

Core Wellness Institute
Organic Posture and Functional Fitness Coaching Course
Module 12 Focus Sheet

Core Thoughts

Keeping your focus...

Now that you have spent the last 12 weeks or more focusing on creating a new identity for yourself as a more centered, healthy, and vibrant person who is always in a state of constant renewal, it's now crucial that you keep it up.

The Danger...

If you go “back into the world” and get sucked back into the thoughts of scarcity, lack, fear, worry, disease, and the “outside in” mentality of the current “health” care model you will lose all you’ve gained.

In order to continue to grow, expand, and evolve into a stronger and more resilient person, you have to keep your focus on the abundance that out there just waiting for you to claim it.

Earl Nightingale once gave a very important success principle which was, “Just look at what everyone else is doing and do EXACTLY THE OPPOSITE.

I heard recently another success guru call it “The Law of Reversal”.

Everyone else watches the news and gets bombarded with all the horrors. So you don’t.

Everyone else is eating fast food. You don’t.

Everyone else is using drugs to mask their health problems while the underlying cause is never addressed. You don’t.

Everyone else is talking about people and standing in judgment. You don’t. You accept experiences as they are.

Everyone else blames viruses, bacteria, allergens, and the weather as the cause of illness. You don’t. You work on making yourself stronger.

Get the picture?

Remember, whatever you put your focus on grows stronger. So choose your focus wisely and strategically continue to create the life you desire instead of letting life create you.

Enjoy every extraordinary moment of the journey.

Core Movement

Living from the core...

Although you've learned lots of interesting movements and exercises during this initial 12 week course, I'm going to let you in on a secret...

This program is not about doing exercises.

It's all about *moment to moment awareness* of how you are moving through your life. It's about being AWARE if you are sitting in a slump and correcting it on the spot.

It's about imagining springs on your pillars when you walk down the street.

It's about always having the INTENTION of growth and expansion vs. dropping down in to stress and protection by default.

And when you DO have a stress and your "protection posture system" kicks in, you are *immediately* aware of it and can go back to your breath and your center to get back on track.

It's about using your breath and your core to do your heavy lifting.

It's about doing the dishes, taking a shower, getting a glass from the cabinet, walking your dog, digging a hole, watching a ballgame, singing, dancing, socializing...it's about EACH AND EVERY MOMENT OF YOUR LIFE lived with AWARENESS AND INTENTION.

You have so much power and energy in your center. Constantly use it...or lose it. And remember, it only takes a few days to "lose" it. So stay on your game.

Core Nutrition

The most appropriate thing to do here is remind you of the basics.

1. Whole Foods (nutrient density)
2. Color
3. More than half of every meal is RAW FOOD
4. Grasses and Greens not Grains (less omega 6 fats more omega 3)
5. Go very easy on or eliminate wheat (gluten)
6. Eat Organic and local (farmers markets)
7. Eat only grass fed, free ranging, organic meats if you choose to eat meat
8. Clean filtered water (reverse osmosis preferably)
9. Omega 3 supplements (EPA/DHA)
10. Multiple Vitamin
11. Eat with a conscience (avoid factory farm products)
12. Eat with mindfulness (develop a relationship with your food, bless it, and slow down.)

Remember, the happier and more fulfilled you are the fewer cravings for bad stuff you'll have.

When you are functioning with “peace” physiology, your body *automatically* burns fat instead of sugar for fuel, which lessens cravings and gives you more sustained energy.

FINAL THOUGHTS

You deserve huge congratulations for being an active participant in this course.

I know that it takes some “warrior energy” to choose to eat differently, to think differently, and to exercise differently. And as you continue to stay in this mindset you will continue to run into people that tell you you're crazy, or some kind of “health nut”.

So just remember that one of the most important things is to have confidence in yourself and confidence in your decisions. And I'll leave you with a quote from the editor of Psychology Today when she gave a formula for confidence...

***“How active you are in pursuit of your goals
multiplied by how immune you are to naysayers = confidence.”***

It's one of the greatest assets you can ever create:

IMMUNITY TO CRITICISM.

So stay with it. Go against the grain. NEVER get too “comfortable”. Keep growing. And remember to think good thoughts, eat good food, and KEEP MOVING!

We're here to help keep you on your path. - Dr. Hoffman