

Wellness Essentials:

The Busy Woman's
Guide to Creating a Life
You Love (And Having
the Energy to Live It!)



Dr. BETSY LAVIN



Hello My Friend!

Thank you for joining me on this amazing journey to feel better, have more energy and live healthier. You've made the right decision to put your health and wellness on your busy to-do list and to take some simple steps to improve your body, mind and spirit.

I created the Wellness Essentials for Body, Mind and Spirit guide because I know first-hand how challenging it can be to balance work, family and life. Everything around you seems to zap your energy until you can't think straight anymore. Let me reassure you, there is a better way to live. Just a few simple changes and you can see results in no time.

These Wellness Essentials are the first step in the new you. A new courageous you who is willing to use their faith as motivation to live well. A new adventurous you who is going to challenge yourself to take your physical and spiritual health to the next level.

God's blessings to you as you begin to create a whole new you!

A handwritten signature in cursive that reads "Betsy".

Betsy Lavin
Living Well with Dr. Betsy
www.betsylavin.com

P.S. Be sure to sign up for my monthly newsletter filled with tips to live well for life!

Wellness Essentials:

for the Mind



Dr. BETSY LAVIN

Wellness Essentials for the Mind



Welcome! At Living Well with Dr. Betsy, my passion is to help you create a life you love with lots of energy to live it. Knowing how busy our schedules are, I have designed this guide to help even the busiest woman get on track with a wellness plan that takes just minutes to do.

Your Mind

The Wellness Essentials for the Mind offers 5 simple steps that help you overcome emotional barriers that keep you from fully embracing a wellness lifestyle. One by one you will let go of excuses that keep you trapped in an unhealthy lifestyle. As you change the way you “think” about living well, emotional barriers like guilt and procrastination are stripped away and you begin to live an empowered lifestyle that puts your mind at ease.

Each Essential step has a new thought for you to try as well as some of my personal favorite tips. Because weight loss is also near and dear to my heart, I’ve added a bonus essential to help with that too.

I hope you find this guide helpful in your journey to better health.

Betsy

Dr. Betsy

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What we tell ourselves on a daily basis, is reflected in our actions.

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Wellness Essentials for the Mind: Clearing the Mental Barriers

“Let us strip off anything that slows us down or holds us back and run with patience the particular race that God has placed before us.” Hebrews 12:1

Wellness Essential 1: Self-Worth

Old Barrier: “It’s hard for me to take time for myself. What will people think of me?”

It’s Okay to Take Care of Yourself First.

Expectations are high for women these days. We are expected to be everything for everyone and tie our self-worth to how much we do for others or how much time we spend at our jobs. We feel guilty if we take time for ourselves and are afraid of what people will think if we put our health first. Consequently our self-care is pushed to the bottom of our to-do list. Eventually this imbalance leads to burnout of our jobs, or resentment of others who demand more and more of us.



New Thought

“I give myself permission to put my health and well-being as a top priority in my life.” Sure, there will be circumstances where you’ll have to put someone else’s needs above your own, but for everyday living, make sure you’re telling yourself it’s okay to place your health as a top priority.

Betsy’s Favorite Tip...

Love Yourself. God said that we are to love others as we love ourselves. The key word being “as.” These words tell us that it’s important to love others but we are to love ourselves too! The best way to love ourselves is to place the well-being of our body and mind in a place of honor in our lives.

Weight Loss Tip...

Remember that God loves you no matter what weight you are. But he also sees the burden that the extra weight places on your heart. Take a step in faith and begin by loving yourself with the gift of healthier living.

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Wellness Essential 2: Clarify What Matters

Old Barrier: "I don't have time to exercise or cook healthy food."

Schedule Your Healthy Values First.

What do you value most in life? One peek at your calendar and checkbook and you'll see your answer. What you value is evident in how you spend your time, energy and money. If your calendar shows you schedule time for exercise every day and your checkbook shows you spend money on healthy food, chances are you value your health. When you value something, you make every effort to nurture and care for it.



New Thought

"My health is of great value to me, so I am going to prepare and plan my schedule around it."

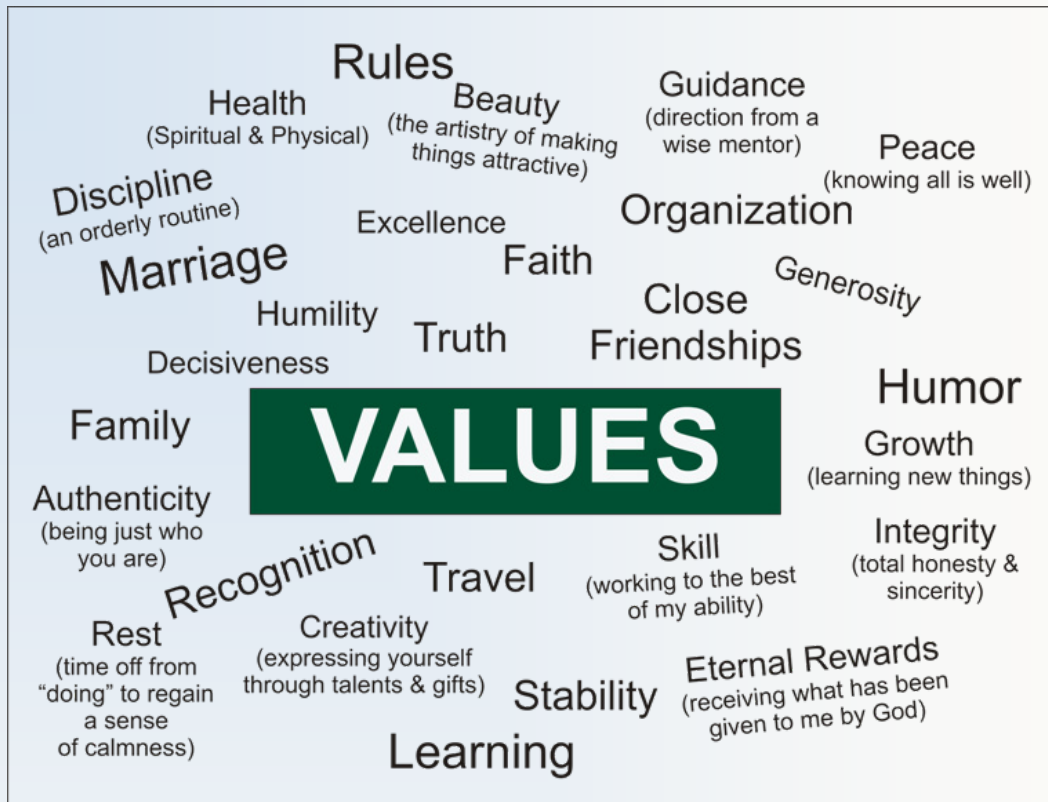
Betsy's Favorite Tip...

Determine your top 5 values (be sure to put your wellness in the list!). Once you know your top 5 values, you can begin creating your schedule around them. Scheduling your values first assures that you'll have time for the things that matter most to you. Time is valuable. Having a clear sense of your values

makes your decision making process easier and consistent. It may take some practice, but when you honor your schedule with those things most important to you, you're less likely to say yes to other things that will hold your schedule ransom. Next time you're asked to do something that takes you away from your valued exercise time or healthy eating habits, you say, "No thank you, my health is precious to me and my workout time is sacred."

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Sample Values to Chose From...



Okay, got your top 5? Now go back to your calendar and checkbook and see if you're spending time and energy on the things you value most!

Betsy's Favorite Value...

Freedom! I love the freedom that being healthy gives me. And I love the freedom being a self-employed coach brings.

Weight Loss Tip...

Create a separate set of values just for your weight loss. In order for me to overcome my obesity, this was my list of values:

1. **Breath:** I value the ability to walk up stairs without having to catch my breath and to exercise without labored breathing.
2. **Movement:** I value the ability to move around freely and unencumbered by my weight.
3. **Energy:** I value having the energy to do all the things I'm passionate about.
4. **Peace:** I value the peace in my heart that comes from caring for my body.
5. **Authenticity:** I value how vital it is that I live a life that represents the real me.

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Need help determining your values and scheduling them into your day? Want someone to help hold you accountable for living your life according to what matters most? Sign up for a personalized coaching session with Dr. Betsy on “**Values: What Matter s Most in your Life**” and together we’ll lay out your top 5 values and how best to live by them. Available at a special discounted price just for readers of this report.

Regularly \$45, now available for \$30! Contact me at livingwell@betsylavin.com to learn more or set up your appointment!

Wellness Essential **3**: *Start with One Thing*

Old Barrier: “I’ll start tomorrow.”

Start Today.

Procrastination is a favorite excuse we use when it comes to changing lifestyle habits. We think it’s going to be hard or we don’t want to feel deprived so we put it off as long as we can. Unfortunately the longer we keep putting it off, the greater the consequences of our poor choices will be.



New Thought

“I’ll start today.”

Betsy’s Favorite Tip...

It’s about progress, not perfection. Doing just one positive action every day, no matter how small, can create a snowball effect where your mind is motivated to make more and more good choices.

When you surrender your delay tactics and focus on just one healthy ritual at a time, it takes the pressure off and breaks your new healthier lifestyle down into manageable one choice at a time pieces.

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Procrastination is the most common barrier to living healthy.

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Weight Loss Tips...

Have no fear. It's easy to put off starting a weight loss program because you fear you'll fail (again), or you fear being deprived of all the good stuff. Surrender your fears in prayer today and take the first step of faith.

Wellness Essential 4: Find Your Passion

Old Barrier: "I don't have energy to create a whole new wellness lifestyle."

Give Your Life Meaning.

Have you noticed that when you're passionate about something, you have tons of energy for it? That's because the things we're passionate about are those things that bring joy and meaning to our lives. The key is to figure out what brings meaning to your life. Start by asking yourself these questions:

- What can you do for hours on end and still feel energized at the end of the day?
- What can you pour your heart and soul into because you know you're doing something you love?
- What do you jump out of bed for in the morning?



New Thought

"I can create the life I love."

These are your passions. Once you discover and live out the passions in your heart, your mind will be actively engaged and you'll find you have the mental energy to create a wellness lifestyle. Passions can range from motivational speaking to reading a book with your children. Making the conscious choice to live at your best contributes to your ability to pursue those passions.

"So I tell you, whatever you ask for in prayer, believe that you have received it and it will be yours." Mark 11:24 NIV

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Betsy's Favorite Tip:

Create a wellness lifestyle as your passion! For me, wellness is my passion. Living it, teaching it, sharing it, I love every minute of it. When you turn wellness into a career choice, living well becomes a highly empowered journey.

Weight Loss Tip...

Join a faith-based weight loss group that is passionate about helping you lose weight while growing your faith. You'll gain strength and courage from others who are on the same journey.

Wellness Essential **5**: *Identify What's Keeping You Stuck*

Old Barrier: "I'm too stuck in my old lifestyle."

Remove Personal Obstacles and Roadblocks.

Staying on track with wellness takes a lot of mental focus. It seems there is always something getting in our way and preventing us from moving forward. Social events, project deadlines or family demands have a way of keeping us in our old, worn pathway of habits. Some of them are smaller obstacles like birthday parties and family celebrations where healthy foods are not on the menu. Others like low self-worth and illness can be huge roadblocks that stand in our way of living well.

New Thought

"I am a new creation every day."

Betsy's Favorite Tip...

This tip is two-fold.

First: Find your favorite excuse. We've covered some of the most common barriers that keep us stuck in a rut; self-worth, procrastination, lack of energy or passion. Now

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it's time for you to identify your personal barriers keeping you from living well. What is it that is keeping you from making healthier choices? What's your favorite excuse?

Second: Find your favorite reason. You can overcome any excuse with a good reason for doing so. What will motivate you to make a change for a better, healthier lifestyle? What is the first step you will need to take to overcome this obstacle?

Weight Loss Tip...

Find your motivation in God. For many years my motivation to lose weight was to look better in jeans or look good for a particular event. Now my motivation is to honor God by making good food choices, thinking positive thoughts and walking in the freedom that a disciplined lifestyle gives me. You too can choose to honor God with your choices and walk with peace of mind that self-control and discipline brings. Start by creating a closer relationship with him, and watch great things happen!

Your Wellness Essentials Planner Daily Affirmations

"I give myself permission to put my health and well-being as a top priority in my life."
"My health is of great value to me, so I am going to prepare and plan my schedule around it."
"I'll start today."
"I can create the life I love."
"I am a new creation every day."

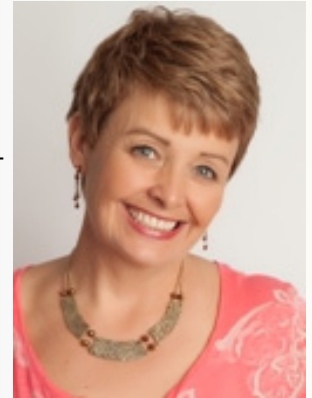
Want to Learn More About Your Values and Passions?

Check out Dr. Betsy's "[Find Your Beautiful](#)" Life Plan which helps you clarify God's calling for your life. Discover God's divine design and purpose for your life.

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Betsy Lavin: Connecting Faith and Health

As a Christian Life Coach Betsy Lavin helps women connect their faith with their health to create a lifestyle of living well physically and spiritually. She understands how difficult it can be for a woman to keep her health a priority when so many other life's demands are vying for her time and energy. Betsy's personalized wellness programs and retreats are designed to be a place and time where women can step away from their busy lives to renew body and spirit.



A Doctor of Chiropractic with 20 years of experience in health and wellness, Dr. Betsy specializes in nutrition, purification, and weight loss programs. She is a certified Life Purpose Coach through Life Purpose Coaching Centers Int.[®], creator of "Find Your Beautiful" Life Plan and founder of Life Purpose Retreat and Coaching Center in Granite Falls, MN. Her programs and retreats have helped hundreds of women discover their divine design and get the empowerment needed to start living well.

Dr. Betsy's personal weight loss success story (printed in *McCall's* and *First for Women* magazines) has been inspirational for many. She lives with her husband Pete on a four generational farm in rural southwest Minnesota.