



THE FRESH LIFE  
INTERNAL MAKEOVER  
journey



IDENTIFY YOUR  
CONCERNS AND FEARS



MODULE 1 ACTIVITY 1



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## IDENTIFY YOUR CONCERNS AND FEARS

*Get em' all out of your head and 'down on paper' (or digitally recorded here on this questionnaire!).*

The best way to create some clear space so you can focus on solutions and creating positive changes, rather than always focusing on what you are always worried, frustrated and concerned about, is to write it down.

This is an exercise to help you recognise, acknowledge, and then get all your concerns and fears out of your head, so you can focus on creating the **Fresh Life** you've always dreamed of.

You will be gauging how these concerns and fears make you feel, and it's a great exercise to do, because once you come back to them after having gone through/continuing on the Program, you can actually see how much the Program is empowering you and how goofy you FEEL being on this Journey!

You should see many of these concerns and fears become less prominent in your life, or even, disappear entirely!

**"EACH OF US MUST CONFRONT OUR OWN FEARS,  
WE MUST COME FACE TO FACE WITH THEM.  
HOW WE HANDLE OUR FEARS WILL DETERMINE WHERE WE  
GO WITH THE REST OF OUR LIVES.  
TO EXPERIENCE ADVENTURE  
OR BE LIMITED BY THE FEAR OF IT."**

- Judy Blume





# PHYSICAL HEALTH AND WELLBEING CONCERNS, FRUSTRATIONS AND FEARS

*The more information you can give and the more detailed you can be with your answers, the more benefit it will be to you on your Journey.*

## **1. How do you feel about your health and wellbeing in general?**

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## **2. What are the top 3+ reasons you're interested in learning more about living a healthier lifestyle?**

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**DO THIS NOW:**

- \* Next to each of your reasons, **rate how concerned you feel on a scale of 1 to 10** - 10 being the highest, meaning you are extremely concerned, 5 being neutral about it, and towards 1, causing less concern...
- \* **Write a few words that describe why you feel this way**

**3. What are your biggest concerns and fears when it comes to your health and wellbeing?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

More \_\_\_\_\_

**DO THIS NOW:**

- \* Next to each of your concerns and fears, **rate how concerned/fearful you feel on a scale of 1 to 10** - 10 being the highest, meaning you are extremely concerned/fearful, 5 being neutral about it, and towards 1, causing less concern/fear...
- \* **Write a few words that describe why you feel this way.**





**4. What are your biggest concerns and fears when it comes to your loved one's health and wellbeing?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

More \_\_\_\_\_

**DO THIS NOW:**

- \* Next to each of your concerns and fears, **rate how concerned/fearful you feel on a scale of 1 to 10** - 10 being the highest, meaning you are extremely concerned/fearful, 5 being neutral about it, and towards 1, causing less concern/fear...
- \* **Write a few words that describe why you feel this way.**







**5. What are your 3 biggest fears or frustrations when it comes to trying to live a healthier lifestyle?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

More \_\_\_\_\_

**DO THIS NOW:**

- \* Next to each of your fears or frustrations, **rate how much fear/frustration you feel on a scale of 1 to 10** - 10 being the highest, meaning you are extremely fearful/frustrated, 5 being neutral about it, and towards 1, causing less fear/frustration...
- \* **Write a few words that describe why you feel this way.**





**6. What are your 3 biggest fears or frustrations when it comes to trying to eat healthier foods?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

More \_\_\_\_\_

**DO THIS NOW:**

- \* Next to each of your fears or frustrations, **rate how much fear/frustration you feel on a scale of 1 to 10** - 10 being the highest, meaning you are extremely fearful/frustrated, 5 being neutral about it, and towards 1, causing less fear/frustration...
- \* **Write a few words that describe why you feel this way.**







**7. What concerns or frustrates you most about *yourself* when trying to pursue a healthier lifestyle to improve overall health and wellbeing?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

More \_\_\_\_\_

**DO THIS NOW:**

- \* Next to each of these concerns or frustrations, **rate how much concern/frustration you feel on a scale of 1 to 10** - 10 being the highest, meaning you are extremely concerned/frustrated, 5 being neutral about it, and towards 1, causing less concern/frustration...
- \* **Write a few words that describe why you feel this way.**





**8. What concerns or frustrates you most about your family and loved ones when you are trying to pursue a healthier lifestyle to improve overall health and wellbeing for yourself AND for them?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

More \_\_\_\_\_

**DO THIS NOW:**

- \* Next to each of these concerns or frustrations, **rate how much concern/frustration you feel on a scale of 1 to 10** - 10 being the highest, meaning you are extremely concerned/frustrated, 5 being neutral about it, and towards 1, causing less concern/frustration...
- \* Write a few words that describe why you feel this way.







**9. What are the top 3 fears or frustrations you experience when you try to lose unhealthy excess weight?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

More \_\_\_\_\_

**DO THIS NOW:**

- \* Next to each of your fears or frustrations, rate how much fear/frustration you feel on a scale of 1 to 10 - 10 being the highest, meaning you are extremely fearful/frustrated, 5 being neutral about it, and towards 1, causing less fear/frustration...
- \* Write a few words that describe why you feel this way.

**"THE PROBLEM IS NOT THAT THERE ARE PROBLEMS.  
THE PROBLEM IS EXPECTING OTHERWISE AND THINKING  
THAT HAVING PROBLEMS IS A PROBLEM".**

- Theodore Isaac Rubin



## A NOTE ON WHY WE HAVE STARTED HERE...

It is better to acknowledge and be fully present with fears and concerns. That way, once we clarify them, we can focus on how to improve, overcome, or become empowered over them.

**"ONCE WE ACKNOWLEDGE IT, WE CAN CHANGE IT".**

- Samantha Wyatt

Concerns and Fears are largely based on the 'fear of the unknown', and these 'unknowns' usually show up in 2 major ways...

- 1) **Our state of mind** - the 'mental barriers' or 'emotional barriers' we have. *We may not even be aware how much our mental and emotional barriers are coming into play in our lives. Our subconscious beliefs, conditioning and 'thought habits' can sabotage our efforts in many areas of our lives, and they must be addressed.*
- 2) **Our knowledge base** - the 'information barriers' or intellectual barriers' we have. *These barriers are the ones we are very much aware of. And this is a major part of most of our frustrations. If we don't have the right information we feel helpless. Then we get frustrated especially when we try to find the answers, but get more and more confused due to conflicting information. This too, must also be addressed.*

Before we begin any kind of Program, especially one we are using to help us make really big, long term changes, we **MUST** first deal with our concerns and fears, and to do that we need to address the 2 above mentioned 'unknowns'.

Improving our knowledge base is easily remedied with reliable resources, credible sources of information, and time-tested research, which is what you







will experience in Week 2 / Module 2 when you gain access to your **Fresh Life Empowerment Library** - you may already be feeling more empowered with credible knowledge after watching my 3 Part Video Series, or one of my webinars or seminars!

But first and foremost we need to prepare ourselves mentally if we want real lasting change, on this awesome Journey to creating our best **Fresh Life**. Otherwise, we might let our beliefs, thoughts, fears and concerns get in the way of us creating our best results.

I want to make sure that your choice (choosing this Program) is going to get you there.

Which is why I created this **Love and Prepare Your Self** Module, to make sure you have all the tools you need helps you create your *dream* **Fresh Life**. Enjoy!

**"MAY YOUR CHOICES REFLECT YOUR HOPES,  
NOT YOUR FEARS."**

- Nelson Mandela

