

# Life and Health by Design™

An e-Guide for Getting Started



WHOLEHEALTH<sup>SM</sup>  
RESOURCES

by  
Deborah Barr

[www.wholehealthresources.com](http://www.wholehealthresources.com)  
[Deborah@wholehealthresources.com](mailto:Deborah@wholehealthresources.com)

## Life and Health by Design™

### Getting Started

Do you feel stuck as though energy seems to be standing still or stagnating in and around you? If you're experiencing health, emotional, or weight challenges, your personal energy is not flowing well. The quality of your personal energy determines the health of your life, finances, work, and relationships—everything.

To get unstuck, it's helpful to understand that everything is feeding you and creating you—moment by moment. This means food, thoughts, emotions, conversations, environment, activities, relationships, life's work and everything else you expose yourself to from television, music, movies, the news, and more.

Making new choices and taking action are the only ways to get unstuck. You don't have to change everything overnight. Small, consistent changes lead to big results. Having a Coach or participating in a class speed up the process.

First, it's essential to know yourself well. Taking the time to complete these Focus Sheets will begin to get your energy unstuck. Focusing your mind on these processes will bring answers and solutions you didn't know exist. You activate the power within you by thinking and talking about your dreams, desires and goals. Do you believe that you deserve to have a radiantly happy, healthy, abundant life that you love?

It takes **clarity and focus** to make change. This takes awareness. Paying attention to how you feel about everything, including your thoughts, emotions, choices, the people in your life, and how you respond (or react) to everything in your life is a necessary first step in harnessing energy and directing it in healthy ways.

What you focus on is what will become your personal reality. When you continually think about something wanted or unwanted, you are sending out a signal and life will bring to you what matches it. You have an opportunity at any time to leave the energetic cycles you are enmeshed in that are causing discomfort, unhappiness or suffering. Every positive move is amplified and causes a momentum of more of the same. Clarity comes with defining what you want for your health and life. Writing a Vision Statement and reading it regularly sends a vibration out into the world that will harness the energy that matches it. Doing so will bring you guidance and inspiration on actions you may need to take, including what you need to let go of.

If you'd like more of an understanding of all this, please read ***The Many Ways You Feed Yourself*** by clicking this link:

<http://www.wholehealthresources.com/newsletter/whmoct06.htm> It's from one of my past newsletters and you'll have to scroll down to get to the article.

Do you let yourself down by not doing what you know is needed? If you're like most people you commit to your goals, and take some new actions. Soon your enthusiasm fizzles and you're right back where you started.

It's important to mentally prepare yourself by identifying and releasing negative pay-offs you have been receiving from your challenges. Tearing down old foundations that are not working and building sturdier new ones is essential to your success. This is an inside job, one that will end the cycle of trying and failing.

---

I invite you to attend my popular TeleSeminar, ***Life and Health by Design™*** scheduled to begin Fall, 2011. Your participation is sure to bring you success.

Click here for details:

<http://www.wholehealthresources.com/services/Lifeandhealthbydesign.html>

You'll learn to design a richly rewarding approach to living the life you want to live, and doing it with vigor, passion and well being. You never again have to be controlled by all the conditions that have been holding you back. Learn to make your life a work of art that continually allows you to reinvent your enjoyment of it.

There are many contradictory books and lots of internet advice all espousing the perfect way for everyone to have optimum health and an abundance of everything. You can accomplish your goals by learning how to create a personalized blueprint for designing your ideal health and life based on where you are right now. If this is the year you are genuinely committed to your health and happiness, the support, guidance, resource material, and accountability you will receive from being a participant in this TeleSeminar provide the perfect opportunity for you to triumph.

TeleSeminar benefits: **no travel expenses; no time away from home or office; Participate from anywhere in the world; the most economical way to learn; Class Notes delivered to your inbox.**

**Click this link for details and registration:**

<http://www.wholehealthresources.com/services/Lifeandhealthbydesign.html>

You have my sincere best wishes for an abundance of all good things in all ways—always!

In Health and Peace,

*Deborah Barr*

Kenmawr, 201C  
401 Shady Ave.  
Pittsburgh, PA 15206  
412.361.8600

[Deborah@wholehealthresources.com](mailto:Deborah@wholehealthresources.com)

Deborah Barr, 25-year Holistic Health Counselor/Coach, speaker, and author, works with clients who want to reverse health and weight issues; achieve emotional harmony, radiant health, passion, peaceful living, work-life balance, and a life they love. In 1985 she founded **Whole Health Resources**, the premier Holistic Health Center in Pittsburgh. WHR's mission is to promote the healing and development of body, mind and spirit, and to teach an understanding of the relationship between diet, attitudes, lifestyle and wellness. She offers free help through her 2 e-newsletters, **Natural Weight Loss**, and **Whole Health Matters**, and free articles at [www.wholehealthresources.com](http://www.wholehealthresources.com)



## Financial

How much do you need for fun, living expenses, maintenance, gifts, vacations and travel, savings, home repairs/remodeling, early Retirement, hobbies, education, Personal development and others?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Social

Cultural events, concerts, entertaining, causes, memberships, organizations, dining out, parties

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Career

How much time do you want to spend working; what do you want to be doing; do you want to work alone or with others; what skills do you want to use; type of people you want to work with; income and benefits you dream about and everything important to you.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Relationships

List the qualities you'd like in people in all areas of life including partners, friends, co-workers, employers, family, neighbors, professional

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## List Everything You've been

**Tolerating** – disorganization, clutter, health or weight problems; overwork, lack of love, appreciation, money, joy, pleasure, respect, affection, do nothing time, etc.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Letting Go

What things are you going to let go of, change, restructure or stop doing in 2010 that will make your life better?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Supportive New Choices

Environments, organizations, people, classes, resources that will help you evolve yourself; develop a healthy, fit body; keep you on track with your goals, inspire, support and motivate you

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## New, Fun Things To Do

What pleasures, hobbies, activities, adventures, classes, creative endeavors, accomplishments, and fun things will make 2010 a great year?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

