



An elephant is shown from the back, balancing on a colorful beach ball (yellow, white, blue, and red) on a sandy beach. The background is a soft-focus view of the ocean and sky.

DEVELOPING
AN
Extreme
MAKEOVER PLAN
FOR
BALANCED LIVING



DEVELOPING AN *Extreme* MAKEOVER PLAN FOR BALANCED LIVING



- SEE YOURSELF AS A TEACHER, NOT A LEARNER:
Research Demonstrates That If You Teach This Material, You Will Learn It.
- INTERNALIZE KEY THOUGHTS:
We Always Say, "This Material Is Good, but the People Who Need It Are Not Here."
- GET INVOLVED:
Actively Participate in the Exercises. You Will Benefit Much More by Participating Than by Sitting on the Sidelines.
- FIND THE BIG IDEA:
Try to Identify at Least One "BIG IDEA" That Alone Will Make This Workshop Worthwhile. The Ideas Will Be There... It Is up to You to Find Them.
- ENJOY YOURSELF:
Start Relaxed and You Will Leave Refreshed, Inspired and Recharged.

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Where do you see yourself in this picture . . . ?

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3 Elements for Making Healthy Lifestyle choices and Balanced Living

1. The Picture
2. The Problem (Opportunities)
3. The Plan



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Dream Goal

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Exploring the Process of Change

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If you remember the *first* time bell bottom jeans and sandals were popular, it's time to see an internist.

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Hard Realities About Change

1. Learning to live beyond
the *“J” curve*



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Hard Realities About Change

2. Change is not *rational*

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Hard Realities About Change

THE WHOLE WORLD ISN'T
AGAINST YOU....THERE ARE
BILLIONS OF PEOPLE WHO
DON'T CARE ONE WAY OR ANOTHER!



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Hard Realities About Change

3. Resistance is *sane*

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Hard Realities About Change

4. Change is *loss*

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Hard Realities About Change

5. You cannot change
attitudes - focus on
behavior



General Change Principles

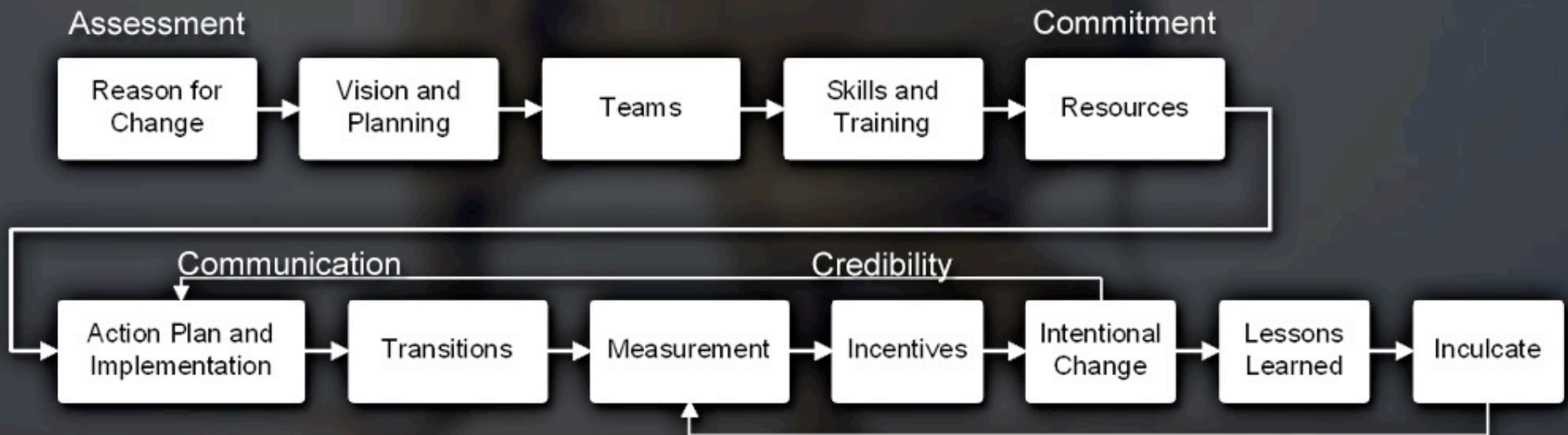
1. You need to be *strategic*

- a. Rational Change
- b. Coercive Change
- c. Normative Change



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Intentional Change by Design



Overview of Whole Person

1. Social – Relational, Family, Friends
2. Physical – Exercise, Diet
3. Mental – Professional, Learning
4. Financial
5. Spiritual – Emotional
6. Community



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Self-Dimension Grid

	10	20	30	40	50	60	70	80	90	100
1. I have several close friends	•	•	•	•	•	•	•	•	•	•
2. I meditate / pray daily	•	•	•	•	•	•	•	•	•	•
3. I exercise vigorously each day	•	•	•	•	•	•	•	•	•	•
4. I enjoy time spent with family	•	•	•	•	•	•	•	•	•	•
5. I have set financial goals	•	•	•	•	•	•	•	•	•	•
6. I am satisfied with my career	•	•	•	•	•	•	•	•	•	•
7. I am involved in community affairs	•	•	•	•	•	•	•	•	•	•
8. I enjoy reading books	•	•	•	•	•	•	•	•	•	•
9. I make friends easily	•	•	•	•	•	•	•	•	•	•
10. I have established spiritual goals	•	•	•	•	•	•	•	•	•	•
11. I eat nutritious foods	•	•	•	•	•	•	•	•	•	•
12. I write / call members of the family	•	•	•	•	•	•	•	•	•	•
13. I am earning the income I want	•	•	•	•	•	•	•	•	•	•
14. I am involved in creative work	•	•	•	•	•	•	•	•	•	•

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Balanced Living Chart

Social		Spiritual		Physical		Family	
1.	_____	2.	_____	3.	_____	4.	_____
9.	_____	10.	_____	11.	_____	12.	_____
17.	_____	18.	_____	19.	_____	20.	_____
Total	_____	Total	_____	Total	_____	Total	_____
Financial		Professional		Community		Mental	
5.	_____	6.	_____	7.	_____	8.	_____
13.	_____	14.	_____	15.	_____	16.	_____
21.	_____	22.	_____	23.	_____	24.	_____
Total	_____	Total	_____	Total	_____	Total	_____

After transferring your percentage scores from the Self-Dimension Grid to the spaces indicated above, add the totals under each heading for the eight areas of your life and turn to the Wheel of Life.



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The Wheel of Life



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Life Balance Sheet

"Everyone thinks of changing humanity, but no one ever thinks about changing themselves." - Leo Tolstoy

Social	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total		
1.																																		
2.																																		
3.																																		
4.																																		
5.																																		

Physical	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total	
1.																																	
2.																																	
3.																																	
4.																																	
5.																																	

Mental	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total
1.																																
2.																																



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Commitment Through Adversity

“Adversity had the effect of eliciting talents, which in prosperous circumstances would have lain dormant.”

Horace

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Commitment Through Adversity

1. Identify *core values*

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Commitment Through Adversity

2. Develop your personal *mission statement*

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Commitment Through Adversity

3. Choose *testimony*
over *title*

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An elephant is shown from the back, balancing on a colorful beach ball (yellow, white, blue, and red) on a sandy beach. The background is a clear blue sky. The text is overlaid on the image.

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