

FIND YOUR MOMENTUM

We're a month away from 2022, and many of us are still processing the events of 2020. The unprecedented challenges we've faced over the last year and half have tested us. Through tragedy, wildfire, pandemic, economic ups and downs, shortages and more...we've adapted, improvised and done our best to overcome.

It's no question why we've seen an overall decline in our health. Depression is up, most people have gained weight, we seem to be busier than ever and more people are fighting amongst ourselves. Not exactly the healthiest environment!

In our office, we've been getting more phone calls and questions from the people in our community than ever! For some of us, the challenge was finding the time to eat healthier. We've been pushing through an overloaded schedule; juggling work, family, education, health care, and personal responsibilities. Alcohol sales and divorce rates soared! And if that isn't enough of a downer to read, know that people don't generally get healthier during the coming winter months!

As we move into the New Year and turn the calendar from 2021, it's time to regroup, refocus and resolve to fortify our body. You won't find much guidance on the news or from any government directive. They won't give you the education, encouragement or motivation you need to get and stay healthy. Besides, if the FDA and CDC really cared about your health, they would have done more about Rx drug abuse, banned food additives and reviewed the chemicals and sickness causing products available every day. Health comes from a mix of a lot of things, we'll cover some. But it's up to you alone to make change and progress in your life and body..

Physical, mental and social health, it's gotta be grassroots.

The strategies and techniques we'll cover over the next three weeks are explained for the purpose of improving your health, preventing disease and taking more control.

At the time of writing, COVID-19 is presenting us with one of the greatest challenges we'll face. On so many different fronts the pandemic has affected our lives. This season, let's focus on building health! Not just managing stress!

Will you join me for three weeks to build a healthy and strong momentum?

All you need to do..is commit 1 minute a day, for three weeks to do the following:

1. WRITE DOWN YOUR GOAL
2. DESCRIBE WHY YOUR GOAL IS IMPORTANT
3. WRITE DOWN ACTION STEPS THAT MOVE YOU TOWARDS YOUR GOAL

Whether or not you even do the action steps is irrelevant! Studies show that just the act of **writing your goals down increases your chances of success by up to 40%!**

Good luck!

-Dr. Austin Jones

FYM Day 1: Setting Yourself Up To Win!

“Goals that are not written down are just wishes” -Fitzhugh Dodson

I invite you to take a minute and reflect on your current position right now. Take inventory of yourself and answer these few questions in your head... How would you describe yourself right now? Are you happy? Upset? Depressed or fatigued? Do you have goals or dreams you'd like to make reality? How would you describe your health? What changes would you like to make? Why?

While you're thinking, if you have a pen nearby go ahead and grab it.

Now, write down every goal you can think of onto this sheet of paper. Every change you wish to see in your overall well being. The most common goals relate to health, wealth or relationships. You can be as specific or as broad as you want right now, just jot down everything that you can think of. Anything from overcoming a life threatening health condition to working off some extra covid pounds.

Write down your goals!

Even just writing down all your goals on paper breathes life into them.

Brian Tracy, a self-development author and motivational speaker, once told me; “Everything you do can be lumped into two categories. *Category A* is everything you do that moves you TOWARDS your goal. *Category B* is everything that moves you AWAY from your goal...**Stop doing B!**”

I laughed at how simple that sounded but realized how difficult it is to actually execute. It stuck with me though. Now, I want to encourage you to identify the positive (and negative) habits you've created over time. Lifestyle modification isn't easy. It takes time, commitment and repeated efforts to make a significant change. Stick with it though, don't get discouraged by setbacks, they WILL happen. Remember, go for progress, not perfect!

What action steps could you do today/this week to support your goal?

What negative habits could you reduce/eliminate?

End of Day 1. Be sure to check back tomorrow!

FYM Day 2: What Is Your WHY?

“One of the very worst uses of time is to do something well that need not be done at all.”

-Brian Tracy

“Eat That Frog” is one of the best and most simple time management books available. Written by Brian Tracy, this book teaches you strategies to effectively complete important tasks. One of my biggest takeaways was the understanding that everyone procrastinates, the difference between high performers and low performers is what they choose to procrastinate on. I’m a self admitted horrible procrastinator, but I always get the important stuff done!

Yesterday, I asked you to write down your goals as well as actions you could do to move you towards those goals. Today, I’d like you to cross off every goal on your list except the top three things. For the sake of this health reset, let’s focus on your very top health priority.

What is your number one goal? Write it below.

Now that you’ve decided what your number one health goal is, take a moment to understand WHY it’s important to you. What is the purpose?

Simon Sinek, British-American author and motivational speaker, describes the power of knowing WHY you do what you do can be the difference between success and failure. “Working hard for something we don’t care about is called stress, working hard for something we love is called passion!

If you’ve never seen Simon Sinek’s TED Talk, Power of Why, I highly recommend checking it out on youtube.

Now, write down below the reasons WHY your top goal is so important to you. How will it feel to achieve it, to realize that goal? What will that accomplishment allow you to do better?

List your reasons WHY:

Create a concise purpose statement below: (Ex: I want to lose 15 pounds because...)

FYM Day 3: Battle Plan (Pt. 1)

“In preparing for battle, I’ve always found that plans are useless
but planning is indispensable.”

-Dwight Eisenhower

If 2020 taught us anything, one thing might be that plans can change in a heartbeat. Mike Tyson once exclaimed, “Everybody has a plan until they get punched in the mouth.”

Boy, did that happen!

Either way, today you will start on the path to your success; your personal road map to your goal. Over the next two days, we’ll take the time to schedule your daily/weekly action steps that will move you towards your primary goal. Commit to doing them! Remember, life is unpredictable. Daily duties and responsibilities will pop up and derail your progress if you can’t find a way to push through!

Don’t use the excuse, “I don’t have time.” Just say, “It’s not my priority”. Things you prioritize get done.

As American poet Maya Angelou says, “Nothing will work unless you do.”

Start by listing actions that you can and WILL do to move you towards your goal. Also list habits you do that move you away from your goal that you can minimize. This will give you a chance to visualize your behavior.

What is your primary goal you’d like to accomplish?

WHY is this goal important to you? What is your purpose?

What action steps will you do today to support your goal?

What negative habits will you decrease/eliminate today?

FYM Day 4: Battle Plan (Pt. 2)

Brian Tracy, a self-development author and motivational speaker, once told me; “Everything you do can be lumped into two categories. *Category A* is everything you do that moves you TOWARDS your goal. *Category B* is everything that moves you AWAY from your goal... **Stop doing B!**”

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Your goal for today is to plan out next week. However your schedule works...make a plan for you next working week. Be as detailed as possible. I've attached my own personal “weekly war plan” template as a reference. I write-in weekly appointments/to-do's on the schedule but the sheet gives me a visual framework of my week ahead. You may be more or less detailed than me, or better at keeping things in your head!...This is just what works for me. Just find a planning style that works for you!

Plan out your action steps that you will do to support your goal. When will you commit to doing these things over the next few days/ weeks? Write it down, put it into your phone/schedule so you see it and stick to it.

What is your primary goal you'd like to accomplish?

WHY is this goal important to you? What is your purpose?

Don't undervalue the simple act of just writing down your goal. If you did nothing else besides that for the next three weeks, your chances of success dramatically increase. That's because two things are happening; external storage and encoding.

External storage is you physically writing the goal in a place that's easy to access and review. It doesn't take a scientist to know that you'll remember something much easier if it's written down.

Encoding is a biological process of how things we perceive are analyzed by the brain. We get bombarded with information every day that the brain makes a decision on whether it's important or not. Writing things down helps long term memory, making it easier to remember.

You got this!

FYM Day 5: Building Your Tribe

“If you want to lift yourself up, lift up someone else”

-Unknown

Sharing your goals, aspirations and progress makes you more likely to accomplish your goals. It increases your personal accountability and also fulfills a vital social connection. Especially now as people are more isolated and distanced, I encourage you to take the time to share your goals, your plan and your action steps with three people! Ask about their own health, happiness and mindset as well. Be a friend. Spread human kindness.

Let's not forget to write down our goals every day!

What is your primary goal you'd like to accomplish?

WHY is this goal important to you? What is your purpose?

What action steps will you do today to support your goal?

What negative habits will you decrease/eliminate today?

With whom will you share your progress and goals with? Who will you encourage?

By now you've noticed, this whole week so far has been about getting into the proper mindset, establishing goals and action steps while finding your purpose in doing so. If you have questions, need help, or just want someone to bounce ideas off...let me know! I'd love to hear from you. drjones@momentumchc.com

Over the next few weeks, we'll be diving into nutrition, exercise and hormones!

FYM Day 6: Burn The Boats

“If you want to take the island, burn the boats!”

-Captain Hernan Cortes

Over the past five days, you've taken the time to write out every single one of your health goals. You prioritized them and decided to focus on the most important tasks at hand. You've attached a purpose to your goal and even outlined actions steps that will help support your success!

To this point there has actually been no real instruction but hopefully you've noticed that just by writing things down, you're more aware of the things in life that move you closer to and further from your goal.

Today is a prep/catch up day. Make sure days 1-5 are completed, it's the foundation of your health; knowing what you want and WHY you want it.

Over the next two weeks, we'll take on each of the major stressors that affect our health. Physical stress, chemical stress and emotional stress. The cause of almost every significant ailment can be traced back to one of these stresses, or a combination of them

Sources of physical stress: bad posture, injuries, repetitive motions, poor ergonomics...

Sources of chemical stress: sugar, bad fats, drugs, medications, alcohol, pollution...

Sources of emotional stress: relationships, deadlines, raising kids, finances, insecurities...

Week 2 will focus on movement and physical wellbeing; and rather than just managing stress we'll be building health! You see, health isn't just the absence of the negative stuff, it's the presence of the positive things too! For example, I'd argue that just because a marriage isn't going through a divorce, doesn't mean it's a healthy relationship.

What you'll need for week two is this:

- A fitness goal:

- Necessary equipment (ex: running shoes, a bike, jump rope, weights, resistance bands)

- A commitment of 15-20 minutes a day to improving your physical health

Take today to decide what type of physical exercise you'll be doing over the next. Prepare whatever space you need or equipment you'll use. Even if you have nothing but shoes, that's a place to start! Week 2 will consist of reinforcing week 1 goals, while building physical health in your body. Take things one step at a time and gradually build your momentum!

Resolve 2021, Day 7: MOVE!

Movement is foundational to life but most of us just don't do it enough. In fact, about 40% of American's are now considered obese. The good news is that it doesn't have to take an hour on the treadmill or in the gym to maximize your physical health. Physical health and fitness can be achieved in a mere 15-20 minutes a day, with the right type of exercise and purpose.

We can get into high intensity workouts that will deliver solid results but today, I invite you to start simply by moving your body for 20 minutes straight. If you're already a well conditioned athlete, put in an extra 15-20 minutes of cardio today.

What's something can you do today to get an extra 15 minutes of straight movement? A walk? Bikeride? Stretching routine? Extreme sports?

List the types of physical activity you can do for 15-20 minutes a day. (Running, Jogging, Weights, Yoga, Rowing, Jump Rope, Bike, Swimming) Pick one you can do today.

First, write down your primary goal you'd like to accomplish: Do you remember what it is?

WHY is this goal important to you?

(I find that my WHY can change depending on the time of life but I always have a purpose!)

Write your purpose for your goal.

Get in the right mindset because we'll be committing to daily exercise for the next two weeks in a row. Do you have a physical health goal in mind? (Feel better, look better, lose weight, gain muscle, improve flexibility, get out of pain?)

Write down your physical health goal for this week: _____