

# Choose Your Best Life in 9 Steps

The world has changed. 18 months ago, we all felt “normal”. Then COVID hit.

No matter what your political view of it, we are all transitioning into a “new normal”, whether we like it or not.

We tell each other “Stay safe”. How ironic. Life as such is inherently unsafe, and nothing, yes nothing we do will ever change this.

We talk about the “deadly pandemic” – without thinking about the fact that life itself has a death rate of 100%. There is no vaccination or treatment for escaping life’s finality.

You can surf the internet, watch TV, play video games, use addictive substances, work 24/7 or use other tactics to try to temporarily avoid having to deal with reality, but in the end, we all must face the ultimate truth: Life is a finite condition.

This e-Booklet is about you. How you can deal better with stress, information overload and feelings of sadness, worry, anxiety or depression.

It is about how you can deal better with the ebbs and flows of everyday life as an entrepreneur and a person living in today’s world of rapid change and increasing chaos - by making 9 crucial choices.

A word of caution to start:

## **Asking for help is not a sign of weakness, but of courage!**

If you feel seriously depressed or anxious and feel it is impacting your functioning significantly or worse - you are thinking of hurting yourself - please ask for help. Talk to a friend, a counselor, your doctor, a clergy member, a coach, someone you trust and get the help you need. Or do like I did, get yourself to the next emergency room and tell them how you feel. I am sharing my own story of despair and hope to encourage others to not give up and have the courage to keep looking, keep searching until they found a solution that works for them.

If you'd like to talk with one of us, please feel free to book a free meeting:

**Book with this link:** <https://social.docchristine.com/connect>

## **You have a choice.**

A choice to stay hustling along, complain, get mad and feeling like a victim of your circumstances, or to take yourself to the next level, take true responsibility for your life and actions, and stop blaming others for things that go wrong in your life.

## **Mental health is at least 5-dimensional:**

1. Physical – Our Body, genes, biochemistry, hormones, enzymes, environmental toxins, food, exercise, medications, supplements, and others
2. Mental – Thoughts, emotions, beliefs and more
3. Spiritual – Your purpose and passion and the connection to a higher power

4. Social – Connections with other people, animals, the environment, and the planet, our culture
5. And Financial – do you have enough money not to have to worry about where the next bite to eat will come from or whether you have a relatively safe and warm place to live? Can you afford basic medical care?

All 5 dimensions need to be reasonably in balance for you to be able to deal with the onslaughts of everyday life in a positive way.

## **9 Practical Steps to Truly Start Living Your Best Life**

### **Step 1: Choose Your Best Life**

If you haven't done it yet, we invite you today to make the Choice that Living Your Best Life is your goal and make a firm commitment to yourself to work towards it.

#### **Thinking vs DOING**

This e-book will only help you if you apply what you hear us say to your own situation as best as you currently can and start DOING. – Change is not thinking about things, it takes consistent, even small action in the right direction to get anywhere.

If you want to stand on top of a mountain and enjoy the view, you can think about the way to the top all your life long - and at the end of it you find yourself still at the bottom – UNLESS you start with the first even tiny and hesitant step in the right direction.

## Step 2: Choose Your Mountain

And it's not just about going forward step by step.

I, Dr. Christine, talked to many people at the end of their life.

Their main regrets were besides spending more time with loved ones – not having taken the risk to do the things they really wanted in life. At the end of their life, they literally find that all their life they have been climbing the wrong mountain.

I don't want you to find yourself in this position.

That's why step 2 is all about climbing the right mountain. In this step we will help you to find the right mountain to climb – and then your way to do it safely.

So here is where goals come in. You may have heard of

### **SMART goals -**

Specific, measurable, achievable, realistic, timely. And those have a place.

But they are counter-productive if you are making your life plan as we are doing here together.

We recommend starting with DUMB Goals. And it's not our idea, we heard that first from one of our mentors, Brendon Burchard, from whom we learned a great deal about not just how to run a successful business, but also about how to build – and then run a successful life.

That's why our motto is:

**“It's NEVER TOO LATE to Start Living Your Best Life!”**

No matter your age, until your last breath, you have a chance to grow, make your life and that of those around you better by being a role model.

**Why SMART goals are not Smart!**

So here is why SMART goals are not SMART – at least not if you start with those: SMART goals don't work. They just don't.

Consider losing weight.

A typical SMART goal looks like **this**: “I will lose 10 lbs in 10 weeks” (specific, measurable, achievable, realistic, time-based).

Okay, sounds good, right?

So WHY do 95% of people who initially may lose weight either give it up or gain all their lost weight back – and then some?

Are those people all weak & lazy slobs lacking self-discipline – as we may think at first – or could it be that SMART goals don't work?

Believe me, we tried it, we KNOW from personal experience how SMART goals work – or rather not - after trying them for more than 20 years...

I (Dr. Christine) ended up creeping from a healthy 170-180 lbs to 315 lbs....

We don't know about you, but our conclusion is this: SMART goals don't work – when you START with them and do not consider the DUMB part first.

DUMB changed our life. And it may change yours.

## **DUMB Goals...**

**But, you may say: What are DUMB goals? What does DUMB stand for?**

Of course, it's another Acronym.

**D – stands for Dream-based.**

That means, going deeper into the why. WHY do you really want to achieve the goal? For the weight loss example, that may mean, “I want to lose weight to feel healthier, live longer, look better, my clothes fit” and things like that. And then, go deeper until you get to a level like: “I want to feel healthier to be able to serve others better with my gifts, to be there when my children marry and see my grandchildren – and be able to get on the floor with them to play, run after them and have fun” – or whatever your dreams, your life goals really are, not on the surface, on a deeper level.

We can't go into the details here, but in our “Live Your Best Life” Program, we do.

**Next the U – Uplifting.**

Does a goal like “I want to lose 10 lbs. of fat” lift your spirits?

It sure doesn't do that for us. When we think it, we automatically think: “Oh no, I can't eat my favorite foods anymore, I am going to feel hungry all the time, It's going to be too hard” or something like that. Those are what Dr. Daniel Amen calls ANTs – the creepy crawlers infesting our brains – Automatic Negative Thoughts.

Compare this with: “I want to lose weight so I can be healthier and live longer and play with my grandchildren as well as serve others”.

What goes through your mind when you hear this? We bet if you have grandchildren or children – or even if you just remember your own time

being a child - you imagine the fun of playing. Makes you feel much better, right?

Next are the 2 more practical parts of pursuing DUMB-ness:

**M – Method-Based:**

Pick a method that’s proven to work. Again, for weight loss, that may be a balanced whole-foods diet, intermittent fasting, a short-term ketogenic diet, a lower-calorie Mediterranean diet or any other diets that appeal to you and is proven to work if it is done – and that you can live with for the long term.

I wrote a good little book about food choices: “Eating for Vibrant Health and Explosive Energy”.

Find it here: <https://www.amazon.com/Eating-Vibrant-Health-Explosive-Energy-ebook/dp/B07BJC912V/>

And the last letter of DUMB

**B – stands for Behavior-Based.**

Choose behaviors that support your decisions – and then stick with them.

And again, if you need help with any of this, we are here for you. Just book a free consultation with one of us and we will see if we can help you, too.

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### **Step 3: Choose Your Food - Eat Better**

Eat better. We touched on this before, and it seems easy and obvious. Most of us know exactly what we should eat, and I won't spell this out here in detail.

So why don't we all do it?

There are studies proving that if you eat more vegetables and fruits, you feel happier – and it starts to work within 24 hours!

There are many ways to choose foods that you love – AND that love you back!

So knowing this, will you make the choice today to do this?

If you are not sure about what foods to choose, what's ideal, acceptable – or better to avoid - reading one of our books is a good first step.

Find all of Dr. Christine's books here: <https://www.amazon.com/kindle-dbs/entity/author/B07BRLN5RX>

### **Step 4: Choose Your Exercise**

Another obvious thing, it seems, that most people do not consistently do. So why don't we all do it?

And again, many studies prove that regular exercise is as effective as antidepressant pills within 12 weeks – and after 10 months exercise is more effective!

Even simple walking or the 4 – min Nitric Oxide Dump originally described by Dr. Zach Bush MD - will change things for you – if you do

them. We like it so much, here is the link to the YouTube video explaining this exercise: <https://youtu.be/PwJCJToQmps>

In the end, what matters is to choose exercises you love – and that love you back!

So knowing this, will you make the choice today to exercise regularly?

### **Step 5: Choose Consistency! - Put Yourself on Project Status**

When you are pursuing a business project, you work some on it every day. Make yourself your project of highest priority. Work on yourself every day: What you do every day is important! You can develop new habits over time, but it can take a long time to do so. Tiny steps and timely celebrations as a reward for your brain are important to maintain those tiny changes.

And that applies to all 5 areas of mental health. Do small actions every day - not just for your physical health, but also for your mental health, relationship and social health, spiritual health and experiences and even finances.

### **Step 6: Choose Your Boundaries**

Set boundaries in relationships to protect your self-esteem and time – learn to say “no” gracefully.

This can be difficult as most of us don’t want to be rude, or even mean, and want to be helpful and support others.

And that's what we definitely want for ourselves, too. We thought for the longest time that just a "no" to a request was not acceptable for a "nice" person.

The way from being a doormat to being assertive – without veering too far into being "rude and aggressive" territory – was difficult for us to learn and is for many of our clients.

Especially for helping professions like coaches and healers, this attitude leads to being used by some people until all your time is being used up to support others and none is left for your own needs, that of your loved ones and those of your business.

A healthy set of boundaries for different situations – not unmovable walls, but flexible, rubber-like, will allow you to react to different requests in a differentiated way that allows you to still use your unreplaceable time in a way that serves your goals first.

We see this often in our clients in co-dependent relationships, which on the long run make both partners miserable.

### **Step 7: Choose Your Attitude – Practice a Stoic Attitude**

You may never have heard of Seneca, Marcus Aurelius or Epictetus, and that is understandable. Those philosophers seem so "outdated". And if you heard of stoicism, but never studied it yourself, you may think it means something like "never having feelings" or "not feeling at all".

Nothing could be further from the truth.

There is fashion in personal development. Certain things are "in" at certain times and seem "outdated" at another.

Really, whether we call it Stoicism, Buddhism, Taoism, emotional regulation, self-regulation, letting things go or whatever is “in” the basic is every time the same. Detachment from outcome is critical. We know that when we do sales in business. If a client perceives you as “needy” – they don’t want to buy from you.

Same in a relationship. If your partner is too “needy” or “clingy” you feel suffocated or controlled and pull emotionally away from them.

The most helpful attitude in our opinion is that of self-reliance, responsibility of your own feelings, thoughts, emotions and actions and the attitude that: “No one can “make” you feel a certain way”.

It’s feeling the feelings, and then examining the thoughts behind them (and if needed, changing them, as we address in step 9) and then making a conscious decision on whether to act on those feelings and thoughts.

And if the answer is yes – making a conscious choice about how to act on them.

This is true stoicism.

Yes, it is easier to just not to feel at all, to just push it away, and I (Dr. Christine) have done myself for the first part of my life, because I didn’t know better – and it landed me in the mental hospital with a complete breakdown.

You see, pushing away feelings makes them stronger. Dealing with them as outlined above resolves them and gives you true freedom of choice, at least mentally.

## **Step 8: Choose Gratitude - Notice the little things**

While we have our vision on our inspiring and uplifting goals, at the same time we need to notice the little things in our life that make us happy.

We often only look at the negative aspects of things.

You may know the story of Pollyanna. She was the daughter of a poor missionary. Her greatest Christmas wish was to get a doll to play with. So, her father ordered a used doll by mail.

When the parcel arrived, Pollyanna ripped it open – only to burst in tears when she discovered that by mistake, she had been sent – a pair of crutches.

After a while her father said: “Pollyanna, I know this has not been what you or I expected. But try to think of one thing about these crutches that you can feel glad about.”

Pollyanna thought about this for a while, and then came up with this: “I am glad that I do not need to use them!” – And this immediately made her feel better.

So, notice the little things, be glad about them, even if they seem to be negative at first. Find something positive about it, so you can truly appreciate them and be grateful.

Whether you want to call it being grateful, mindfulness, being in the now, we think these are all similar names for the same general idea.

## **Step 9: Choose your Thoughts – Exterminate the ANTS in your Brain**

Here we are: We talked before about the fact that changing our thoughts is important for our mental, physical, social, spiritual and financial health.

And we can learn how to exterminate the ANT's in your brain that are stealing your joy.

ANTs of course is an Acronym again. It stands for Automatic Negative Thoughts.

You may have heard of cognitive distortions, negative thoughts or other terms explaining the same idea.

I like ANT's because it is more fun. Fun makes life much more enjoyable if it isn't at others' expense.

The old saying "Laughter is the Best medicine" is very true! A heartfelt belly laugh feels – and truly is – liberating.

Again, if you want to go deeper, contact us and we will be happy to help you apply all this to your individual situation.

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As entrepreneurs, our business is our life.

**And our life is our business.**

Businesses are based on science. Economic science. Mathematics. Computerizable. We measure list size, click-through rates, profit margins and all kinds of things for our business.

Some of us do the same for their life. They obsess on counting calories, measuring food, exercise routines, weight and inches.

Most of us don't do any this for our life. And we don't recommend doing too much of it either.

So how does Business and our Mental or Brain Health work together?

### **Is Your Brain a Supercomputer?**

We often think that we experience life and the human brain mostly based on science. Brain Science. Neuroscience. We constantly learn more about how our Brain works. So, our brain is just a super-computer, right?

We don't think so. Our Brain is our central processing system in a big way, and it seems to work like a super-computer, but with one big and significant exception:

It processes the outside and inside world primarily through emotions.

Computers do not have emotions. They are cold and calculating. They can't love. They can't care.

Most humans getting older will have or develop some kind of spiritual beliefs, a connection to a higher power or energy force, whether we call it God, Allah, Yahweh, Mother Earth, the Universe or something else.

But even when we disregard those probably uniquely human spiritual beliefs for a moment, as humans, we can choose to love or hate.

### **We Can Choose to Love**

We can choose to adopt a set of values and morals, and act in a way that is helpful or harmful to us and other beings and the planet.

It's our choice. We can use computers and have them work for us - or against us, depending on what we decide.

Computers are just tools. They can be programmed by us (or someone else) to do good OR bad.

In our opinion, we Humans should not be the tools of others to be programmed and controlled.

### **We have a choice:**

Either we claim responsibility for our life – or someone else will take over our life and take away our freedom, serenity, joy and eventually happiness.

### **What's your choice?**

If you feel a free get-together with one of us would be helpful for you, please don't hesitate to contact us.

Email or book a free meeting over a “virtual cup of coffee or tea” today!

**Book with this link:** <https://social.docchristine.com/connect>

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our Website:**

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