



Self Coaching Stimulators

***What do I imagine is possible if I
focus on my breath and eating just
for today?***



1. What's my first thought?

I believe in you. I believe that you have the power to do things you've never imagined. That's why I ask you every day, what do you imagine? Your imagination is your super power. It's within you. It's called your future self. The power becomes available the moment you ask, "What does my future self desire?"

Today, what do I imagine is possible, if I put a little bit more focus on my breath – *breathing through my nose* – and eating – *eating for aliveness* – today. **What's my first thought?**



2. What's occurring now?

Hope is like vitamins and nutrients for the future self. Happiness and hopefulness travel as a team. Happy, hopeful thoughts; happy, hopeful emotions; happy, hopeful stories; and happy, hopeful memories. Snack on hope and happiness. What do I really imagine is mealtime? I'm eating for aliveness. What does my future self desire today? **What's occurring now?**



3. What just happened?

We get our biceps in the gym with macro movements. We get our six pack in the kitchen with what we eat. We get our peace of mind from our meditation. We get our recovery from our sleep and we get our presence and awareness from our breath. Today, what is possible when I bring breath presence while I eat, just for today? **What just happened?**



4. What am I feeling now?

Jeff Volek and Stephen Phinney helped me get a deeper understanding from their book, *The Art and the Science of Low Carbohydrate Performance*. It's because of these guys I got the thought that fat is my friend. My scoop of ghee butter every morning serves my body as a predominant fuel during both rest and exercise and adds incredible flavor to my morning coffee. The secret to fat consuming is to increase fat intake without overconsuming carbohydrates and proteins. Yes, fat is my best friend. What do I imagine is possible if I focus today on eating for aliveness and nose-breathing for presence? **What am I feeling now?**



5. What are my opportunities?

Will Cole, certainly one of the great ketotarians says, "Food is medicine." If you have not considered a keto approach to eating, it's worth investigating if slow, steady, permanent weight loss is your goal. Fat is fuel and we need to focus on healthy fats and on cutting unhealthy carbs to curb cravings. Experience shows that we'll become fat-burning, anti-inflammatory, anti-aging, brain-fueling powerhouses. And we are always nose-breathing while chewing food. What do I imagine is possible if I focus today on eating for fueled aliveness and nose-breathing for lasting presence? **What are my opportunities today?**



6. What's missing?

Stop eating junk food and you'll become more alive. Ask your future self, is that a desire that it has, to live with more aliveness? Micro, mini, macro movements, nose-breathing today. What's possible if I focus on eating for aliveness and nose-breathing for presence? **What's missing?**



7. What am I avoiding?

Patrick McKeown, the author of *Oxygen Advantage*, makes a real cool distinction between big breaths and deep breaths. A big breath is when we pump up our chest, raising our shoulders; but what we really want is a deep breath. Start by emptying the diaphragm and then move the breath up to our chest, then out into the rib cage, filling it only about 80%, and then slowly, with the tongue on the roof of your mouth, exhaling through the nose, emptying our breath, feeling our presence. What do I imagine is possible if I focus just on my breath and your eating, just for today? **What am I avoiding?**



8. What's true for me?

Tom Rath is a brilliant writer and the author of several of my favorite books. One of them is *Eat, Move And Sleep*. He gives some simple advice and says, "Replace the habit of taking short, shallow breaths into the top of your lungs with the practice of taking deep breaths. Nearly all the benefits begin with one simple change." What do I imagine is possible if I take Tom's advice just for today? **What's true for me?**



9. What's my ideal scenario?

In Al Lee and Don Campbell's work, *Perfect Breathing: Transform Your Life One Breath at a Time*, they say breath awareness means being aware or observing the qualities of your breath, whether it's a shallow or a deep breath, a long or a short breath, an easy or a labored breath, smooth or an uneven breath, conscious breathing, intentional breathing, mindful breathing, breathing with purpose. As I focus on breathing awareness and eating aliveness, **what's my ideal scenario for today?**



10. What's happening while I'm imagining my ideal scenario?

James Nestor wrote the most important book that I've read on breath. It's called *Breath* and I'm super excited to recommend that you read it because Nestor is such a colorful storyteller and a deep, thorough investigator and researcher, and what I like to refer to as a direct experience teacher. He reminds us that mammals with the lowest resting heart rates live the longest. It's no coincidence that these are consistently the same mammals that breathe the slowest. The only way to retain slow resting heart rate is slow breaths. This is true for the baboon, the bison, the blue whales and us. So please read or listen to his book on Audible, *Breath* by James Nestor. What do I imagine is possible if I focus on my breath and my eating just for today? **What's happening while I'm imagining my ideal scenario?**



11. What's between me and my ideal scenario?

What about water? Our bodies are 75% water, so it just makes sense that we stay replenished. We can live a month without food, but we can only live a few days without water and just a few minutes without a few breaths. Nose breath is here to expand our presence. Eating is here to expand our aliveness, water is for hydration and self-love. What do I imagine is possible when I focus on breath and eating and water just for today? **What's between me and my ideal scenario?**



12. What really matters?

Louise Hays has sold over 30 million copies of her book, *You Can Heal Your Life*. Louise says, "I believe that should is one of the most damaging words in our language." Every time we use the word 'should', we are in effect saying, "Wrong," either we are wrong or we're going to be wrong, I don't think we need more wrong in our life. We need to have more freedom of choice. I would like to take the word should and remove it from our vocabulary forever. I'd replace it with

the word 'could'. Could gives us a choice and we're never wrong. What could I do today that really matters when it comes to nose breathing and eating for aliveness? **What really matters?**



13. What difference will it make?

One of my really, truly favorite spiritual books written by Anthony de Mello, it's entitled *Awareness*. I gave all my Inner Circle members a copy of this book because it's packed with such great insight. Anthony de Mello actually quotes Confucius and Confucius says, "The one who would be in constant happiness must frequently change flow." But we keep looking back, don't we? We cling to things in the past and cling the things in the present. Do you want to enjoy a symphony? Don't hold on to a few bars of music. Don't hold on to a couple of notes, let them pass, let them flow. The whole enjoyment of a symphony lies and our readiness to allow the notes to pass. Imagine each breath is a note in our symphony of life. Each thing that we eat is a symphony in the passage of our life. What do I imagine is possible if I focus on my breath and my eating just for today? **What difference will it make?**



14. What's the risk?

I met Bill Harris some 30 years ago. He's a seeker, a teacher, a coach, a therapist, workshop leader, and the inventor of Holosync. He passed away a few years ago, but he said that the implications of finding independence and being the artist of our own lives are staggering because we can create the world that we inhabit; pain and suffering really can be optional. Only when we acknowledge the role in our life and understand our own power is where the possibility of improving our situation or creating a different story exists. What do I imagine is my new story about eating for aliveness and breathing for awareness today? **What's the risk if I do? What's the risk if I don't?**



15. What adjustments can I make?

I love the distinction Bill Harris provides us between preference and attachment. A person who is attached to the outcomes suffers if he does not get the outcome he wants, whereas the peaceful person prefers the outcome that he wants, but he's not attached to it. If he gets a different outcome, he allows it and is just as happy and just as peaceful as he was to begin with. See, I love the thought that our future self seeks preference over attachment. So what do I imagine is my preference today, as I focus on my breath awareness and eating for aliveness?

What adjustments can I make?



16. What needs to happen next?

Just today, nose breathe consciously, intentionally, deliberately, noticing when you're not and quickly returning. Placing your tongue on the roof of your mouth, aligning your top teeth with your bottom teeth, emptying your breath, then slowly breathing up, expanding out into your chest, out into your ribcage and slowly down. Eating only food that creates aliveness; junk food-free today. Sugar-free today and eating for aliveness. Hand the pen to your future self. What do I imagine is possible today? **What needs to happen next?**



17. What's occurring now?

Viktor Frankl says everything can be taken from a man but one thing. The last of the human freedoms is to choose one's attitude in any circumstance; to choose one's own way of being. What's possible today when I choose to direct my

attention and my intention at the presence of my breath and the aliveness of my eating? **What's occurring now?**



18. What am I feeling now?

The greatest discovery of our generation is that the human being can alter their lives by altering their attitudes of mind. William James says, “And as you think, so shall you be.” **What am I feeling now?**



19. What am I not saying?

Debbie Ford is the author of *Feel the Fear and Do It Anyway*, and several other great books. Debbie said, “Whether you like it or not, if you’re human, you have a shadow. If you can’t see it, just ask the people in your family or the people you work with. They will point it out to you.” Nathaniel Brandon, the self-esteem guru, says that the first step in healing and growth is the awareness and the acceptance, then the consciousness and the integration. The five fundamental future self disciplines – breathing, sleeping, eating, meditating and moving – are a life-long journey of conscious integration. **What have I not said that needs to be said now?**



20. What's my actionable insight?

What do I imagine is possible today when I put more focus on my breathing and my eating? **What's my actionable insight today?**



'Breath & Eating' Question

*What do I imagine is possible
when I put more focus on my
breath and eating just for today?*

My insight is: **What I choose to take into my body filters through all of me as fuel**, the cleaner the better! Source well to have the best ingredients available on hand.

My insight is that **I am going to learn how to love myself**. That's where it starts.

My insight is: By choosing the right food and bringing awareness to proper breathing **I have the power to become healthier and live longer**.

My insight is I will take the time throughout my day to **focus on breathing properly**.

My insight is that **my future self is proud of my present self** for my willingness to create my best future health. For today, I will build on yesterday's accomplishment of movement breaks every 30 minutes by adding a breath break immediately after. That means 28 instances of focus on breath for today.

My insight is: Deep, **full breathing and mindful eating habits are subtle yet super powerful habits** I get to practice every day, throughout the day, anywhere- the emotional, psychological and physical benefits are the best gifts I can give myself.

My insight is: A better life is possible and **there is not much to lose by trying to change**.

My insight is that today I will notice my breath, and regularly take deeper breaths, and also carefully control what I eat and drink - to **create more energy and bring more presence to my life!**

My insight is that today **I will be conscious about breathing while I'm eating**. Let's see how deeper breathing throughout the day will have me sleep deeper as well. I feel this is a truth.

My insight is I could be better at **follow through with my breathing** and what I put into my body for fuel.

My insight is that focused, methodical breathing and a dedication to **healthy nutrition will fuel my engine to accomplish more** than I would otherwise be able to.

My insight is - This is the big step, the catalyst, into being my better future self.
Breath gives me the pause I need to make better choices.

My insight is how lucky I am to have Joe to lead us and teach us how to **live lively with breath and eating healthier.**

My insight is finding out about new awareness of **deep breathing and healthy eating equals life to slow down, relax stress free life.** New habits and routines.

My insight is **my breath provides insight to thought;** change the thought, changes the breath.

My insight is that **when I breathe slower and more, people around me are more relaxed and so am I.**

My insight is: when I imagine focusing on breath and eating today, **I imagine myself handling deadlines and family responsibilities with calmness and vibrance.**

My insight is: Sticky notes on my computer, refrigerator, car mirror, bathroom mirrors. Breathe, **love yourself to fuel yourself.** Thrive to alive.

My insight is to focus on my breaths and eating. **It will take discipline and consciousness** of what is possible and changed actions to make it happen.

My insight is that eating in a healthy way and becoming aware of my breathing is really easy to understand, but not so easy to implement without wavering. **I must see the benefits so that I avoid self-sabotage.**

My insight is today **breathing brings me to the present** and my food is energizing me. When I am fueled and focused on my breath, I am fully aware and functioning at my highest level then I am bringing my best self forward.

My insight is... In the moment of **decision my breath is a powerful tool to bring awareness and to reconnect with my intention.** Why not use this tool more often?

My insight is that **comfort is too comfortable.**

My insight is: **Build up a strong will power to overcome the bad habit.**

My insight is: I have awareness and want to move forward into acceptance and feel the fruits of my actions through breath work and conscious eating. To integrate this into my life without conscious thought. **Feel the aliveness within and be happier with my life!**

My insight is I love the idea of **my greatness coming alive with presence, breath, aliveness through pure food.** I love breath work.

My insight is **awareness of my breathing to bring presence and eating for aliveness** as my self-love and for my future self.

My insight is **future self is telling me not to waste this day.** This is a peaceful, easy day to just breathe and take care of myself and feel future self.

My insight is slowing down and taking **deep breaths allows me to become the best me I can be;** I am mindful of what I eat and how often I move and drink pure delicious water. Life is so simple breath eat sleep move and meditate simple. I make things too complicated.

My insight is that by continuing to perfect the 5 Core Disciplines in my life through preparation, 1% per day, it becomes possible to be my best and highest self and **create a new and improved shadow!**

My insight is that really **being aware and focusing on my breathing and eating today will build these habits I'm working to upgrade.** I will set me alarm for 20 min intervals and check in with my breathing. I am also continuing today to track all food that I eat. I feel empowered and motivated knowing that I can upgrade my habits as I focus on every 20 mins at time and also one day at a time.

My insight is: **I choose to live better.** I chose to have my body feel alive with energy and balance. Breath and mindful eating will allow me to enjoy my days!

My insight is letting today be replacing could with should first, then letting today just happen! **Using breath and eating as my new boundaries** for the day and building on this day by day!

My insight is **my focus is on breath and eating awareness** - future self.

My insight is **my vegetables are all waiting for me right now.** All I have to do is to take them out and make a delicious meal.



'Breathing & Eating' Question

*What do I imagine is possible
when I put more focus on my
breath and eating just for today?*

My PrivateWork-It-Out[®]



What do I imagine is possible when I put more focus on my breath and eating just for today?



1. What is your first thought? _____



2. What's occurring now? _____



3. What just happened? _____



4. What are you feeling? _____



5. What are the opportunities? _____



6. What's missing? _____



7. What are you avoiding? _____



8. What's true? _____



9. What is your ideal scenario? _____



10. What's happening when you're imagining your ideal scenario? _____



11. What's between you and your ideal scenario? _____



12. What really matters? _____



13. What difference will it make? _____



14. What's the risk? _____



15. What adjustments will you make? _____



16. What needs to happen next? _____



17. What's occurring now? _____



18. What are you feeling now? _____



19. What are you not saying? _____



20. What's your actionable insight? _____



My Inspired Action Plan

1

What has to happen first? _____

2

When that happens, what's next? _____

3

When that happens, what's next? _____

4

When that happens, what's next? _____

5

When that happens, what's next? _____

6

When that happens, what's next? _____

7

When that happens, what's next? _____
