

Protective Diet Class #099

Visualize Optimal Health

This class is about visualizing your health future and forecasting your own testimonial. When the going gets tough, positive visualization can help you feel the success you want and notice daily opportunities guaranteed to get you there. The power to create the life you love is inside you. Learn to tap into it, take massive action and generate self-motivating evidence to inspire you to goal.

Announcements

- Join us in [Protective Diet Living \(PDL\)](#) for the strong support system you need to achieve your goals.
- Join us for [Saturday Live Coaching Hour](#) for personalized guidance on the application of a Protective Diet.
- Read the [Newsletter](#) associated with this class.

Vocabulary

Micro Goals	Positive Visualization	Opportunity Board	Pyramid Pushups
Daily Action	Imagination	Optimal Health	Weighted Crunches
Sweet Action	Calendar of Achievements	Testimonial	Perfection

Action Steps for Harnessing the Power of Your Mind

- **Clarify Your Vision**
 - Picture two identical ships: one with a captain and crew & one without. One will go to a destination. The other will float aimlessly around causing damage and destruction while never leaving the harbor.
 - If you don't have direction; something to focus on and strive for, you are like the crewless ship that never leaves the harbor.
 - Have something you are striving for. Don't be afraid to commit. You can change your mind any time.
 - Read some real life [Testimonials](#) for inspiration and ideas about what you can achieve.
 - The clearer the vision of what you want to experience the faster it will come to pass.
 - Craft an opportunity board; a visual representation of what you want to experience.
 - This visual will focus your thoughts and help you recognize the opportunities in each day that can lead toward your goal.
 - Take as much time as you need to imagine enjoying all that Optimal Health will allow you to have in your life.
 - What does your desired life look like? What does it feel like to live your dreams?
 - Imagine what you want your life to look like with as much detail as you can.
 - Dream big. Truly believe in it. Fall in love with your story and get to know it in your mind.
- **Forecast Your Testimonial**
 - Write your testimonial as if your struggles are gone and you have mastered whatever you were trying to accomplish.
 - Write it down as if it has already happened (I am so happy and grateful that I feel _____.)
 - Consider writing a testimonial for successes at 30 days, 6 months, 9 months and a year.
 - Write as many details as you can imagine.
 - The clearer your vision, the more you will see the opportunities that are there for you to take action.
 - Focus on it daily: Read it on a daily basis until you are feeling strong, like nothing can deter you.
 - Get the tactile experience of thinking it, seeing it, writing it.
- **Make a Commitment & Take Daily Action**
 - Anything worth doing takes daily action. You are the only one that can sabotage your success.
 - Start each day with your goal in mind. Be grateful for opportunities that will come your way and the action you will take.
 - Decide that, no matter what, you are going to accomplish your goal.
 - Opportunities will present themselves. Take massive action and find your own evidence that motivates you to keep going.
 - Fill your life with things you are passionate about and see small successes that generate big internal motivation.
 - Surround yourself with positive, successful people who have achieved what you want. If not in person, find them online.
 - End each day visualizing your continued success: Lie in bed with your hand on your stomach and imagine your stomach flat, your blood is flowing perfectly, your arteries are clear, your liver is in perfect working order. Everything is working perfectly. Imagine the things you will be doing when you are in Optimal Health. Imagine your best life. Believe it will be.

- Contemplate your goals every day. Daily goals can change or fluctuate, but your big goal is static.
- Don't be disappointed if it unfolds a little differently than expected. It will likely be even better than you imagined.
- See it as perfection in your path. This will open your eyes to so many opportunities.
- Record things as they unfold (Calendar of Achievements) to remind yourself of successes when you are feeling less hope.

Cooking Tips

- When using your [Instant Pot](#) on the slow cook function, keep the steam vent opened to allow for some evaporation.
- The [Instant Pot slow cooker lid](#) has a built-in vent hole in the top, which lets the slow cook function work optimally.
- Keep your slow cooker. You can make chili in your slow cooker and rice in your pressure cooker at the same time.
- [Slow Cooker Recipes](#) have more liquid than those formulated for a [pressure cooker](#) because the lid allows for evaporation.
- If a [PD Recipe](#) calls for a slow cooker, use a slow cooker, not an Instant Pot on the slow cooker function, unless you have the lid.

Student Q&A

- Q: Do you listen to any motivational speakers regularly?
- Q: Does outside motivation generate enough to get you to follow through?
- Q: Do you ever find that you don't recognize your achievements? Maybe because they look different than you expected?
- Q: Where do you post your goal to remind you every day?
- Q: Do you work on one goal at a time or several (family relationships, health, etc.)?
- Q: What exercises will help flatten your stomach?
- Q: What if your family is not on board?
- Q: Does Julie have a goal right now?

Encouragement

- I want you to have these things to believe in and look forward to.
- When you are feeling challenged about your Protective Diet goals, go get your forecasted testimonial and read it.
- You will live the life that you want by giving yourself some direction and forecasting your testimonial.
- When you think about your family, be grateful. You cannot have goals for other people; you can only have goals for yourself.
- If your goal is to influence your family to adopt a Protective Diet, feed them PD food.
- You cannot change another's experience. Just live yours to the fullest.

"Imagination is everything. It's the preview of life's coming attractions." ~Albert Einstein

Recommended Recipes

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| <input type="checkbox"/> Cornbread | <input type="checkbox"/> Cornbread Under Pressure | <input type="checkbox"/> Perfectly Cooked Brown Rice |
| <input type="checkbox"/> Corn Biscuits | <input type="checkbox"/> Busy Day Chili | <input type="checkbox"/> Black Bean Chili |

Recommended Classes

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| <input type="checkbox"/> #102 Planning For Success | <input type="checkbox"/> #071 The Power of Imagination | <input type="checkbox"/> #067 The Practice of Gratitude |
| <input type="checkbox"/> #089 Goal Setting | <input type="checkbox"/> #156 Calendar of Achievements | <input type="checkbox"/> #159 Sweet Action Saturday |
| <input type="checkbox"/> #093 Micro Goals | <input type="checkbox"/> #023 Remembering Why You Began | <input type="checkbox"/> #120 Seven Steps to Overcome Self-Doubt |
| <input type="checkbox"/> #057 Optimal Outlook | <input type="checkbox"/> #239 Tweak Your Physique | <input type="checkbox"/> #061 Enjoying Your Journey to Goal |