully constructed and timed program curriculum
- ▶ Bi-weekly calls for you-focused discussion and protocols

...all weave together to offer you unparalleled guidance, support and accountability. Let's work together to start right where you are and follow the thread of your unique BetterHealth Journey™.

Lose Weight. Improve Health. Reduce Stress. Increase Joy. Fully inhabit life.



Invest in YOU

My goal in client work is to both invite and support you in investing in yourself. Invest your time, resources, and effort in your ability to more fully enjoy and inhabit your life. To feel good inside and outside. To have the energy to fully engage with life in all its joys and complexity. To connect to your body, mind, heart and spirit in entirely new ways. To prioritize your health and well-being. Let's partner together and follow the thread of your unique health journey.

Ready to get started? **Schedule your free Discovery Call** today so that we can spend some focused time discussing your challenges and goals, allowing us to assess if we have a client-practitioner fit. I encourage you, prior to the call, to write your key challenges, focus areas and questions down, so we can hit the ground running and make the most of our Discovery Call time.

FREE DISCOVERY CALL

Speaking to a multi-expertise health professional can make all the difference in your ability to FEEL BETTER.

SCHEDULE NOW

