The Guilt Free Guide to a Healthy You!

K.OUELLET

Hello Lovely!

LET THIS GUIDE BE YOUR FIRST STEP IN YOUR WELLNESS JOURNEY. THIS GUIDE WILL HELP YOU JUMP START YOUR WAY TO A HEALTHY AND SUSTAINABLE LIFESTYLE.

THIS GUIDE IS FOR YOU IF:

- YOU FEEL YOU HAVE TRIED EVERYTHING
- YOU ARE TIRED OF DIETING
- YOU WANT TO SEE RESULTS THAT WILL LAST A LIFETIME
- YOU WANT TO FEEL COMFORTABLE IN YOUR BODY
- YOU ARE READY TO SAY GOOD BYE TO FOOD GUILT
- YOU WANT TO MAKE LIFESTYLE CHANGES
- YOU WANT SUSTAINABILITY
- YOU WANT TO LEARN ABOUT HEALTH AND WELL-BEING.

What's Inside

01

GET RID OF FOOD GUILT

This is where you learn to let go of all food related guilt. You will learn how to fuel your body in a positive and healthy way

02

CREATE YOUR VISION & GOALS

This is where you can reflect on what you really want and how you can get there. Creating your vision will help you see the big picture and help you prioritize what you need to do to succeed.

03

CREATE AN ACTION PLAN

Creating an action plan will put everything into perspective. A big part of succeeding in this health journey is staying accountable to yourself. And creating an action plan will help you stay on top of your goals.

KELISSA OUELLET
WELLNESS

01

Get Rid of Food Guilt

First things first, you need to develop a good relationship with food.

Food should be seen as fuel. Food should be something we can enjoy and view as nutritious.

Here are some things you can do to better your relationship with food:

1. When you are craving food, ask yourself why (is this emotion driven, did you skip a meal today, etc.)
2. Sit down, without any distractions, when eating a meal.
3. Eliminate negative food slang from your vocabulary.

Create Your Vision & Goals 02

Create your vision by reflecting on the attributes below:

CREATIVITY & PASSION
(self expression, creation, ideas, inspiration, etc.)

MIND
(learning, growing, education, etc.)

RELATIONSHIP
(communication, intimacy, partnership, etc.)

SPIRIT
(mindfulness, compassion, purpose, soul)

FINANCE
(money security, savings, investing, wealth)

HEALTH
(physical well-being, nutrition, fitness, strength, flexibility, etc.)

Step 2

Imagine what your ideal life would look like and how you would define success in each of these elements for the year. Rate how satisfied you are on a scale of 1-10 in each category (1 being the least satisfied and 10 being most satisfied)

Step 3

Once you have completed this, pick 2-3 categories that are on top of your priority and write them down.

1. _____
2. _____
3. _____

Create an Action Plan

Write down your Vision and associate 1 goal to that vision. Then ask and answer the following questions:

Why is it important?

Do you have any barriers to achieve your goal?

What is your first step to overcome this barrier?

How do you plan to achieve this goal?

When do you expect to achieve this goal (be specific)?

What will be your rewards for achieving this?

My last message to you...

I hope this guide has showed you that there is much more to living a healthy lifestyle than food deprivation and over exercising.

I promise you - that being healthy isn't that complicated.

You just need a new perspective.

Let's Connect!

If you want to learn more or have any questions. I would be happy to chat.