

**COACH YOURSELF
TO HEALTH
AND HAPPINESS**

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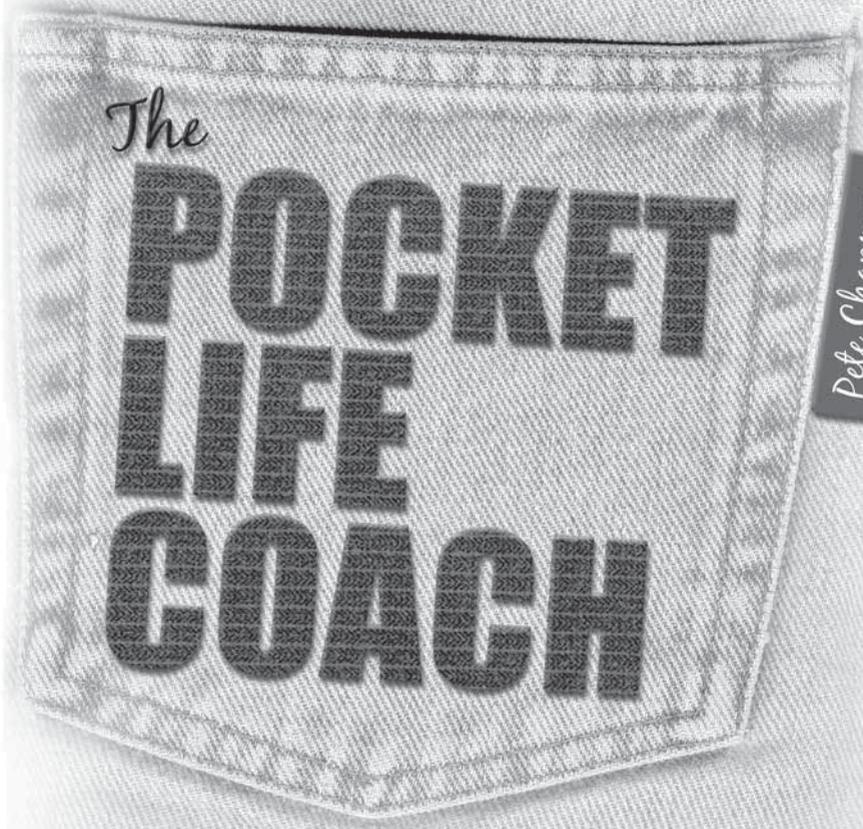
**POCKET
LIFE
COACH**

Pete Chapman

“It’s great to have a self-help guide that I can whole-heartedly recommend to young male readers, often too embarrassed to be seen with a book”

Dear Deidre, Agony Aunt, *The Sun*

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TO HEALTH
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Pete Chapman



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INTRODUCTION

Have you ever had a dream hangover? “What’s one of those?” I sense you ask? Well, it’s that sinking feeling you get when you wake up from a really nice dream, where life is so much more satisfying, free and easy, and you have seemingly unlimited powers of skill and confidence. This contrasts starkly with the cold light and reality of the dawn of another day in your real life. Damn those sweet dreams, we enjoy them at the time, but they don’t half match up poorly with reality sometimes. It often happens the other way around of course, when you have a nightmare and it’s such a relief to wake up and find out you are not chained to a desk in a burning office building or sentenced by a judge, who looks remarkably like your mother-in-law, to a lifetime of watching paint dry on the walls of a beautiful city that you have been banished from for ever.

Dreams are powerful things. They are part of our everyday experience. We are glad when the bad ones don’t come true and we are sad when, each day we awake to find that we seem to be getting no closer to making the good ones a reality. Sometimes dreams do come true, small ones and big ones, good ones and not so good ones. We do seem to have the capacity to turn imagination and fantasy into our reality. These dreams are slightly different, I know, as they are deep desires and hopes from the heart, but I’m sure you get the message. Deep in our psyches we have many hopes and fears, and these often show themselves in strange dramas that play out while we are sleeping, coming to life, as it were. Sometimes though, they can jump out of our dreams and into our daily life too.

We seem to have the capacity to bring our imagination to life. Many people do this in a negative way without knowing how or why we do so, but we often end up feeling unlucky or blighted in life. We soon start to expect the worst. Some people, on the other hand, just seem to be blessed with the Midas Touch. One day they get an idea, a flash of inspiration, and soon there is a successful new business venture under way, or they seem to be able to find new ways to improve their relationships, bodies or lifestyle when they need to.

Other people seem to be able to just conjure up whatever they want and ‘poof’, as if by magic, it goes from fantasy to a new reality. The question is, Can anyone do it? The message of this book is, yes, absolutely we can. Routinely we all manifest our dreams and hopes as well as, unfortunately, our fears. Most of us don’t know just how we do it. We are truly creative machines,

we just have to learn how to create a life more akin to our aspirations. It is definitely easy to create, we do it every day with our choices and will, but it is not always so easy to change the way we create.

This book is about how to bring your true desires, talents, powers and purpose out of your head and into your life and stop the cycle of creating problems, drama, difficulty and illness. It is about understanding what potential you have and how to develop it, recognising and overcoming limitations, fears and recurring obstacles; freeing yourself up to be the best you can. We all have a better self inside. We all have a better life to live, and we all have this potential waiting to be unveiled.

Life can often seem like a scene from a western where the hero is dragged along behind the wild horse through mud and cacti, winding up battered and bruised in a strange place surrounded by a hostile crowd. Other times it feels like smooth sailing, sunny and calm, where the slightest whim is granted and the smell of roses is the order of the day. The skill is in turning low and negative expectations into high and positive ones, problems into solutions, illness into vitality and tragic drama into romantic comedy. The objective of this book is to create a map of all the known lands in the world of human potential and to illuminate a secure path through the minefield of life's imposed and self-imposed obstacles. It is a path only you can tread but one that you can get help to locate and navigate. There is such a thing as potential, a best possible scenario, and we all have the ability to make the best of what we have been given. Dreams can become reality and we all have the ability to manifest our hearts' desires. Ordinary people just like you and I do extraordinary things every day, things that they only initially 'dreamed of', but eventually lived out.

However possible our goals and dreams and desired changes may be, it doesn't necessarily mean they appear in front of you immediately with the wave of your magic wand. There are a lot of pieces to this puzzle. Change requires strength. Yes, we need instruction and method but we get nowhere without passion, drive, courage and perseverance. The kind of creativity and change we are talking about, the power to transform a life, a body, an attitude, a future, requires the kind of strength, imagination and application that you may have thought only other people had, but not you. So many of us give up on our goals and dreams and sometimes even the merest hope of positive change because we cannot sustain the focus and confidence we need to make it all happen. It is certainly not the norm to act and think this way but it is becoming more widespread, as people everywhere and

from every walk of life are demanding health, happiness, independence and freedom for themselves and their families.

We all have the potential to live healthy and consistently joyous lives. All the resources are there. The only thing stopping us is ourselves; a part conditioned, part self-created programming that determines how we think, what we believe to be true about ourselves and our world, and what to expect from our future. For many of us at the moment, that programming is negative and limiting, but it certainly doesn't have to be. We think we don't have the strength but we do. We may not always have had the know-how but, if the desire and the will are there, the way is surely not far behind. For many of us, our story, the one we star in every day, may need a rewrite. Maybe it won't be a drastic one but, all the same, it begins with an appreciation that we ourselves are the playwrights and that we do indeed have the power, however hidden it might be, to get the job done. But what is that job? What are the changes that need to be made? What are the talents waiting to spring forth? This is all up to you to decide, of course, but this book aims to give you the insight and the strength to make the necessary changes, whatever they may be. You are the one steering the ship, as it were. You have to decide on the direction. Who are you really? What is the best version of you and what are you supposed to be doing with the gifts of body, mind and life that you have been given? For these are gifts, and quite a responsibility.

Each of our lives affects many others around us. When setting the course and as we search our hearts for exactly what is desired, we need to remember what is important. Is the new convertible more important than a healthy body? Is a new career more important than a happy family? Which comes first, love or money? Can we have both? Can we have it all? As the voiceover guy says: "These questions and more will be answered shortly." But for now, yes, I believe we can have it all. We just need to know how to develop our strengths and powers and then how to create our reality. If we are fit, flexible, focused, free, fun-loving and prepared to take a risk, we will no doubt find what it is that we are looking for.

When do we know that we have it? Ah, that is the real question. Wellbeing, creativity and happiness can be taught but only the owner of the body, mind and life can appreciate and accept it. Only we can know when we are full when that time comes. Begin with an attitude of humility, appreciation, open-mindedness and courage and you are well on your way. This book is just a prop on the stage of this act of your life. It is up to you how the play continues from this moment on. Break a leg!

SHOPPING

Just look through the Meal and Snacks and your meal planner sections to know what you need to shop for. Typically, you are always going to need meats, fish, eggs, nuts, salads, bread, dairy, vegetables and fruit. The items are usually found around the perimeter of the grocery store. If you find yourself going down the aisles for food, ask yourself if you really need it? Do you have a meal to put it in which will have the essential balance of protein, fat and carbohydrate for the body? Try to buy more fruit and vegetables instead of cereals, bread, potatoes and pasta when planning meals. Again, look at options and plan accordingly.



Recap:

- **Shop more around the perimeter of the store**
- **Shop regularly for fresh food**
- **Don't shop hungry!**
- **Remember you will eat what you buy!**
- **Park far away and walk to store**
- **Make shopping exercise**
- **Think ahead to your future schedules**
- **Be prepared!**

Eating healthily begins with good and regular shopping. Here is a sample of a shopping list that reminds you of all the necessary aspects of a good diet that you need to have in your home. Keep this as a template.

Shopping list

Write out a sample list and get into the habit of buying in good food and being prepared. Some examples to get you started.

Type of Food	Variety	Where From
PROTEIN	Tofu, turkey breast, eggs, cheese	Grocery store
CARBS	Rice, oatmeal etc	Health food store
VEGGIES/SALADS		
FRUITS		
SNACKS		
WATER		
DRINKS		
SUPPLEMENTS		

GOOD MEAL CHOICES

These are some examples of good, healthy and balanced meals.

Breakfasts

1. 3 egg omelette (1 yolk), cheese and veggies, 1 piece toast and jam, glass natural juice
2. 2 poached eggs on wholewheat toast with juice
3. Cottage cheese and fruit
4. Natural yoghurt and nuts
5. Scrambled egg and sausage wrap (scrambled eggs, meat free sausage, low fat cheese and salsa), glass of juice

6. Toasted egg and bacon sandwich (1 egg and 2 slices bacon, fry in small amount of oil, 2 slices wholewheat bread)
7. Cereals. Note: when you eat cereal make sure you have small portions, be aware of the sugar content and eat protein with it.
1 cup of low sugar, low fat Shredded Wheat, All Bran, Muesli, Special K, Bran Flakes, Whole grain Cheerios with one cup of low fat milk and a handful nuts

Lunches

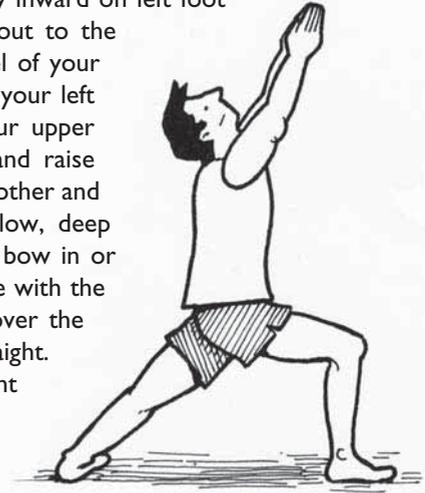
1. Chef salad (1/2 bag tossed salad, 1 egg, ½ cup crumbled feta cheese, onion, pepper, cucumber, etc, oil and vinegar, fruit or yogurt). Add protein choice for balance
2. Can of low fat soup, 2 hard-boiled eggs, piece of fruit. Note: when purchasing soup, watch for sodium content and fat
3. Sandwiches. Any high fibre bread with salads, vegetables and protein. Make sure there is balance here and a sandwich can be a healthy meal in itself. Add piece of fruit or yoghurt for extra vitamins and protein
4. Tuna pita pocket with salad and veggies. Tuna or chicken pasta or rice salad
5. Baked potato with tuna, beans and cheese or just with cottage cheese and salad for fewer calories
6. High protein fruit smoothie
7. Smoked mackerel salad and new potatoes

Chinese

1. Chicken with snow peas and small rice
2. Chicken with mixed vegetables
3. Prawns with broccoli and rice
4. Beef with snow peas and small rice

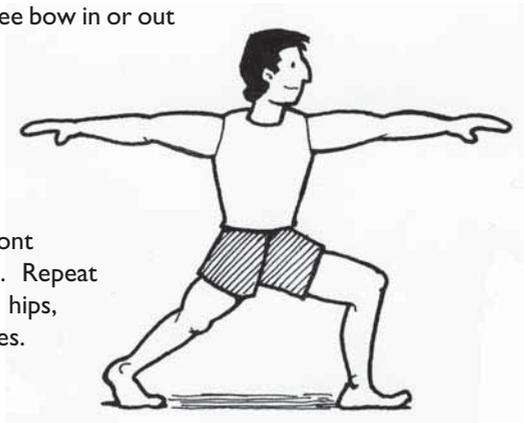
4. Warrior

From mountain pose, extend arms out like aeroplane wings. Step feet apart in wide stance so wrists are in line with sides of feet. Turn toes slightly inward on left foot and on right foot, turn toes fully out to the right (90 degrees). Line up the heel of your right foot with the arch (instep) of your left foot. Turn from your waist so your upper body faces your right leg. Inhale and raise arms above head, palms facing each other and bend your right knee. Continue slow, deep breaths. Do not let the right knee bow in or out to either side. Keep knee in line with the ankle. Shoulders stay back in line over the hips. Left leg (back leg) remains straight. Count 5–7 breaths. Straighten front leg, placing hands on hips. Repeat on opposite side. Good groin stretch.



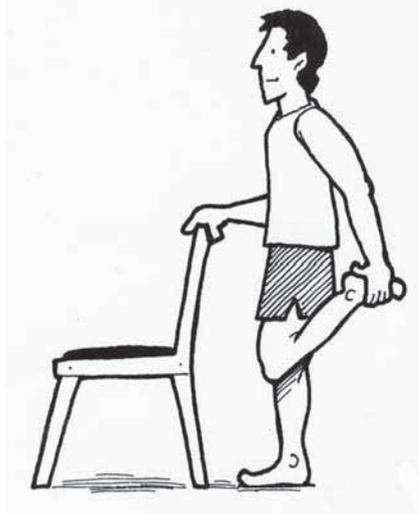
5. Warrior II

From mountain pose, extend arms out like aeroplane wings, palms facing the floor. Step feet apart in wide stance so wrists are in line with sides of feet. Turn toes slightly inward on left foot and on right foot, turn toes fully out to the right (90 degrees). Line up the heel of your right foot with the arch (instep) of your left foot. Bend your right knee. Do not let the right knee bow in or out to either side. Keep knee in line with the ankle. Keep the shoulders in line with the hips. Left leg (back leg) remains straight. Count 5–7 breaths. Straighten front leg, placing hands on hips. Repeat on opposite side. Stretches hips, buttocks, abdomen and calves.



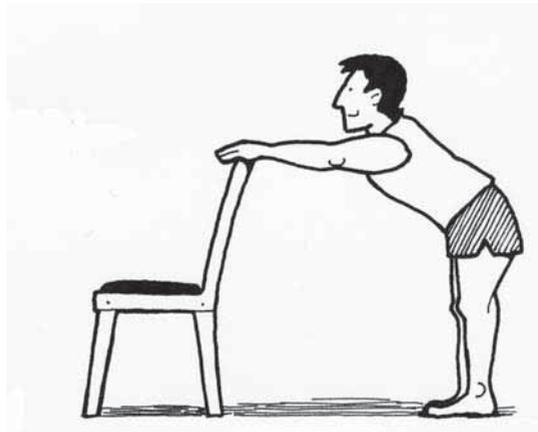
6. Quad Stretch

For the front of the thighs use a chair to balance, hold foot to buttock as shown and breathe and hold for ten seconds each leg.



7. Hamstring Stretch

For hamstrings reach for back of chair or wall, keep back and legs straight, lower chest until you feel backs of legs stretching, breathe and hold for ten seconds.



MIND POTENTIAL

A dog does not mind being called a dog

African Proverb

Whatever our mind really is, it surely is an amazing tool that allows us to experience the world around us on many levels. We have a lot to think about, react to and make decisions on. Our minds process huge amounts of information, attempt to make sense of it, tag, file and store this information in our memories, make choices and then, hopefully recall the information when needed. Its potential is amazing but it often doesn't work anywhere near its full capability.

This doesn't mean we aren't all doing our best with what we have. It's just that most of us haven't been taught what we are fully capable of and how to train our minds to be sharper and more powerful. One thing for sure is that we all have great potential and are all intelligent in our own way. Our minds are powerful tools and can work as well for us as they can against us. This section is to help you understand your mind better so that you can turn it into more of a friend and workmate rather than something of a limitation and liability. In an ideal world we would have free, versatile, powerful and educated minds. We would be much more likely to be independent and free thinkers, more creative, considerate and dynamic personalities and, I daresay, happier as a result.

Intelligence comes in many forms depending on who we are, how and where we are brought up, what our interests and talents are and what we believe to be true about ourselves and the world we live in. Intelligence is really nothing more than being effective because what good does it do to have knowledge or talent if it cannot be applied and be helpful in some way? Many of us have a great deal of unrealised potential intelligence, skill and talent because we only judge intelligence by cultural standards, past achievements or what our level of general knowledge and skill might be. This is partly due to our own lifestyle choices and lack of ambition but also partly because many of us were told sometime in our past that we are not very bright (book smart), or that we aren't capable of doing this or that. In addition to our past limitations, we may just not have found that thing or subject that interests us enough or really captures our imagination, attention and creative powers to enable us to see what we are capable of. Our minds

definitely require interest, motivation and a little confidence to become fully engaged. We have got to give them what they need if we want to use them to their fullest extent.

Attitude

Attitude is everything. You may have heard this before and thought it a little bit of an exaggeration but it is not. Your attitude is the way you see the world, it determines the way you react, your levels of patience and concentration, how much you care, how well you learn and how you stick at things. Ultimately, this all determines how well you do in life and how capable you are of adjusting when things aren't going so well. So, yes, attitude is everything. Not everybody's attitude is good and positive in every situation, every day. We may have a good attitude towards work but a bad one when it comes to exercise or eating right. We may have a good attitude to doing things that will further our goals and career but not so good when someone else asks you to do something. Having a bad attitude is very unhelpful, annoying to all concerned and the single most limiting factor to our potential. We must constantly be prepared to review our attitude to see if it is a help or a hindrance. This book should help you identify your own attitude concerning the main aspects of your life. When you fear or hate some aspect of it, you may be experiencing problems in this area, making it almost impossible to change it for the better. When you love or get excited about another aspect you probably have a good experience and/or are open to ways of making it better because you naturally care more about what you love and enjoy.

The forthcoming sections on positive thinking and affirmations, fear factors and learning from the past, should help you identify the aspects you have a bad attitude about, then show you ways to improve that way of thinking. Just be aware that your life experience depends on your attitude. It is the first thing people see when they meet you and it is the first thing that you use to judge the world around you. A negative attitude makes everything seem negative when it really isn't. We have to do our very best to have a good, open and humble attitude. Don't let a bad attitude hold you back any longer. It is easier than you think to turn it around. A decision to improve this vital aspect of your personality and then a commitment to daily practice is all that is required. Hopefully you will find the methods within these pages.

Learning and Concentration

Knowledge is power. The more we know and apply, the more we are able to shape ourselves, our world and our lives. In order to learn we have to be inspired, motivated and interested. Our minds only concentrate and assimilate information that means something to us, or feel is important to our way of life. The information in this book is very important because it deals with how a person can realise their potential and develop their powers. But to learn this and anything else, we need to be motivated to learn and then apply the information, thus improving ourselves and our situation. A subject must be of significant value to us in the first place or we won't invest the energy or the time to work through it. Our attention and concentration levels are determined largely by our interest and attitude to the subject which, in turn, is affected by our levels of motivation, energy, self-discipline and the general confidence we have in our ability to comprehend it. Concentration is the intensity of the mind's focus on a subject. It requires not only will and desire but also regular practice to develop. Good concentration can be developed by anyone who wants to. Some of the mental and physical exercises laid out in this book can help but, without an interest in learning and a determination to apply ourselves, we never truly realise the learning ability of our minds and their potential to shape our lives.

A HEALTHY MIND

Our minds and bodies are inextricably linked. Simply speaking, this means that they are inseparable and you cannot consider one without the other. Without a healthy body we struggle to think straight, remember clearly, make good and qualified decisions or be patient and effective.

When our minds and emotions are in turmoil our bodies suffer too, displaying symptoms of stress and discomfort that manifest in various physical ways like skin complaints, muscular tension, headaches, weight and hair loss and many other chronic ailments. Equally, we can acquire mental health problems through poor input, i.e. not getting our basic needs met, developing limiting beliefs and by neglecting our bodies. For example, it is very hard to concentrate and think straight when we eat poorly and are regularly dehydrated. Also if we are not happy and comfortable and live in an unsafe or distressing environment we suffer mentally too. Symptoms can range from attention deficit, hyperactivity or personality disorders to

COACH YOURSELF TO HEALTH AND HAPPINESS

HOW'S LIFE? NEED A LITTLE COACHING?

None of us have all the answers all of the time, especially when it comes to our own life. We all need a little objective guidance from time to time when we want to improve or change something about ourselves but one thing is for sure – no one is going to do it for us. This workbook is your tool, your very own pocket life coach to help you rediscover the healthiest, most productive, most positive and most creative you.

“Pocket Life Coach is a must-read for anyone who wants to realise their true potential and develop a more positive frame of mind.”

Prima

“Essential to aid and guide you to holistic wellbeing and success. An inspirational read.”

Andrew Williams, Evolution Health and Fitness Centre

“Thinking of changing your life for the better? This book is a must read.”

Mark Dawson, owner New Image Gym and Mr Lincolnshire promoter

“Comprehensive yet compact... Stay on track with a better direction in life.”

Francis Rowlands, Marketing Director, Dragon Marketing, the Hairdresser



Pete Chapman, a Lincolnshire farm boy, had dreams of making it big and became British Bodybuilding Champion in 1991. After overcoming the ensuing body obsession and drug dependency, he studied yoga, nutrition, philosophy and many other healing arts and this led to his own radio fitness show. He has run a gym, trained professional athletes and worked with youth groups to develop drug rehabilitation and wellness programmes. Now living and working in the USA Pete mentors and trains teenagers and adults to be healthy and successful.

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