

FIVE STEPS TO ACHIEVING YOUR HEALTH AND FITNESS DREAMS!

Whether it be running a marathon or simply learning how to walk again, the path to achieving your health and fitness dreams can be confusing. Here are five basic steps that will guide you to achieving your dream.

1. DreamAchieve Plan. To achieve any dream, whether it is related to your health, fitness or anything else, you must first be very precise and clear as to what it is and when you want it. So sit down with a note book and make three categories:

“My Dream to Achieve in 30 Days”

“My Dream to Achieve in 90 Days”

“My Dream to Achieve in 365 Days”

Here is an example of one of my client’s DreamAchieve plan who, six years prior, had suffered a stroke:

My Dream to Achieve in 30 Days

- *To move my fingers and hand*
- *To pick up a cup of coffee*
- *To eliminate back and neck pain*

My Dream to Achieve in 60 Days

- *To be able to exercise again*
- *To raise my arm over my head*
- *To walk without a limp*

My Dream to Achieve in 365 Days

- *To live a normal life again; relationship; live on my own; to have my own place*

2. DreamAchieve Strategy. Once you have determined your goals, create a very specific strategy as to how you are going to achieve them. This is the tricky part as you may need some outside assistance; search for those with education and knowledge in related fields who will sit down with you and offer guidance.

Here is my client’s DreamAchieve Strategy to achieving the first goal on her list:

To move my fingers and hand.

- *Muscle Activation Techniques 2x per week: integrating a regular treatment program will assist in developing a strong foundation between my mind and body and balance my muscular system.*
- *Massage 1x per week: this will complement Muscle Activation Techniques by encouraging the body’s natural healing systems (circulation, nerve awareness/proprioception and calm overworked areas).*
- *Exercise 4x per week: a program that is based upon an in depth biomechanical analysis. Exercises will be created and continually re-created to microprogress me safely and effectively towards my goal.*

3. DreamAchieve Team. Now that you know what you want and how you are going to achieve it, you need a team of friends, family and/or professionals to inspire you, hold you liable and keep you in check. No matter who you are or what your story is, encouragement and guidance will make the process of achieving your dreams fun and easy.

Are you recovering from pain or injury? Are you training for a big race? Or is your dream to simply integrate a healthy lifestyle into your hectic routines? Whatever you are working towards, it is often difficult for those closest to you to understand and support your dream. Here is a common coaching strategy to constructing a conversation that is honest and outcome based.

1. Find common ground.
2. Express your position.
3. Find a solution.
4. Express gratitude.

Your professional support team will probably be made up of a number of experts (doctors, trainers, coaches, therapists, etc.). Ensure honest and open communication not only between you and each one of them, but between each individual expert. The doctor should be updating the trainer, the trainer the coach and so on.

4. DreamAchieve Execution. You have the plan, the strategy and the team, now do it! Stay consistent, keep your focus on the goal and enjoy the process.

5. Achieved Your Dream! Celebrate and take pride in your accomplishments! Often the process can seem so slow that it is hard to recognize progress. If you find this to be the case, keep a journal or ask your team for help. The client that I mentioned previously was the perfect example of achieving her dreams and recognizing it! Ten days into her DreamAchieve program, she was moving her fingers and hand! Within the year she was walking and living like anyone else, she was happily engaged and loved life again. With each small step forward she would be ecstatic, using the energy of success to accomplish the next goal.

You did it! Congratulations!