

## HealthfulLives Habit Hit 3 months

### Program Includes:

- ◆ Health history completion
- ◆ Initial consultation
- ◆ Review of concerns
- ◆ Circle of life review
- ◆ Schedule all meeting dates
- ◆ 3 month goal setting
- ◆ Fortnightly 50 min meetings (conference or in person)
- ◆ Fortnightly recap of focus
- ◆ Resource material as required
- ◆ Integrative health & nutritional guidance as required e.g. shopping list, meal plan ideas



HealthfulLives

## HealthfulLives Habit Change 6 months

### Program Includes:

- ◆ Health history completion
- ◆ Initial consultation
- ◆ Review of concerns & ideals
- ◆ Circle of life review / value map
- ◆ Schedule all meeting dates
- ◆ 6 month goal setting
- ◆ Fortnightly 50 min meetings (conference or in person)
- ◆ Email recap of agreed focus
- ◆ 3 month review of goals & refocus if required
- ◆ Circle of life review and update
- ◆ Additional reading / listening resources and material as required
- ◆ Additional integrative health & nutritional guidance as required e.g. shopping list, meal plan ideas, pantry review, travel tips
- ◆ Support as required via whatsapp

You deserve a health full life

## Why are programs 3 to 6 months?

New habits take time. They show no mercy  
Investment in the time now to allow you to live your life rather than just survive on medication or limited mobility.  
What would you choose? What do you deserve?

One hour every fortnight for 3-6 months to change habits that have been engrained in you. Be realistic on time to rewire habits.

### Consider opportunity cost

of a 3-6 month time commitment in exchange for more control over your health and stress levels and therefore sickness and medical expenses / treatment.

### You're busy

and undoubtedly things will come up - we respect the time commitment you are making so lets allow for the unexpected but still guarantee success.

## HealthfulLives

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Healthful *lives*



### Individual Executive Programs

At Healthfullives we believe that everyone can control their own wellbeing. These programs support and guide you through this process.

At the end of this program you will be empowered to take accountability and responsibility for your own health and wellbeing journey.

### Here for you

If you are serious about making a change you have to be serious about dedicating time to allow habits and your attitude to them to be rewired.

There may be the occasional backwards steps or pauses due to travel, unexpected work projects or family commitments but know that each step is taking you in your desired direction based on goals and vision agreed.

### Together we create change by:

- ◆ Determining your individual health concerns
- ◆ Working to define what needs immediate attention
- ◆ Agreeing upfront personal commitment (time & cost)
- ◆ Agree and set "smart" goals
- ◆ Agree and support your requirements to ensure their implementation

**What are you waiting for?**