

WHAT I BELIEVE



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"We are now at a point where the benefits of a holistic, whole-person view are being recognized with regard to health and wellness, dealing with stress, living with a chronic disease, or 'simply' living your best life and reaching your full potential, whatever your career/life/ health goals may be. Coaching can have a tremendous impact by helping a client to make changes and by providing support, focus, and the extra boost needed to move forward."

WHAT WE DO



Sometimes life takes you on a detour. How many times have you set a goal only to be sidetracked? If you're ready to get back on course, PT is a health, wellness, and life-executive coaching service designed to help you make positive changes in your life. Whether it's finding your passion or managing a chronic health condition, we'll help you identify roadblocks, develop strategies to reach your goals, and stay focused.

[Learn more.](#)

Thinking about making a change but having problems getting started? Frustrated by not doing things you say you want or "should" do? Disappointed by not making more progress more quickly? Maybe it's time to take a "walk for the world."

Research indicates our brains are not wired for overnight change. The problems you are having are not just your imagination or a total lack of willpower. The literature also suggests many of us are more motivated by avoiding something bad happening than making something great become a reality. Rather than fighting human nature, why not use it to advantage to get what you want and change your behavior?

2 Tweaking Tips

1. Little steps will get you there.

Change takes time. Though we would like to lose those 15 pounds in one month, it's unlikely that will happen, at least not in a healthy, safe, and sustainable way. So consider breaking your goal into realistic, "bite-size" pieces rather than trying to swallow things whole and all at once.

2. "Walk for the world."

On those days when I just don't feel like taking my 3-mile walk outside or spending time on the treadmill, I remind myself of those who are bed bound or have suffered a war injury and lost a limb. Many would give anything to be able to go back in time and just simply walk on their own two legs. I remember I have the opportunity to do just that, and then I take a "walk for the world."

Ask yourself what you "get to" do which you would miss or regret if your life changed and you found yourself literally unable to perform any more.

- What if you had an enzyme disorder and could not eat most foods? Would you appreciate being able to eat fresh, nutritious fruits, vegetables, and lean protein and not waste calories on processed foods with lots of salt, fat, and high fructose corn syrup?
- What if you did not have access to clean water or literally had to walk barefoot for miles to get it? Would you relish drinking water instead of filling up on sugary soda?
- What if you developed a life-threatening illness? Would you gain greater insight into what is really important to you and stress less about the traffic, the irritation of phone queues and long hold times, or the computer that's not working correctly? Would you de-clutter your mind and physical space to make room for your real priorities?

So... get up (or get up again) and start walking towards your goals! You **CAN** do it.

I'd love to hear your thoughts and provide support for accomplishing your 2013 goals.

[Email me.](#)

All the best,

Colette

STAY CONNECTED



QUOTE - TWEAK

"Success is not final,
failure is not fatal:
it is the
**courage to
continue** that
counts."

~ Winston Churchill

12 JOURNEYS

Click to watch this
inspiring video.

