

**Break Free & Go For It!**

Bearberry Pty Ltd

ABN: 22 165 659 914

Trading as Break Free Consultancy

This is a SpiritCast Network Book

Break Free & Go For It!

3 Steps to Creating Sustainable Changes in Health, Fitness & Wellbeing.

Written by Jacqui Grant

Book cover design by Natalie Rodreguez

Make-up and photoshoot/headshots for cover by Natalie Rodreguez

Cover photograph by Jacqui Grant

All Rights Reserved.

Website: [www.breakfreewithjacqui.com](http://www.breakfreewithjacqui.com)

Email: [success@breakfreewithjacqui.com](mailto:success@breakfreewithjacqui.com)

All rights and content of this book belong to Jacqui Grant, Break Free Consultancy. Break Free & Go For It! is published by Break Free Consultancy (Bearberry Pty Ltd) Australia

***Disclaimer:***

The information provided in this book is general advice only. It has been prepared without taking into account your circumstances. The reader or user must accept sole responsibility associated with the use of the material in this book, irrespective of the purpose of which such use or result applied. The information in this book is no substitute for any medical or specialist advice.

ISBN Paperback: 9781731267832

# **Break Free & Go For It!**

3 Steps to Creating Sustainable Changes  
in Health, Fitness & Wellbeing.

Jacqui Grant



*For my children, Chloe (deceased), Joshua and Daniel Stevens and Sasba La-maire, each of you inspire me every day.*

*Martin Jordan, this book is for you also. Even though you are no longer with us, all you have taught me, the love and friendship stays with me.*

*Ron Walker, my dad. I miss you every day.*

*Sheila Rowe, my Nan, you are one of the strongest women I know, with a heart of gold. You have been so good to me.*

*To those of you I am yet to meet!*



# Acknowledgements

**Dave Thompson-** For your unwavering friendship, ongoing support, belief in me, love, mentorship and encouragement. For your awesome hugs and smiles, always being there for me. Your role in helping me get this book out there is a beautiful gift.

**Louine Shaw-** For your ongoing support and friendship. You are a gift in my life.

**Constance Jordan-** Thank you for your friendship, and guidance

**Kristian Stephen-Martin** - Your coaching skills, mentorship, friendship, hugs and laughs mean so much. You have been a huge part of me getting this book out there.

**Natalie Rodreguez-** For your friendship, outstanding graphic work on the book cover and all the design work for my brand. You are a star.

**Brian Ridgeway** - For reaching out when you did, your guidance and support.

**Erin Pintar** – For your awesome friendship, love and support. For input with this book and my business.

**My family-** Each of you bring something different into my life, you challenge me, love me and help me to be the best version of me.

**Luke Symes-** For over 5 years you have been part of my life. You challenge me, help me grow, encourage me and love me as I am. Your belief in me to succeed is a gift, thank you.

**Indy Symes** - For all the laughter and fun we have. You keep me in the moment!

I acknowledge each and every one of you reading this book.

For taking the time for **YOU!**





# Contents

Introduction.....	1
-------------------	---

## **Part One**

<b>Get Clear &amp; Break Free! .....</b>	<b>5</b>
--	----------

1. Defining Health, Fitness & Wellbeing.....	7
2. What If? .....	21
3. Focus- What are you Focusing on?.....	27
4. Self- Motivation.....	35
5. Habits- Creating New ones!.....	41
6. Success - What is it? .....	

## **Part Two**

<b>Go For It! 3 Steps to Creating Sustainable Change.....</b>	<b>45</b>
---	-----------

Step 1: Pre-Contemplation. What do you Choose to Change & Why!.....	49
Step 2: Mindset- It's a Choice!.....	55
Step 3: Go For It! Taking Action!.....	65

## **Part Three**

<b>Celebration &amp; Inspirations! .....</b>	<b>71</b>
--	-----------

1. Celebrating You!.....	75
2. Inspirational Quotes.....	79

<b>Appendix.....</b>	
----------------------	--

About Jacqui & Her Tribe .....	83
Client Testimonials.....	93
Reviews .....	97



# *Introduction*

“Break Free & Go For It!” is for everyone who is ready to create a life that has them living life on their own terms!

I have divided this book into three parts of ease of use.

**Part One:** Get Clear & Break Free! is background information and a few exercises that give you insight into your current behaviours and beliefs. They are designed to get you thinking about your life now, what you know, and what you don’t know. It is also about understanding what is and is not working in your life and what habits you currently have. It is the beginning of creating long term changes.

**Part Two:** Go For It! 3 Steps to Creating Sustainable Change is the three steps to creating change. From pre-contemplation, understanding your mindset and all the way to finally taking the all-important action that creates the change.

**Part Three:** Celebration & Inspirations is all about celebrating you, the changes you have made and ongoing inspirations. I have included inspirational quotes in this book as something you can refer to anytime you are needing some further inspiration and motivation.

At the end of the book you will find a section about me, some client testimonials and the templates used throughout the book for you to use as you choose.

I will keep it real and acknowledge that there are going to be challenges in life, that is how each of us grow and then choose whether to change or stay the same.

Everything we do is a reflection. A reflection of ourselves, our environment and others. There is a saying that each person is like a mirror to us, we find something in them that makes us feel good or annoys us. Have you ever met someone, and you just didn’t like them? You found there was just something about them that annoyed you, but you couldn’t put your finger on it. Then you met someone else, and you

found that they were so much fun and full of life, you have a great time with them no matter what you do, and you always leave feeling awesome?

Each of those experiences reflect you and the other person. You compliment each other, or you are given an opportunity to grow and learn.

I decided in 2016 to have bariatric surgery (weight loss surgery) and it was determined that I would have long term success with it. I knew that the surgery was **ONE** tool on the whole journey of transforming my life. Yes, I have had success with the surgery but a huge part of it all was the changes I made with my mindset, and my beliefs around what is right for me and my health along with my career.

I have taken my coaching to the next level of qualification and study as well as undergoing a course to become a personal trainer.

I have faced head on the reasons why I overate and why I chose the foods I did. This was an important part in the process of me creating long term changes.

As I released excess weight, exercise became easier and more enjoyable. I now exercise 5 days a week sometimes 6, I choose nutritious foods and take time for self-care at least once a week.

Each day I make conscious choices around my health, fitness and well-being, then I take action on those choices. Two key words: Choice and Action!

This book will help you to understand what is important to you in your life, regarding your health, fitness and wellbeing. You will create change simply by answering the questions and doing the exercises in the book. A lot of it is based on YOU understanding YOU.

I have included some client experiences to highlight certain points and their successes to assist you further.

This book is your unique book, and yes even though I impart my knowledge, and experiences to you throughout the book, at the end of the day, how much you put into will determine your results. Everything I have included here I have used with well over 50 clients this year alone. Clients who have chronic disease such as diabetes and asthma,

those who are feeling stressed and unable to relax and then clients who have had or are considering having bariatric surgery (weight loss surgery).

I also have an in depth 6-month program for clients to work alongside me personally to take their progress to the next level. You can sign up to this program via my website: [www.jacquitgrant1.com](http://www.jacquitgrant1.com) The program includes coaching, content, strategies, videos and webinars all focused on you getting the most out of your health, fitness and wellbeing.

This is YOUR journey, YOUR choice and YOUR life! You've Got this! I believe in YOU, do you?

So, let's get started.

Break Free & Go For It!

*Jacqui Grant*



*Part One*

*Get Clear & Break Free*

*“To be the best version of you means understanding who you are and  
what you value in life!”*

*~ Jacqui Grant ~*





# *1. Defining Health, Fitness & Wellbeing*

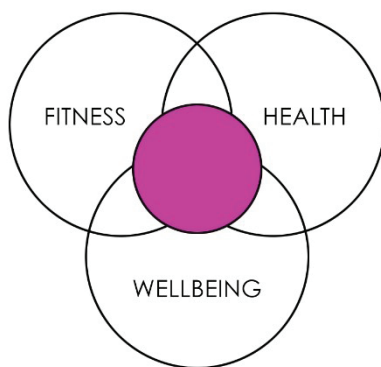
Take a moment to think about what each of these mean to you. What is health? What is fitness and what is wellbeing?

How important are each of these to you?

This book is all about creating changes that you can sustain in any or all of these three areas that YOU choose. Sure, it may be that your doctor, family, or friends are concerned about one or all of them. It may even be that they are encouraging you to take action to create change, however nothing will change or even if it does to begin with it will not last until YOU are ready to be in the driver seat. Ultimately nothing will authentically change until YOU are the one who is ready to be that change in YOUR life!

The following diagram is what I refer to as the “Health, Fitness and Wellbeing Cycle”.

Each of these affects the other and as you can see, they are all inter-linked. You are in the middle and you are all of them.



©Copyright Jacqui Grant 2017, 2018

When working with clients I often encourage them to add a colour to each of the circles and choose which circle represents which topic, health, fitness and wellbeing. Then if they like they can even put their name in the middle to personalise it even more.

Some clients like to list everything about their health, fitness and wellbeing that is important to them in the appropriate circle. There are multiple ways in which to use the Health, Fitness and Wellbeing Cycle. Get creative, after all it is yours to play with.

As I explain to my clients, whichever area you choose to focus on it WILL affect the others. For example, if fitness is your area of choice and you set the goal of going for walks 3 times a week around the block to start off with. When you take action and follow through with your walks, you may find that you are feeling more relaxed than you did the weeks prior to starting exercise, which is creating a shift in your wellbeing circle. You may find that you have more energy now before starting your walking program and your medical conditions are starting to show signs of improvement, which is your health circle, yet all you did was start walking 3 times a week. How easy was that?

I am not playing down the importance of going for a walk or doing exercise my point is that each one will naturally affect each of the others therefore will naturally create change. So, you do not have to start making changes in all three at once, you can choose one area and it will flow from there. I encourage it to be an area you are feeling the most confident that you can take action on.

## *Health*

Changes affecting all aspects of your health are important to be made alongside consultations with your doctor where appropriate. Your doctor can support you more when they are aware of the action you are taking. It is important to note that you should never stop taking your medications unless you doctor has instructed you to do so.

Open communication and team work are beneficial to your health, fitness and wellbeing. I work with a multitude of clients who have what is defined as “Chronic Disease” such as diabetes, osteoarthritis, asthma,

COPD, and obesity. Yes, obesity is now classified as a ‘chronic disease’ as it affects many aspects of one’s health and wellbeing.

I have found for myself, since having bariatric surgery in December of 2016 and releasing over 95kgs (from 150.1kgs to 55kgs) I have far more energy, I sleep better, and I am able to go running now; something that I love. I can breathe easier and my overall health, fitness and wellbeing has improved far beyond what at the time I thought was possible.

The excess weight I was carrying on my body everyday was causing me many health issues including shoulder pain when wearing a bra; given that my breasts were so big (28G bra), also pain in my ankles and knees when standing or walking. There were also the limitations in the type of exercises I did as anything high impact was too much on my joints.

Now at a healthy weight of between 52 and 55kgs I have become a personal trainer and studied to further my skills in coaching. I can lead by example as I understand the challenges that obesity brings to a person’s health, along with my background in nursing.

The clients that I work with are often focused on as they say, “weight loss”. You will notice that I will refer to this as “weight release” this is because the language that is used when describing what it is that you want to achieve, is very important to your success.

I have worked with well over 50 clients this year alone (2018) and their focus has primarily been on weight and fitness which they have come to understand affects their health and their medical conditions.

All of them have achieved their goals around changing their weight and then in turn they see improvements in their medical conditions.

***One client’s testimonial is as follows:***

*“I met Jacqui after following her on Facebook. I had seen the changes that she has made in her weight and decided to contact her. I have diabetes and was 20kgs overweight.*

*In May 2018 I started working with Jacqui on a 3-month coaching program. She coached me once a week for the first 2 weeks and then it went to monthly. Now, (October 2018) I have as Jacqui taught me, released 25kgs, my diabetes medication*

*has been reduced and I am back into surfing. I am 41 years old and I get to really enjoy life. I am back riding my bike every day and running along the beach 4 times a week.*

*My blood pressure is now normal without medication.*

*Jacqui Grant helped me to turn my life around, the program I followed included information on food choices, exercise programs and habits, and our coaching sessions helped me to stay accountable as I just started on the program.*

*I highly recommend Jacqui Grant (Break Free Consultancy)”*

- Philip Reynolds- (2/10/18) Brisbane Australia

As you can see Philip experience improvement in his health as he made choices to release excess weight and improve his fitness, all the areas of the cycle working together for overall improvement.

Following the program and a having a coach along with this book will have you set.

## *Fitness*

Changes in fitness come from taking action. Taking action requires setting goals. Knowing what it is that you want to change and then obtaining the right support where required. Motivation can come from a personal trainer, yoga instructor, coach, friend or family member. Sharing the success of your achievements will also help to serve as a motivator.

Understand your fitness level and why it is important to your health and wellbeing. When you can walk without getting tired or short of breath then you naturally enjoy life more. When you can play with your children and grandchildren without feeling exhausted then you will be feeling good within yourself.

The national heart foundation recommends 30 minutes of cardio exercise 5 times a week. Please note that you should always have a medical assessment before starting any exercise program, this is your first step. Once you have that clearance you need to have an understanding of what the right cardio exercise is for you and your health/fitness level. You will learn this from your personal trainer/fitness professional,

included in your coaching sessions should you choose to take on the program associated with this book.

As a personal trainer, I find clients that get the best results are the ones who listen to their body, listen to the information I give them, and ask questions as well as provide feedback on how they are feeling.

Variety in exercise whilst building upon your fitness or maintaining it is a daily event. It is also about the type of foods you eat, what time you eat and how much you eat, along with the types of drinks you drink throughout the day. Everything needs moderation. Balance is the key in both food and exercise.

Fitness is subjective and unique to each person. If there is an area you would like to create change in you can follow the steps in this book and work with someone such as myself, a coach and/or a personal trainer to get you going. Your GP is also able to assist with referrals to allied health professionals for exercises and assessments.

Fitness is ongoing, if you don't continue to move then your body will lose the muscle mass you have gained, and you will feel and see the negative effects of that.

The following questions will help you to identify your fitness commitment and give you some insight into your fitness habits.

**Fitness Exercises for self - awareness.**

Learn what your initial fitness level is and what you would like it to be. To help with that, answer the following questions.

**What exercises am I currently doing?**

Include everything such as cardio, weight training, yoga, bush walking and anything else you might currently do.

---

---

---

---

---

---

**How many days a week do you exercise?**

(circle the number)

1	2	3	4	5	6	7
---	---	---	---	---	---	---

**What exercise do you *enjoy* that you are not currently doing?**

(e.g. running, rowing, swimming, weight training, bushwalking, surfing, pilates)

---

---

---

---

---

---

---

**How do you feel out of 10 when you do exercise?** (10 being amazing and full of energy)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

You may have noticed that these questions primarily revolve around what you like to do and how you feel. Everyone knows what they do not like and will have their excuses as to why they do not change or do something that they know is ultimately good for them. However, the time spent focusing on what **IS** fun, and what you do enjoy is often far less.

This book is about what **IS** working for you and what else you **CAN** do, what **YOU CHOOSE** to do and change for **YOU!**

When it comes to exercise, it's important to start slow, seek advice and support and to have the right program designed for you.

Doing what you enjoy will make it easier to stay on track.

## Wellbeing

What is your definition of wellbeing or wellness?

Take a moment to think about it. Connect with either word; wellbeing or wellness, whichever is right for you, have a clear definition of it in your mind. Write out your definition below.

**My definition of wellbeing or wellness is:**

---

---

---

---

---

---

---

---

---

---

The Merriam-Webster Dictionary defines Wellness as;<sup>1</sup>

*“the quality or state of being in good health especially as an actively sought goal”*

With wellness or wellbeing there are seven main aspects to it, which are:

1. **Physical**
2. **Emotional**
3. **Intellectual**
4. **Social**
5. **Spiritual**
6. **Emotional**
7. **Occupational**

As with everything in this book and your life, there will be times when one or more of these maybe out of balance. At times you may think

---

<sup>1</sup> Source of quote: <https://shcs.ucdavis.edu/wellness/what-is-wellness>

about change, or you may feel that you are not happy and other times where you are excelling and happy, that is normal.

The next exercise I am including here is for you to do when you are ready. I encourage you to do it before going on to Part 2 of the book though, as it is a necessary part however, you can come back to at any time.

I have included the same question in the template section of the book for you to use later.

I encourage you to take your time with this one. In each of the 7 areas of wellness/wellbeing on a scale of 1 to 10 rate how satisfied you are in your life, (10 being very satisfied)

This will give you an indication of where you might be ready to create change and areas where you can keep doing what is working for you.

**Physical**

Physical wellbeing includes health, fitness, energy, choosing nutritious foods, being active

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Additional thoughts and comments:

---

---

---

---

---

---

---

---

---

---



## **Emotional**

How well do you manage stress, how happy are you in your life? Think about your relationship with self yourself first and then others in your life.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Additional thoughts and comments:

---

---

---

---

---

---

---

---

---

---

## **Intellectual**

How content are you with your current level of education and knowledge?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Additional thoughts and comments:

---

---

---

---

---

---

---

---

---

---

## **Social**

How comfortable are you in social settings? Do you go out as often as you would like? What are your friends like?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Additional thoughts and comments:

---

---

---

---

---

---

---

---

---

---

## **Spiritual**

Are you content in your spiritual and/ or religious beliefs?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Additional thoughts and comments:

---

---

---

---

---

---

---

---

---

---

## **Environmental**

Think about your relationships with different people, both family, romantic and friendships. This also relates to your home and work environments. How would you rate them?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Additional thoughts and comments:

---

---

---

---

---

---

---

---

---

---

## **Occupational**

Are you happy in your chosen career? Your relationship with money also and your earnings is included in this.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Additional thoughts and comments:

---

---

---

---

---

---

---

---

---

---

In the template section of this book these are called the Wheel of Wellbeing. You can use this to give you a starting point for where you are at right now and then use it again in a few months to compare and see what has changed.

The answers you have given in the above exercises are your starting point, leading into Part 2 of the book.

You will begin to notice how you feel and see where change can occur.

**What did you notice when answering the above questions?**

Where there any surprises, if so, what were they?

---

---

---

---

---

---

---

---

---

---

Now that you have some insight into your health, fitness and wellbeing you can make an informed decision as to whether there is anything you would like to change.

Make a note of anything you think you would like to be better or would like to change. You don't have to make any changes at all, that is entirely up to you. I do however, encourage you to write the list out so you can refer back to it as needed.

---

---

---

---

---

---

---

Congratulations on taking the time for **YOU!**

You have gained insight into where you are in your health, fitness and wellbeing.

Congratulate yourself for being open to the clarity of where you are now and what you could change, should you choose to.



## 2. *What IF?*

What are the questions you always ask yourself before you plan? What story are you telling yourself for why you are not creating change in your life?

The “What if?” questions serve both as a way of having answers and they also can add confusion. It’s so easy to over analyse and then get caught up in all the “what if?” questions to the point where we actually never decide at all. Sometimes we can move quickly through all the “what ifs” straight to answers, but it’s rarely the case.

“What if” questions are beneficial though when looking at your vision. “What if I achieved my goal of running a marathon? What would that give me? What would that do for me? How would that change my life?

The questions that follow the “What If” question are quite instrumental in understanding what is important to you and what you would like to achieve. They assist you to connect to your **“WHY”**

Your **“WHY”** helps you to connect with your passion and then helps bring on that self-motivation to take action. It is also about defining your vision and then setting your goals which once again take you the action phase of change.

Sustainable change is a choice, it is about asking the tough questions or having a coach ask you those questions. When done properly “What if” questions help you to have both big picture and small picture clarity. Both of these set the tone for your goals.

The example I am about to share with you is from a coaching session with a client around weight.

### **Client: Mary**

**Background:** 45 years of age, has been overweight for the past 2 years, feeling tired all the time and frustrated with her lack of energy.

She also feels that she would be able to enjoy playing with her children more if she weighed less.

**Goal:** “To lose 10kgs in 2 months and to be one dress size smaller.”

During the coaching session I asked Mary to describe to me what it would be like to be the dress size that she was aiming for, to be the 10kgs lighter. Initially she struggled to see herself at a size 14 again. So, I asked her “what if you don’t change anything?” She was able to answer that question with ease, she told me that she wouldn’t be happy with herself as she isn’t happy with her current weight and clothing size. We continued the conversation around all the “what if” questions. What if you release the excess weight?

Eventually Mary noticed that she could see how different, how much “better” (in her words) life would be when she released the excess weight not just for her clothing size, but she could see how she would have more energy, that she could possibly feel differently in each moment, doing things with much more ease.

Mary went on to list all the benefits of creating changes in her food choices and using an exercise program to assist her to not only release excess weight, but to create overall changes in her lifestyle.

From there Mary set her goals for her food choices, exercise and self-care. Fast forward 3 months Mary had released 15kgs, had more energy and set another group of 3 monthly goals focused on enjoying her life. In our final session at 6 months she was training for a fun run with her children.

\*\*\*\*\*

When used during a coaching session the “What if” questions can assist the client in obtaining clarity.

You can use them yourself to gain clarity around a situation that you are wanting to change and not sure which way to go, which direction to make that change, for example, what it would give you?

Creating change is both easy and challenging, often the most challenging part is the clarity as to why you want to change and the benefits of the change. “What if” questions can achieve both.



Often when in a state of fear or anxiety the “What If!” questions are mainly negative, and this can add to the fear and anxiety already being experienced. Waking you in the middle of the night or not even allowing you to go to sleep as they become a continuous negative flow through your mind.

When you have insight into how the “What if!” questions appear in your life and how you can shift them from being fear based to potential outcomes that give you the life you want, you can have the life you choose!

Should you find that your thoughts and “what if!” questions are not shifting from the negative, it is possible you would benefit from either coaching, counselling or a chat with a friend.

**Take a few minutes to write out your own “What If?” questions around an aspect of your life that you would like to change.**

It could be around fitness, or relaxing or changing jobs, or even a relationship.

Whatever it is that is on your mind right now, give it a go and notice the type of questions you write down, the language, and wording you use.

**My “What If? Questions are:**

---

---

---

---

---

---

---

---

---

---

---

**How do you feel about your questions?**

---

---

---

---

---

---

---

---

---

---

**Are your questions based around fear and what may go wrong, or do they come from a place of possibilities and positive change?**

---

---

---

---

---

---

---

---

---

---

**What, if anything, would you change in your questions to ensure they are what IS possible?**

---

---

---

---

---

---

---

Remember that everything is about choice. You can shift the words around in your questions and your thoughts to focus on what you could do or can change, from what is holding you back!

You've got this!



### *3. Focus – What are you focusing on?*

*“Where focus goes, energy flows!”*

~ Tony Robbins ~

Focus is what you do when you think about something or someone, when you act. At times focus is automatic, as you may have heard in the past “being on autopilot”.

How much time do you spend worrying about what may happen or about a situation that you cannot do anything about at this moment in time? How much time do you spend ignoring situations that do require your attention? How much time do you spend talking about other people, judging them or gossiping about them?

Every person has moments of being stuck in their head, of over thinking a situation or experience. It's natural and can be beneficial, however what is important is understanding when to stop over thinking and start trusting yourself.

When trying to understand what it is that you are always focused on, your thought patterns are the key to having insight into your habits.

Anxiety and stress come from spending too much time worrying about things outside of our control. Constantly analysing the abundance of possible outcomes yet not taking any action.

When you focus on what you **Can Do**, and then **Act**, you find that success flows, it naturally occurs.

The success may not always be exactly what you want it to be however it may be better than what your current situation or outcome is. At the very least it is a learning experience, an opportunity for growth and development.

## **Client Story – Jane**

**Background:** Aged 38 years old. Married, mother of 3 children under the age of 8.

Jane came to me after following me on Instagram for few months. She wanted to start exercising however she felt that she couldn't find the time for it.

During the first coaching session Jane told me all the reasons why she didn't exercise, everything from working long hours, to caring for young children and not being fit. When I asked her why she wanted to exercise she told me it was all she could think about, that she knew she should exercise but she just couldn't make it happen.

By the end of the first session Jane had concluded that she was so focused on why she couldn't do exercise that she wasn't focusing on what she could do. She realised through the questions that I asked her and the space I held for her whilst she thought about her "Why" that if she switched her focus, and changed her thoughts to what she could do, then she finally had the solution.

Two key points here are that Jane discovered when she could exercise, and she set her goals around that and then by changing what she focused on, she was able to finally take the action she wanted which was to exercise.

At the end of the second coaching session Jane was exercising twice a week and a month later 3 times a week and finally at the end of her 3-month coaching program with me she, was exercising 5 times a week and was feeling much fitter and healthier.

She had changed her thoughts and focus, she then took the action needed and so she created success. Jane is now creating changes in other areas of her life and has told me recently that she is enjoying her life now more than she did 6 months ago.

**Conclusion:** Jane found that with all the information she received during our 3 months working together, both written along with the coaching sessions on the phone and in person she was able to focus on what it is she wanted for herself, her life and her children, rather than why she couldn't create change.

Her feedback to me was that she now sees possibilities rather than problems and that she is also sleeping better.

\*\*\*\*\*

It's important to check in with where your focus is, where your energy is going.

If life is flowing and you are feeling great most of the time, then checking in is possibly something you are doing naturally.

For those of you who are spending a lot of time feeling like things are not going right then stop and take a few slow deep breaths, then ask yourself what can I change now and what can I not?

The answers to these questions will then guide you to where you diminish your stress and/or anxiety by knowing what action to take now and what can be put aside for the time being.

As you know, everything we do, even sitting watching television and movies uses energy. Sitting and thinking uses energy, going for a run, eating a meal and even laughing all use energy. Even just simply breathing uses energy.

Each day we have so much energy within us. How much energy we have, and how tired we feel depends on what we do.

Tiredness and fatigue present the same in both physical and emotional states. When there is physical fatigue, simply resting, having water and something healthy to eat will replenish your energy, however with emotional fatigue it takes stilling the mind and taking a few slow, deep breaths.

This clears the mind and slows everything down.

### **Exercise:**

I encourage you to give this a go now as you read this book and then come back to it anytime you find yourself unable to focus with clarity, or you feel anxious or stress or tired. It can take as long as you choose to give it and with practise you will find you get positive results quite quickly.

Find a place where you will not be disturbed for a few minutes. Sit in a comfortable position with your back straight. Some people choose to do this on the floor it's up to you.

Now close your eyes and take a slow deep breath in, feeling your lungs fill up completely, hold it for a moment and then slowly release it. Feeling your shoulders and neck relax a little, take another slow deep breath in and then slowly release it, continue to do this for at least 5 breaths in and out. Your body will relax the more you do it. You will feel the tension leave your body as you go through this exercise.

Your mind will have also slowed down, and you will not have thoughts racing around. You will be able to think with clarity.

**How did you feel doing that exercise?**

**What, if anything changed for you?**

---

---

---

---

---

---

---

---

---

---

This technique can be used as often as you choose, it can be used during times of feeling overwhelm, stress or even early anxiety to help you stop, slow down and then be able to make an informed decision.

Once you have clarity you are then able to choose where to place your focus. Clarity will allow you to see what is important and what is not. What action you can take now and what action can wait.

Sometimes waiting is just as important as taking action. Sometimes it is important to put an idea to the side and let it simply be and come back to it at another time.



We each only have certain amount of space and time to focus on life, our thoughts, our emotions.

Therefore, it is important to choose, to make conscious choices as to what our energy is spent on. I often give to my clients that analogy of the fuel tank in the car. You fill it up and then you can drive so far, so many kilometres.

Once you have driven those kilometres you have used the fuel and you need to fill it up again. Now it all depends on you where those kilometres take you. Are you going to work, to the beach, out to a restaurant? Wherever it may be, you decide but once the fuel is used you can no longer go anywhere until you fill up again.

At any given moment you can change your focus, you get to choose, you are in control. Understanding the empowering feeling that you have when you realise YOU are in control of how you feel, what you think about and whether you react or respond gives you the confidence to continue with the changes that you have made. When you are distracted you can bring your focus back to the present moment.

Everyone is different in their approach to work and the environment they function best in, which also affects their focus. By this I mean some people require quietness to focus, some require noise and loud noise, some people like a quiet noise such as music. Each of these are perfect, it's all about what helps you to focus.

I personally like some background music and some days I require background noise of nature, like the ocean. What is your best work environment? What stimulates you and helps you to keep your focus?

Focus is also affected by the physical environment. The amount and type of light in the room, the temperature of the room, how much space there is, the height and comfort of the desk and chair. Also, the décor of the room and how the computer is set up.

For some people they have everything on their desk in order, they have it tidy and clearly labelled. Some people work better with papers everywhere in what looks like disorder, however to them it is simply organised chaos, they still know where each and every thing is in that space. Each of these things are important to have clarity around.

Take a moment to reflect upon the following questions, feel free to write your answers here or on a sheet of paper or even your own book.

**Background noise or no background noise?**

If back ground noise, what type?

---

---

---

---

---

---

---

---

---

---

**I prefer my workspace to include:**

(Describe this in as much detail as you can)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Now that you have clarity around the right environment for you and your life, take a few minutes to reflect upon how you would like to be treated each day by family, friends and co-workers. Think about how you are treated now and how that affects your ability to do your job and to live your life.

Stress and feelings of unease affect all aspects of our being, especially the ability to focus and be productive in whatever it is you are doing. To minimise stress, anxiety and discomfort it is important to be clear on your boundaries both personally and professionally.

Take a few moments to answer the following questions, even if you think you have it all sorted, this is a great opportunity to check in with yourself.

**What is important in my personal relationships?**

(think about family, partner and friendships)

---

---

---

---

---

---

---

---

---

---

---

**What is important in my work relationships?**

---

---

---

---

---

---

---

---

---

---

---



## 4. *Self-Motivation*

Self-motivation, what is it? What is your definition of it? I encourage you to take a few moments to think about what self-motivation is for you.

**What does self-motivation mean to me?**

**What does it feel like? What does it look like?**

---

---

---

---

---

---

---

---

---

---

As with everything else in the first part of this book it is important for you to know what each of these topics mean to you, for the simple reason that you then have more knowledge and insight into your thoughts, and your understanding of how you process life and make your decisions.

If you I type “self- motivation” into google you will get the following:

*“Motivated to do or achieve something because of one’s own enthusiasm or interest without needing pressure from others.”*

**What are your thoughts on that definition?**

Another way of wording it is; self-motivation is that energy you feel within you pulling you to take action to achieve a certain goal or outcome. A drive that pulls you, or pushes you to do, to take action.

The outcome of the connection with motivation and self-motivation is action! You are in control of your level of motivation and how external motivation affects you.

Often motivation is seen as the goal being achieved already, the possibility of how different your situation and life could be.

**Exercise:**

Take a moment to notice where motivation maybe lacking in your life.

Close your eyes, take a slow deep breath and then another slow deep breath and ask yourself,

**“Where is self-motivation missing in my life?”**

**Feel free to write you answer here or on a separate piece of paper.**

---

---

---

---

---

---

---

---

---

---

---

---

**How do you feel now that you have answered that question?**

---

---

---

---

---

---

---

**Is there anything that you could or would change now that you know where self-motivation is NOT in your life?**

**If YES, where?**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Motivation, more specifically self-motivation, is important to create change in your life. A coach can assist you to become motivated. When motivation is present around an aspect of your life you will take action, you develop a drive and you will begin to feel a sense of high achievement.

I have had many clients tell me they are motivated to exercise, to change their food habits or even be more social, however when it comes to taking action, they can only sustain change for a short time, a few days, a few weeks. This is because they allow excuses to step in and stop them.

The external motivation disappears and therefore the drive to follow through with the changes also disappears. Then any discipline you had to continue to make the healthier choices for yourself also starts to decrease.

When motivation is present, excuses will not stop you from continuing to take action. You are equipped and ready to overcome any excuses that may come up.

You feel strong in your belief and confident to achieve the goal set out, you continue to see the results and use them as a strong motivator to keep going.

Understanding your **WHY** will also help you to connect with your self-motivation. Why do you want to change? What will this change give you?

As you answer those questions and if you keep the answers close by, you will stay motivated.

Motivation and self-motivation are essential tools that will assist you to create sustainable long-term change. Understanding your motivations before you embark on a journey of change will help to set you on solid ground. Giving you a solid foundation on which to achieve change and continue to follow through.

I would like to clarify here the difference between inspiration and motivation.

Inspiration comes from within you and it is a feeling, it is the that strong inner feeling that pushes you to take action, to at least look at what it is you are doing and learn how to do something that fills you with happiness, joy and success.

Inspiration often is confused with motivation; however, I have discovered that the best way to remember them is **Inspiration**: “**In**” comes from within and Motivation is and outward thing, a response to an outside experience or situation. Inspiration is the emotion and thoughts that come from within you.

Inspiration is often the starting point of change, a feeling that you have had enough of a certain aspect of your life and are ready for things to be different. It is a push to create a change, you then start to notice things outside of yourself that start to make you feel motivated, and in turn you are pulled to take action.



They work together nicely as that solid foundation for sustainable long-term change.

Take a moment to answer these questions.

**What inspires me in life?**

---

---

---

---

---

---

---

---

---

---

---

**What does Inspiration look like and feel like to me?**

---

---

---

---

---

---

---

---

---

---

---

I encourage you to keep the answers to these questions close by as they will be great reminders of what is important to you and become tools to keep doing what **IS** working for you.

**You've got this!**



## *5. Habits- Creating New Ones!*

Change is growth in most situations. With change comes uncertainty, this is where working with a coach can assist you to keep going as you create new habits.

In my programs you will learn all about habits and how to create new one. You will learn why it takes so long to create the change from the old habit into the new one. There comes a time during the stages of change that you realise your old habits are no longer serving you and it's time to let them go, this can be challenging.

I have had habits that did not support my health and wellbeing. Choosing to change these habits, took a lot of work and commitment, however I decided I was worth it. I decided that my health and fitness were worth the work it took to create new habits of self-love, health, fitness and wellbeing. I knew that what I did for my health affected my fitness and wellbeing and vice versa, they are all interconnected.

One habit I had and no longer have is that when I was stressed, I would go to the store and get a bag of chicken or salt and vinegar chips and a block of chocolate. I would go home sit on my bed with a coffee, the chips and chocolate.

Half of the chips and chocolate would be gone by morning and depending on what was happening at the time the whole lot would be gone by the next night.

Eating them did not change anything, in fact I didn't even enjoy the chocolate or sitting there watching a DVD I was just eating for the sake of eating. In reality what I found was that my energy was drained, and I felt worse. It took some time for me to understand that what I was doing was emotional eating and it was a just a distraction from the real issue.

Once I had bariatric surgery (weight loss surgery) eating those kinds of foods were no longer an option especially the amount of food I was consuming. I had to develop new habits. New strategies to manage any

stress that entered my life. Stress is part of life, so it was my coping strategies that had to change for my health, fitness and wellbeing.

I found that instead of eating if I ever felt stressed, I could go for a walk, take a bath or listen to music. I also implemented a breathing technique I already knew but had forgotten about.

I also learnt to shift the meaning of any situation that I thought was stressful by removing the emotion and then looking at it from a logical perspective. Then I was able to see what the options were to deal with the situation or resolve it.

Habits can be changed; especially when you have insight into the behaviour behind the habit. Many of my clients have changed their habits, one step at a time.

As you may know, changing a habit takes time and initially it is a conscious change actioned with intent, it is being consciously aware of what you are doing. Eventually it becomes natural, and it becomes a subconscious action rather than a conscious action.

Take a few moments to understand your habits and how they are playing out in your life.

**What habit do you currently have that you enjoy?**

---

---

---

---

---

---

---

---

---

**What habits do you have that are not positive for your health, fitness and wellbeing?**

---

---

---

---

---

---

---

---

**What habits would you like to change and Why?**

---

---

---

---

---

---

---

---

Now that you have answered those questions you can see what habits you have good or bad. Some people also call habits, rituals so whichever word works for you please use that.

There are probably habits that you have that you are not even aware of because you have had them for so long.

To create a new habit as you release an old one as I said earlier will take conscious awareness and action. It is taking it step by step.

All the questions I have got you to ask yourself in this part of the book are to prepare you for creating sustainable change, this includes habits.



## ***Part Two***

### *Go For It! 3 Steps to Creating Sustainable Change*





## Jacqui's results...

Transformation from obesity to Health and Fitness



From 150.1kgs to 53kgs  
December 2016 to November 2018

*“The Only limits you have are the limits you believe!”*

Dr Wayne Dyer



# *Step 1: Pre-contemplation*

## *What do you Choose to change and Why?*

What is Pre-contemplation and why do you need to know about it?

Short answer is you don't NEED to know about it however when you are aware that it is an important part of why you don't create change in your life, you are in a position to choose!

Pre-contemplation as defined in the stages of change is: "stage of change where the person is not seeing that there is a problem and see that their behaviour or habits are okay."

So, in other words it is when a person is not ready to create change in their life, even though that change is often for the best, whether it be beneficial for their health, fitness or wellbeing, they are simply not ready to take the next step yet.

In this stage of the change cycle you will have insight into how life is and what you could do differently that would bring positive changes, however change is often seen as scary.

During the pre-contemplation stage you get the opportunity to discover what IS working in your life and what could be different. It's a time of denial but it is also a time of empowerment.

### **From pre-contemplation you move into contemplation!**

This is where you embrace change a little, where you see that the benefits of change are probably worth it, however there is still something holding you back from taking action. Something that is holding you back that you are now ready to break free from and begin living in the here and now, loving your life and seeing that everything is possible.

It is during the contemplation stage of change that most people either seek out assistance, start creating changes themselves, do more self-reflection or a combination of all of those.

The contemplation stage is all about facing the fear, anxiety or worry around change and then preparing for action. Looking at what it is you want to change and why. To understand the barriers that maybe present that you will overcome to create the change for both now and the future.

When you are ready to create change on a deep level and let go of what isn't working you are ready to act.

You have acknowledged what you don't want in your life anymore, you have sought support from others and then learnt about what steps you are needing to take to create new habits and new experiences. You are now ready to take the action needed!

Congratulate yourself when you get to this stage as the action part can be fun and it has taken a lot for you to arrive here.

So, take a minute now to do a happy dance, smile and give yourself a pat on the back, you deserve the acknowledgement of how far you have come!

Whatever it is that you are choosing to change in your life whether it be your health, fitness or wellbeing, remind yourself of why you want that change, why it is important to you and from there you will be ready to move through each stage of change.

**Each stage of the process is just as important as the other.**

Your dreams and goals are important, you are important remember that!

### ***Client Story - Moving from Pre-Contemplation to Action.***

**Client:** Beau

**Background:** Age 56, married, has grown children. He is diabetic, overweight and loves to watch football with his friends on the weekend.

Beau came to see me after talking with his doctor about having weight loss surgery, he was thinking it was the only way he was going to “lose weight” and get his diabetes under control.

During the first session we discussed what was most important to Beau and why. He couldn’t decide if he should have surgery or not given the risks, however there were also big risks staying at 120kgs with uncontrolled diabetes.

At the end of the first session Beau had decided that surgery at this time was not for him, however he still couldn’t decide what action he could commit to for his weight and diabetes.

By the end of our second coaching session, he had moved from precontemplation stage- knowing he needed to make change, to the contemplation stage, where he was ready to create change, still not sure of which action to take.

During the third session Beau was in the action phase of change, he was ready to create change, so it was during this session that he set goals for himself and I also provided him with vital information about his goals, food and exercises.

Fast forward to three months later and Beau had decided to go and have bariatric surgery, a decision he made alongside discussions with a surgeon, his GP and wife, even though he had already released 10kgs, his diabetes was still not under control.

As Beau discovered he was able to make a decision and take action once he understood all his options and why he wanted the change. He did start an exercise program and made dietary changes pre-surgery which assisted him post -surgery.

6 months later he has had surgery and is now a total of 30kgs lighter, he did come back to have further coaching post-surgery and he has ongoing success.

\*\*\*\*\*

Another important part of this step is your self-belief and confidence. Of course, these both become part of your mindset and taking action.

In the first part of the book I talked about habits, understanding your core beliefs, self-motivation, focus, all to get the results you are choosing for you. It helps if you have done the exercises in the first part of the book just as Beau and other clients I have coached have done.

Your belief in yourself and your confidence determine how important your why is and they drive you to become clear with your mindset for goal setting which I discuss in the next chapter, and finally, taking action. When you believe in yourself beyond any doubt, you are standing on solid ground. You are feeling empowered and you are ready to do everything it takes to create the changes, through each of the three steps including this one.

Confidence is also important. It is one thing to believe you can do and another thing to feel confident in taking the action!

**Exercise:**

**Take a moment to define what confidence is to you.**

Write it out in as much detail as possible, what it looks like, what it feels like.

---

---

---

---

---

---

---

---

---

---

---

---

There will be times of uncertainty along the way, it is only natural as you go through change that you feel like it is not going to occur or continue long term. But now that you have your definition of confidence and how you feel when you are confident, this is something that you can come back to in those times of uncertainty.

Knowing what confidence and self-belief feel like when you are calm and clear, writing them down helps you to have a reference to always come back.

When I am coaching clients, I let them know that it is easy for me to know and see that they will create the change and that it will last, however for the client, at times it is hard to see that the change will be long term.

I have been there myself when releasing the excess weight. Whilst I had many moments of knowing it was happening, I had times of thinking “what if I don’t keep losing weight, what will people think of me?” “what if I can’t keep up with my study load to become a personal trainer?” However, I came back to my **Why** and how I feel when I am choosing nutritious foods and when I am working out, which all kept me on track and took me closer to my goal.





## *Step 2: Mindset*

As part of creating long term changes in your life it is important to understand the power of your thoughts and beliefs. The power of your mindset in each moment!

Mindset is all about what you are thinking and responding to in every moment. What do you do when you are faced with a challenge? What do you do when you are faced with a decision that you have to make?

**The Wikipedia definition mindset is:**

*“In decision theory and general systems theory, a mindset is a set of assumptions, methods, or notations held by one or more people or groups of people. A mindset can also be incident of a person’s world view or philosophy of life.”*

<https://en.wikipedia.org/wiki/Mindset>

Children go with the flow, they are completely present in the moment, playing and interacting. They are not telling themselves they cannot do something, they simply give it a go. Children are open to doing what it is they want. Have you ever watched a child learn to crawl, first they keep going until they can pull themselves up onto their knees, then they rock back and forth?

They may do this rocking for some time, days or weeks before they crawl, however they continue to do that action, they do not give up.

Eventually they crawl and then they walk and then run, from here there is no stopping. In the first 3 years of a child’s life they hear positive encouragement, parents, siblings, grandparents and family friends all telling them they can do it. From the age of around 4 children start hearing what they can’t do more than what they can do.

They hear “no” and “stop”, they start to see what other children are doing and what their parents are doing.

They shift between giving everything a go to being scared to do something and then they become unsure and uncertain.

Of course, there are certain activities that are not safe for young children so whilst as an adult we are limiting children in their actions, it is not always explained to a child like that. It is just a “No, stop” language. Suddenly a child is learning that they cannot do certain things.

They are learning about restrictions. The key here is the way in which it is taught to the child, as this will impact on how they will view the world and how they grow up.

Some parents are very strict, and some are more relaxed, no two household rules are the same.

Recently I was sitting in a café and I got to see two different families with their children. One family had 3 young children aged between 4 and 8 years of age, the other family had 2 children aged about 3 and 6 years. So, the children’s ages were quite similar.

The family with 3 children had them sitting at the table while they were eating, occasionally the children went to the play area played and came back to the table.

Sure, the children were loud and at times there was one of the parents telling them to eat some more, however overall it was normal behaviour from the children.

The family with 2 children had a lot of more noise and yelling. The mother was constantly telling the children to sit down, asking them what they wanted to eat and running after the children to get them to sit at the table.

The children didn’t listen, they ran around the café and even went to other adults and knocked their cups off their table, they didn’t go and play in the play area, instead running around the café. Their behaviour made it hard for the staff trying to safely carry food out to the tables, having at times to stop and wait for the children to stop running around.

The parents spent about 10 minutes yelling at the children to stop, then finally gave up and basically let them have free reign and run around.

Food was put on the table for the children and the older one yelled at her parents “I don’t want that, I hate you” and then threw the food on the floor. She then ran off.

The parents ignored this behaviour, got the menu again and asked what she wanted from it and then they ordered that meal.

This pattern continued for the entire time they were there, lots of yelling, tears and food hitting the floor. The parents appeared to let this behaviour go on.

The parents with the 3 children had them eating in between playing and reminded the children to walk instead of running between the table and the play area.

Both parents believed they were doing the right thing and both parents managed their time out in the café differently.

**Who is right?**

**Which children are behaving?**

**Is there a wrong in this scenario?**

We can judge the behaviour of all the parents and children and we can sit in judgement of what I just described and what you may have experienced as a parent or as an observer, however should you choose to judge be aware that what we are seeing in public for an hour or so is not the full story.

Each person was doing their best in that moment and sure, some customers at other tables wanted the children running around to stop and they were heard to say, “oh those children are so naughty”.

Another way to look at it is that all children were behaving the way they were taught to. They were all given information and taught consequences for their behaviour or not.

The children who spoke up and said “I don’t want that” she was taught to speak her mind and to be big in her actions to get what she wants.

The children who played and then sat quietly at the table eating, were taught that is how you eat and behave.

Your mindset comes down to what you are taught and what you believe to be true.

Whatever it is you want in your life, whatever you choose to have, will require action. It will require understanding certain information and that also requires an attitude of I can do it, I am doing it!

Success is subjective!

I can tell you that everything you do is simply varying degrees of success and there is no failure and I do believe that, however it is not as simple as that.

Failure does occur however in that “failure” is a lesson, or at least the opportunity for a lesson. I personally do not see anything as a failure, I see it as an experience and I embrace that experience. That is my approach, one which I find is working for me!

### **Example:**

Think for a moment about history of aeroplanes and the progression of the way they were being built and redesigned over time.

The first time a plane was built it didn't fly very far at all and could only take one person. It crashed, and they had to rebuild, they had to work out what didn't work to create change and eventually over time and many trials they got to where we are today. Even today they are constantly evolving and re-designing planes, so they are better, faster and more efficient.

It took a mindset of determination, then action, assessment, reassessing and being open to learning from what “failed” or shall we say didn't work to become better.

So, you get to choose, you can decide to define things and situations that don't work out as you would like as failing **OR** you can see them as the opportunities for growth that they are.

### **Everything holds the meaning each of us give to it.**

That means **YOU** get to define what success is for you and whether it is important to always have success or whether it is important to be present and constantly creating the life you choose for you.

To create long term changes that set the scene for ongoing life on your terms, you need to choose what you will and will not do. But again, this is your choice, you get to choose here!

You determine how driven you are to have the life you want or to simply let everyone and everything determine your life experiences for you.

So, this is where I encourage you to be clear on your values in life. What is it that is important to you? What are your beliefs and values in life?

I encourage you to answer the following questions in as much detail as possible.

### **What are my core values in life?**

**Write out at least 5 Core Values and then rate them from 1 to 5 (1 being top priority)**

*Examples of Core values:*

**Love** *patience, kindness, forgiveness, trust, selflessness, compassion and protection*

**Integrity** *honesty, truthfulness, responsibility, reliability, dependability, consistency, decency, justice, sincerity and commitment*

**Wisdom** *intelligence, understanding, knowledge, good judgment, insight, perception, discipline, experience, personal growth, discretion and intuition*

**Freedom** *independence, free will, liberty, autonomy, and/or self-determination*

**Achievement** *success, or accomplishment*

**Happiness** *joy, contentment, pleasure, bliss, delight, and/or gladness*

**Peace** *harmony, unity, tranquillity, or serenity*

**Perseverance** *persistence, or determination*

**Respect** *appreciation, esteem, value, or cherish*

**What are your beliefs? Why are these beliefs important to you?**

This can also be answered as what is important to you in life, for example some people believe that life always works out, no matter what.

**Some people believe in religion, some people don't. Whatever your beliefs are, they are important to you!**

---

---

---

---

---

---

---

---

---

---

---

---

Once you have insight and clarity into your beliefs and core values this will assist you in understanding your mindset, why you respond or react to any situation and experiences in life the way you do.

A **can-do** mindset is about seeing the abundance of possibilities in every situation.

It is about being open to the options before you and believing that you can achieve your goals, and that you won't give up in situations that are challenging.

With a **can-do** mindset you are willing to face any challenges and to take time to re-assess and re-elevate as you travel along, taking action towards your goals and dreams.

Success is all about believing you are already a success and understanding that even when situations do not work out as you had planned. The fact you acted is already a success.

Studies have shown that we often learn more when we are relaxed, when we are having some fun. This is because we get out of our head and stop over-thinking, we respond to the emotions of the experience and our sub conscious mind guides us.

Over thinking a situation often leads to not being able to decide.

For some people over thinking leads to anxiety, stress and then no action at all and the person is unable to have any clarity. So, take time each day to relax and go with the flow.

Be present in the moment and then notice how successful what you are doing is.

Notice how you feel.

Trust yourself!

## **Client Story**

**Background:** 48 years old, single.

**Goal:** Chris, wanted to take better care of himself, he had a history of being non-compliant with his medication, his exercise program and even his food choices.

He wasn't overweight, however felt tired all the time, he has asthma and diabetes. Emotionally he felt like his life was going nowhere.

He also felt that he was lacking motivation and interest in his music. He was a lead singer and guitar player in a band in Georgia USA.

His friends and family were starting to be concerned about him, yet he seemed to not care, well at least that was their perception of him.

He did care, he cared so much that he would beat himself up for letting go of what was important to him, for making excuses.

When he reached out to me, it was whilst we were both holidaying in Hawaii, we met by accident and got to talking and when we were both back home, he decided to reach out for coaching with me.

When we first met it was over coffee in a restaurant at Turtle Bay. I shared with him my passion for coaching and I drew him a picture of the health, fitness and wellbeing cycle.

In the diagram there are three circles all interlinked and in the middle is YOU. As I explained to Chris health, fitness and wellness are all interconnected, and each affects the other.

Each of us are in the driver seat, we make the choices.

When Chris contacted me via my website, I asked him what appealed to him the most about wanting coaching with me. He said that firstly he was ready to create change and, he had got to thinking about my coaching model and the way I explained it.

Chris set his long-term vision for overall health, fitness and wellness which includes having energy, losing weight and getting back into his music.

Having health, fitness and wellbeing will give him the focus for his music, energy to do gigs and he was hoping to improve his diabetes.

His goals both long and short term were all set out as adding in regular exercise, checking his physical measurements including weight and playing music 3 times a week and then booking gigs with his band.

Five months later Chris is now 10kgs down in his weight, has built muscle mass all over his body and decreased his body fat percentage.

He enjoys going running each day, he is also playing at gigs every Friday and Saturday night, and his band is preparing to travel around America.

He has told me that what has given him the success, is his focus on his goals as we discussed and that it was also some of the strategies I



gave him along with each coaching session we had where he had breakthroughs to the barriers that have held him back in the past.

He said knowing that he could create change was key, especially getting back into music because he has had success in the past, and during our sessions he was reminded of this.

He set out his core values and reconnected to his belief system and that assisted him to have a solid foundation for the changes he wanted for himself.

Chris messages me from time to time, letting me know how he is going. It is great seeing his success and most of all that he is living the life that he has chosen for himself, that is right for him.

Chris was able to have success once he changed his mindset around what was important and why being fit and healthy was important to him and his life, not for anyone else.

He took action. He started to exercise, choosing nutritious food and then got back into his music. The more he did that the more he wanted to do it.

Our mind is a powerful tool, I am confident you have heard this before, what you focus on is what occurs in your life.

When you sit in worry and anxiety then that is what you will see more and more of. When you come from love and the abundance of possibilities in life, then you will notice more of that.

Understanding how your mindset and beliefs affect your emotions and the actions or reactions that you take. Just as Chris and all my clients have done. It is important to breaking through barriers and creating the changes in your life that you choose.



## *Step 3: Go For It! Taking Action!*

Woohoo! Finally, at step 3

The final step in creating sustainable change is **Taking Action!** You've got this. It is a step by step process.

So far, in step 1 I have helped you to become clear on what it is that you want to change and why, then in step 2 it was all about the mindset, now we get to put it all together.

You go out there and create the change, whether it be cleaning out all the junk food from the house and replacing it with nutritious food, or purchasing a new pair of runners, putting them on and going for a walk.

Whatever it is that you are choosing to change the action is important to be done step by step.

**Goal setting** is part of that action. You have the behaviour you are choosing to change, and a vision of what life will be like when you are taking the new action.

Now you will set your goals. Goals are set for weekly, monthly, 3 months and you even can set a yearly goal. Your yearly goal is very much part of your vision.

In coaching we use the acronym S.M.A.R.T for setting goals. It is commonly used amongst many personal trainers and allied health professionals.

**S.M.A.R.T** stands for:

**S:** Specific

**M:** Measurable

**A:** Accessible

**R:** Realistic & Relevant

**T:** Timely

As a coach I can assist you with your goal setting, however for this book I shall give you some direction to start setting your goals for action.

**Exercise:**

**Write out your vision as clearly as you can.**

This is what you see yourself doing for example it might be exercising 5 times a week and feeling fit, healthy and full of energy.

**My vision is:** (include as much detail as possible)

---

---

---

---

---

---

---

---

**Write out how you will feel and what you will be doing in your vision:**

---

---

---

---

---

---

---

---

Remember that your vision is your big picture of what it is you want, what you are choosing for YOU!

**Next step is your goal setting!**

So, let's take the example of exercising 5 times a week.

Currently you are not exercising at all therefore it is important to have your weekly goals smaller than your 3 monthly goals.

**Example 3-month goal:**

It is (insert date 3 months from today) and I am walking for 30 minutes 5 times a week and feeling full of energy and am increasing my fitness.

**Example 1- month goal:**

Every Monday, Wednesday and Friday I go for 20-minute walk, first thing in the morning.

Can you see the difference in the goals?

Can you see that initially the goal is for specific days and time all less than in the 3- month goal.

It is important to also remember that when you set your goals that you feel and know that you will follow through and do them.

I always get my clients to answer the following question:

**How confident are you of achieving this goal?**

On a scale of 1 to 10 (1 being not confident and 10 being very confident)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Now if you were to tell me you are only at **4 or 5**, we would then explore how to get you to a higher number.

The higher the number the more confident you are to take this action.

**Taking action is the goal!**

Now that you have your vision, your goals and your confidence level sitting at 8 or higher to achieve your goals, you can now go ahead and get started.

**Tools that assist you to remain on track are:**

- Writing out your goals clearly as in the example.

- Putting them on colourful paper if that helps.
- You can even use photos or pictures to create a vision board if that is what supports you. See yourself living that life.
- I have in the past taken photos of me sitting in a car that I really wanted, that I choose to have. I got that car 3 months later.
- Take your weight and measurements if your goals are around releasing weight or changing clothing size. Record your starting measurements and then reassess weekly to monthly.
- Take photos as you achieve a goal to remind yourself that **YOU ARE DOING IT!**
- Celebrate you, celebrate the action you are taking.
- Some people like to use affirmations and positive statements.
- Remember to make this all about you.

A couple of tools you can use to assist you to stay focused and moving in the direction of where you are going:

**1. Gratitude.**

When you focus on gratitude you begin to notice more and more the things in life that you are grateful for. Gratitude can be for what you have, an experience or people. It is about honouring yourself and others, the life you have. Gratitude is more than a feeling it is also your thoughts.

Take a moment to define what gratitude means to you, your definition:

---

---

---

---

---

---

---

---

**An exercise on Gratitude:**

Each night before you go to sleep write out your list of all that you are grateful for. It could be that you had a meal you enjoyed, that you got a hug from that special someone. I suggest keeping a gratitude journal. *(I am currently designing one that is available to all my clients).*

Once you have written out your gratitude list, I encourage you to read over it a couple of times before you go to sleep. Notice how you feel with your list, notice how long your list is each day and keep it going as an everyday habit before bed.

## **2. Intention**

Setting clear intentions for your day is a perfect way to be stay on task. As you write out your intentions you can see what is important to you for that day, it also forms a checklist of sorts, something to come back to.

An intention is just that, what you plan to do, you can even include how you plan to feel for the day. Stating your intentions in a language that is “Can Do” helps you to see the activity being done already and the possible outcomes.

By setting your intentions for the day, you are also able to stay present in the moment as much as possible.

### **Exercise for Intention:**

Each morning before getting out of bed or when you are having your breakfast write out clearly your intentions for the day. This can include, things such as exercise program, relaxation, remembering to smile. Include whatever you would like to achieve for that day.

Notice how your day flows when you set clear intentions and the difference to the days that you don’t set your intentions. Is there anything different? How focused are you?

## **3. Presence in each moment!**

Being present in each moment means that whatever it is you are doing has all your attention. You can hear what the other person is saying during a conversation, you are able to notice how your body responds to an exercise program.

### **You’ve Got This!**

I believe in you; Do you believe in you?





***Part Three***  
*Celebrating You & Inspirations*



In **Part 2** you had the opportunity to create change and to put into place what you learnt in **Part 1** as well.

**Part 3** is all about celebrating the changes you have made and to continue moving forward with those changes. I have included inspirational quotes in this part that you can come back to anytime you like.

Simply flick through and open the page and notice what stands out to you on that page.

Inspirational quotes will help you to feel the sense of empowerment and continue taking action, to remind you of what you can do, the choices you have in your life, in your thoughts and beliefs.

Long term change is also about celebrating you, you are celebrating your changes, being completely present in each moment.



# *1. Celebrating You!*

Celebrating how far you have come is the reward for your hard work, for your commitment to YOU!

During a coaching session I encourage my clients to share everything that has made them smile, laugh and made them feel good with me.

To let me know how they are feeling with the action they are taking and even when they realise where they can create further change.

We then celebrate together! Depending on the client it could be a high five, doing a happy dance together or simply a pat on the back. Of course, the type of celebration is individual.

So how do you celebrate YOU?

**What do you do that is helping you to acknowledge your achievements?**

Take a few minutes to go back over your successes of this week, even this day!

Write them out if it helps.

**What has worked for me today/this week/ this month!**

---

---

---

---

---

---

---

---

**Ways I can celebrate Me!**

Provide as many different ideas that you can think of.

(e.g. bubble bath, new clothes, dinner out with friends, time by the beach or bush or nature)

---

---

---

---

---

---

---

---

Now add how often you would do these things as part of celebrating you. Choose a number from 1 to 10, 10 being often, 1 being hardly ever.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Celebrating you is also about acknowledging your self-worth. It is about saying I am worthy of ..... (insert your worth) ..... and then living by that.

If you are wanting to connect with your self-worth on a new level, you can do this by writing out your self-worth statement and reading it every day for at least 28 days for it to become a natural part of your thought process when thinking about and talking about yourself.

Whilst my speciality is Pre and Post Bariatric Surgery Coaching, I also work closely with clients who have not had that surgery, and several of my clients have focused on feeling worthy and believing they are worthy of the success they have in achieving sustainable change.

Celebrating you will also keep your focus on what **IS** working and the infinite possibilities that you are, that your life is!

In the section called **“About Jacqui and Her Tribe”** I share with you a bit more about me, what I offer and the people who support me. You can even see photos of some of those people. Each of these people support me and celebrate me and my success.

I encourage you to have gather your people who celebrate you and your dreams, celebrate your successes around you.

Keep celebrating YOU!





## 2. *Inspirations*

Inspirations are amazing tools that can assist in lifting your emotions and even change your focus. They can assist you to think differently about a situation or they can simply be a nice saying that makes you smile. As I have mentioned before, inspiration is an internal response to what you have read or heard, they are words that hold the meaning you give them.

They come from different sources, but these quotes are just one way to find inspiration. For some people inspiration comes from vision, for example pictures and photos. If you are more of a visual person then I encourage you to use the words on pictures or simply pictures or photos nearby where you will see them every day such as on a mirror, on the fridge or even on your phone.

In the past I have created a vision board to assist me to keep my focus on my goals and as I have previously mentioned, this has assisted me to achieve my goals.

Feel free to flick through the pages of inspirational quotes until you see one that relates to your life, if you find there is none here, then check out my Instagram page. You can also create your own inspirational quotes. When you write some of your own or create them with pictures you are also empowering yourself and connecting with your own inspiration, which is good!

I do encourage you before going through the inspirational messages pages to close your eyes and take a few deep breaths. To focus on clearing your mind and letting go of all thoughts, to relax and sit in a space of calm as much as possible.

If it helps feel free to write the message out and take it with you, read over it a few times during the day or the week, however long you want to refer to it for.

Remember you are in control of your thoughts, beliefs and emotions. You are infinite possibilities and you are already amazing.

“Knowledge is learning something every day.” Wisdom is letting go of something every day!”

~ Zen Proverb ~

“It doesn’t matter what others think, it matters what you think!”

~ Jacqui Grant ~

“The key to success is to turn up! To take action and to know that success is what you decide it is!  
There is no right or wrong, simply being!”

~ Author Unknown ~

“The only limits you have are the limits you believe!”

~ Dr Wayne Dyer ~

“Every day is an opportunity to be the best version of you!”

~ Jacqui Grant ~

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. “

~ Henry Ford ~

“The only way to do great work is to love what you do.”

~ Steve Jobs ~

“It is your mind that creates the world!”

~ Buddha ~

“Love your body enough to fuel it with nutritional food!”

~ Jacqui Grant ~

“All great changes are preceded by chaos!”

~ Deepak Chopra ~

“Fear is the energy that contracts. Love is the energy that expands!”

~ Jacqui Grant ~

“Enlightenment, joy and peace can never be given to you by another.  
The well is inside of you!”

~ Thich Nhat Hanh ~

“For every minute you are angry or afraid, you lose sixty seconds of  
happiness and inner peace!”

~ Jacqui Grant ~

“We all have baggage but there comes a time when you realise it’s  
time to unpack!”

~ Author Unknown ~

Whatever the mind of man can conceive and believe, it can achieve

~ Napoleon Hill ~

“Loving me is my priority. Loving you is a choice I make in every  
moment!”

~ Jacqui Grant ~

“Life is neither good nor bad, it simply is!”

~ Author Unknown ~

“In every moment I have the power of choice!”

~ Jacqui Grant ~

“I am not what happened to me. I am what I choose to become!”

~ Carl Jung ~

“I’ve missed more than 9000 shots in my career. I’ve lost almost 300  
games. 26 times I’ve been trusted to take the game winning shot and

missed. I've failed over and over and over again in my life. And that is why I succeed."

~ Michael Jordan~

"Trust that you are always exactly where you are meant to be in every moment!"

~Jacqui Grant ~

"To handle yourself, use your head; to handle others, use your heart."

~ Eleanor Roosevelt~

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

~ Jimmy Dean ~

"When I sit in silence it means there is nothing to say. In silence I am present in the moment.  
Silence is my fit to me!"

~ Jacqui Grant ~

"If you hear a voice within you say, "you cannot paint," then by all means paint and that voice will be silenced."

~ Vincent Van Gogh~

"When you believe you can, trust that you can, then you know you WILL! Go For It!"

~ Jacqui Grant ~

"A person who never made a mistake never tried anything new."

~ Albert Einstein~

"Certain things catch your eye but pursue only those that capture the heart."

~ Ancient Indian Proverb ~

# *About Jacqui & Her Tribe*

This book has been in the making for a long time! It is something that I have spent hours upon hours writing, changing and even trying out some of the strategies to ensure they are working constantly. I have done that because I wanted to ensure that this book helps you. So now that you have it in your hands, here is a little about me and the people who have helped to create this masterpiece.

It was on a family trip to Hawaii that I stepped out of my comfort zone even more and got to meet some amazing people, some of whom became clients and other friends.

## **From morbidly obese to health and fitness!**

Three years ago, as I have mentioned throughout this book, I was experiencing ill health, out of control asthma, unable to walk very far without getting tired, and even everyday activities were a struggle on some days. I constantly overate and yet there were times when I did not see my weight or size as a problem.

I became frustrated with myself, I also sat in denial for a period of time. I then one day decided “I’ve had enough”. Enough of being overweight, actually I was morbidly obese, and I’d had enough of being so tired that I choose to make a change.

My first step was to go and get all the information I could on all my options. I had a personal trainer, I had a coach and I had seen a dietician, so in the end I decided to see a bariatric surgeon. I did hours upon hours of research on the surgery and I also spoke to those who had gone through it. December 2016 weighing 150.1kgs, 155kgs was my highest weight in November 2015, I choose to have bariatric surgery: sleeve gastrectomy to be precise.

The surgeon did a great job, no issues or complications post-surgery. The food guide provided by the dietician was very detailed and easy to follow, however the biggest part that I felt was missing is the mindset.

Self-confidence to achieve my goals and also ongoing support during the tough times of not being able to eat or the pain or remembering that I am no longer able to eat more than 1 -2 cups of food for my main meal and that I am not allowed to drink anything at all 30 minutes either side of eating.

I also did not realise that I experienced anxiety and that I was being an emotional eater. I had to deal with all of these and yes some of them I went and got support with and others such as a counsellor and my GP. I worked out strategies for myself especially around the post bariatric surgery changes. During this time, I found out through personal experience that there is a huge gap. I have developed my programs to bridge that gap and in 2019 I am taking those programs to Surgeons around Australia and eventually the world.

I started releasing weight and feeling better, my energy increased and eventually I achieved my goal weight and then went past that. I now weigh between 52 and 55kgs. Yes, I have excess skin and will eventually have that surgically removed more for comfort reasons than anything else. I have gone from size 28 plus clothing to size 6 -8, and I now have amazing energy and love life.

Now, my blood pressure has returned to normal, I rarely get asthma, my heart rate is within range and I am able to run for my cardio and my energy is abundant.

I made changes for me! I chose to love me. I choose to release everything that is not working for me! **I choose me!**

## **Career Changes!**

Two years ago, as I was changing my health, fitness and wellbeing I also decided to take steps to change my career path. I have been in nursing for over 30 years and have worked in a variety of nursing jobs including care coordinator and conflict resolution. In more recent times I have been able to develop Medibank Care First Health Coaching program, which I love! I have met some amazing people over the years of nursing, and whilst I love that career, I love coaching and personal training.

I feel excitement when my coaching clients have break throughs, when they feel empowered, confident and have self-belief, when they are achieving the goals they set so I decided to expand my coaching knowledge and skills and now have completed Wellness Coaching through Wellness Coaching Australia, Level 1, 2 & 3 and also stress management, Physical activity and nutrition. Included in the course is Motivational Interviewing, which I love.

I have also completed short courses in nutrition, weight management and cognitive behaviour therapy.

As well as coaching and nutrition I have completed my Complete Certificate IV in Personal Training.

I have been coaching clients for 6 years with this year coaching more and more clients who have “Chronic diseases” that have been referred to me by GP’s. I have developed a program that runs for 6 months that includes some of what is in this book, and more content around nutrition, including recipes, exercise and relaxation techniques. One program includes coaching with me and the other is pure content, so you can choose what is right for you.

All of the clients I have worked with this year alone have made major changes in their life and they have used the strategies in this book and in my program.

My passion is Health, Fitness and Wellbeing, specialising in Pre and Post bariatric surgery coaching. I also work with clients who have had breast cancer.

All of my programs and coaching bundles are designed to work **WITH** you the client. My programs are on my website and I look forward to working with you to be the best version of you. As time goes by, I will be writing another book and I will be creating new programs along with running events and workshops.

I love what I do, and I have chosen to follow my passion and what makes me smile each day. To build a business and to keep sharing what I know and what I learn with each of you.

## **Break Free Consultancy**

The name of my business came from the fact that just as I have broken free from everything that was holding me back, so too can you, this book is just the beginning.

You can find me on Facebook: <https://www.facebook.com/Break-FreeWithJacqui>

Instagram: <https://www.instagram.com/jacquitgrant/>

I also have a couple of groups on Facebook: Break Free With Jacqui Grant and Jacqui Grant – Bariatric Surgery Can Do Mindset : <https://www.facebook.com/groups/172950653298371/>



## **My Tribe – So Important to me!**

The people who form my tribe are so important to me and I have included photos of just a few.

It is important to have people who are supporting you, lifting you up and celebrating you and your success. Remembering that everyone has an opinion based on their experiences and beliefs in life therefore we are not always going to agree with each other, there will be times when we agree to disagree.

My mum and step dad, my sister, my brothers, my step siblings, my nieces and nephews all have seen me grow and change especially over the past 2 years, they have been there listening and being open and honest about my journey and what I do.

My children are an amazing support to me. They have been very encouraging, backing me each step of the way with this book and my business **Break Free Consultancy**.

So here are some photos of just a **few** of the members of my tribe.



**Dave Thompson**, an awesome friend, mentor, coach and all-round amazing guy. Dave for over 6 years you have been a good friend to me, inspiring me and a rock at times.

Dave's business **Inspirational Book Writers** has helped me to get this book out there for each of you to read. If you ever want to write a book, then Dave is the man to see ☺ Dave and his team can be contacted on Facebook: <https://www.facebook.com/IBWRetreat/>



**Natalie Rodriguez**, good friend, amazing graphic artist, photographer, make-up artist and blessing in my life. Natalie and I have been working together on this book, rebranding my business and part of that is designing my new logo. Natalie your encouragement and belief in me is beyond amazing.

Natalie's business can be found on Facebook and I encourage anyone who wants design work done to reach out to Natalie. <https://www.facebook.com/BUniqueDesign>



My amazing children and yes, our dog. **Joshua, Daniel, Sasha and of course Sammie** (the dog). Each of you are awesome young people with hearts of gold. You have each encouraged me, listened to me and helped spread the word about my business. You have been there on the tough times, especially when my health was not what it is today.



**Kristian Stephen- Martin**, what a guy. Close friend, mentor, coach and amazing guy who is going places. Kristian you have helped me to grow and step out of my comfort zone, to see that I am worthy of the very best and to break through barriers. I started working on this book after meeting Kristian.

You can connect with Kristian via his email: [kstephanmartin@gmail.com](mailto:kstephanmartin@gmail.com)



**Erin Pintar** a beautiful lady and friend for over 6 years. You have inspired me through your work, your beautiful heart and friendship. Erin you are a gift in my life and have been there for me through some tough times, thank you.

Erin has her own business and you can connect with her via Facebook also: <https://www.facebook.com/soulpurposeconsulting/>



**Louine Shaw**, my beautiful friend who I only meet a year ago, however feel like I have known all my life. We have both seen some really tough times this year, however have kept going and our friendship has grown from strength to strength. Louine thank you for being there and listening for the laughs, love and hugs

Louine is the owner of **Love Luna** and you can visit her store in Mt Eliza Victoria and connect via Facebook also: <https://www.facebook.com/lovelunamteliza/>



**Luke Symes**, you and I have been through many ups and downs, together and apart. For over 5 years now you have been a huge part of my life. We have many adventures together and going with the flow is all part of that.

You make me smile, you make me laugh and yes you have made me cry, all part of this journey. You have inspired me, encouraged me and helped me to keep striving to be the best version of me every day. You have challenged me in so many ways.



**Mary Daff**, oh my beautiful friend, the fun we have. We have known each other for over 10 years now and our friendship is a treasure in my life. You are an amazing support and gift in my life, the laughs we have, the catch ups and even singing karaoke is fun. Keep on being you and I look forward to your music career taking off.

# Testimonials

The following client testimonials should hopefully give you some insight into what is possible should you think about enrolling in one of my programs or taking me on as a coach.

Everyone chooses to have coaching or work with a coach for different reasons.

## Beau

*Coaching with Jacqui helped me to make the right decision for me. I was sitting on the fence for at least a year with my doctor and family worried about me.*

*I had never been good with making decision and prepared to ignore things.*

*Jacqui was patient with me and gave me slowly gave me information to help me make MY decision. As Jacqui said it is MY DECISION and taking control of my life.*

*Even though Jacqui has had bariatric surgery, she did not convince me either way, her program for people who have had surgery and for those who haven't both works.*

*I highly recommend Jacqui's programs and coaching.*

*The 'abba' moments are so worth and the results bring it all together!*

*Beau Taylor, Melbourne Australia. October 2018*

\*\*\*\*\*

## Nicole Owens

*"When I started my journey, post bariatric surgery. I was doing it for my health as I was looking down the barrel of more medication and I was already sick of the amount I was on.*

*I wanted to speak with someone face to face as I had plenty of reading material pre and post op and followed people's stories on Facebook but had not connected with a real person.*



*Jacqui was very open and explained things to my husband and I about things that I hadn't thought of and also some things that I was thinking but was embarrassed to ask about and we both came away from the meeting with a renewed vigour for life, health and wellness. She gave me a positive look at the way forward and seeing her example and the way she is always looking for the positive in situations is inspiring. I have gained a more positive outlook on my life and she has encouraged me to challenge me and the status quo and I am looking forward to an even brighter future ahead."*

Nicole Owens, Melbourne Australia. October 2018

## **Chris**

*"Meeting Jacqui in Hawaii was a gift. To hear and see the results she achieved for herself on her own was enough for me to follow up and go through a personalized coaching program with her.*

*Jacqui and I used to skype for the coaching sessions and she were flexible given the time difference between us.*

*I learnt that I had to take action... I choose to take action.*

*I am living life my way and have so much energy now.*

*I recommend Jacqui Grant for coaching, she will help you to create changes that last!"*

Chris Tanner, Georgia USA. September 2018

\*\*\*\*\*

## **Toby Allan**

*"Jacqui Grant was referred to me by a buddy. He had heard of her and read her first book Break Free. I signed up for her 4 coaching sessions and we used skype given the different countries.*

*Jacqui made me think, she listened, and she also gave me information. Her Health, fitness and wellness cycle is so cool to use. The way she explains how my current habits and thoughts were holding me back made sense. I have since had another*



*4 sessions with Jacqui and lost 35kgs. She believed in me when I didn't, and she didn't give up.*

*If you have ever wanted to have a coach that understands health and fitness, then Jacqui is the person to see. We made it work across the wide ocean and time difference.*

*Positive, funny and inspiring. Jacqui Grant is the one.*

Toby Allan, Chicago USA. July 2018

\*\*\*\*\*

## **Beryl**

*"Jacqui Grant is a beautiful lady who helped me to create changes I never thought I would.*

*She asked me questions that got me thinking and allowed me to find some answers for myself. Since having coaching with Jacqui, I am feeling more positive about myself and my life. I am going out more. I am social now and I find myself smiling more."*

*Beryl S., Mount Eliza Australia. May 2018*



# *Reviews from Facebook – Public Page*

## **Louine Shaw reviewed Jacqui Grant — 5 stars**

June 10, 2018

“Jacqui will turn your life around...she’s done it for herself...no greater prerequisite than that - so, she can do it for you too. A beautiful Soul.”

## **Dave Thompson reviewed Jacqui Grant — 5 stars**

April 3, 2018

“I’ve known Jacqui Grant for 6 years. Her personal transformation and journey add massive credibility to her skills as a coach, and facilitator of change.

She is the real deal.

Highly recommend her work.”

## **Jack Williams reviewed Jacqui Grant — 5 stars**

April 3, 2018

“A wonderful positive person with a wealth of knowledge. I recommend Her amazing practice to anyone.”

## **Pamela Gagnon reviewed Jacqui Grant — 5 stars**

April 3, 2018

“Jacqui is a true gem. She has a wonderful healing presence and a wealth of experience to share with others! Looking forward to watching her business flourish, as she surely deserves. “

# Notes

# Notes

# Notes

# Notes

# Notes



# Notes

# Notes

# Notes

# Notes

# Notes

# Notes

# Notes

# Notes



# Notes

# Notes

# Notes

# Notes

# Notes

# Notes

# Notes

# Notes



# Notes

# Notes