

NO SENIOR EXECUTIVE DESERVES TO FEEL LIKE SH!TE

FACILITATING THE GROWTH OF HIGH POTENTIAL INDIVIDUALS



Welcome to the Your Results Coach free guide, where we empower individuals to transform their lives in work and at home through healthy habits.



**DISCOVER THE PATH
TO “YOUR RESULTS”**



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ARE YOUR LIFESTYLE CHOICES IMPACTING YOUR PERFORMANCE IN WORK AND AT HOME?



Welcome to the Your Results Coach free guide, where we empower individuals to transform their lives in work and at home through healthy habits.

In this comprehensive guide, we'll explore the critical importance of healthy habits in achieving a fulfilling life.

We'll delve into practical advice and tips on creating and sustaining healthy lifestyle habits, managing alcohol consumption, socialising without alcohol, and shifting your mindset to realise your full potential.

Your family and business will thank you for it!





The Importance of Healthy Habits

HEALTHY HABITS ARE THE BUILDING BLOCKS OF A HAPPY AND FULFILLING LIFE

They contribute to your physical and mental wellbeing, boost your energy levels, and enhance your overall quality of life. By making conscious choices and adopting positive routines, you can achieve your full potential.

- Maintaining physical health
- Improving mental and emotional wellbeing
- Increasing productivity and performance
- Enhancing relationships and social life
- Reducing the risk of chronic diseases
- Boosting self-esteem and confidence

The Importance of Healthy Habits

CREATING HEALTHY LIFESTYLE HABITS

In the following sections, we will delve into specific areas of healthy habits and provide advice and tips for creating and maintaining them.





Nutrition

NUTRITION PLAYS A PIVOTAL ROLE IN YOUR OVERALL WELLBEING

Developing healthy eating habits is essential for maintaining energy levels, preventing disease, and supporting physical and mental health. Here are some tips to create and sustain a healthy diet:

Balanced Meals: Incorporate a variety of fruits, vegetables, lean proteins, whole grains, and healthy fats into your diet.

Portion Control: Be mindful of portion sizes to avoid overeating.

Hydration: Stay adequately hydrated by drinking plenty of water throughout the day. We advise 3 litres for a male and 2 litres for a female

Meal Planning: Prepare your meals in advance to make healthier choices.

Mindful Eating: Pay attention to your body's hunger and fullness cues and savour your food.



Exercise

REGULAR PHYSICAL ACTIVITY IS CRUCIAL FOR MAINTAINING A HEALTHY BODY AND MIND

Incorporating exercise into your daily routine can improve your physical fitness and boost your mood. Here are some tips for developing a consistent exercise habit:

Choose Activities You Enjoy: Find exercises that you love to do, whether it's dancing, hiking, or practicing yoga.

Set Realistic Goals: Start with achievable goals and gradually increase the intensity and duration of your workouts. 10k steps per day is a sound starting point!

Create a Schedule: Plan your exercise routines into your weekly schedule to make them a priority.

Accountability: Partner with a friend or use fitness apps to stay accountable.

Variety: Keep your workouts interesting by trying different activities to prevent boredom.



Sleep

QUALITY SLEEP IS ESSENTIAL FOR PHYSICAL AND MENTAL RECOVERY

Establishing good sleep habits can improve your cognitive function, mood, and overall health. Here are some tips for better sleep:

Consistent Sleep Schedule: Go to bed and wake up at the same times every day, even on weekends.

Create a Relaxing Bedtime Routine: Engage in calming activities like reading or taking a warm bath before bedtime.

Limit Screen Time: Avoid screens (phones, tablets, and computers) at least an hour before sleep. Get them out of your bedroom! No TV in the bedroom is best!

Optimise Your Sleep Environment: Ensure your bedroom is dark, quiet, and at a comfortable temperature.

Manage Stress: Practice relaxation techniques like deep breathing or meditation to reduce stress and anxiety that can interfere with sleep.

Alcohol Consumption

AND CREATING A HEALTHY RELATIONSHIP

In the following sections, we will delve into the impact of alcohol and highlight ways to reduce, moderate or even stop alcohol consumption.





Understanding Alcohol's Impact

ALCOHOL CONSUMPTION IS A COMMON ASPECT OF SOCIAL LIFE FOR MANY PEOPLE

However, it's essential to be mindful of its impact on your health and well-being. Excessive alcohol consumption can lead to various physical and mental health issues. To create healthier habits related to alcohol, it's crucial to understand its effects and risks:

Physical Health: Excessive alcohol consumption can lead to liver damage, heart problems, and an increased risk of certain cancers.

Mental Health: Alcohol can negatively affect mood, exacerbate stress, anxiety and depression, and impair cognitive function.

Relationships: Problematic drinking can strain relationships with family and friends.

Productivity: Overindulging in alcohol can lead to decreased productivity and missed opportunities. You giveaway your time. Lethargy sets in.



Tips for Responsible Drinking

Some people may choose to abstain from alcohol altogether, others may prefer to continue drinking responsibly. If you opt for responsible drinking, consider these tips to create healthier drinking habits:

Set Limits: Determine how many drinks you'll have and stick to your limit.

Alternate with Water: For each alcoholic beverage, have a glass of water to stay hydrated and reduce alcohol's effects.

Avoid Binge Drinking: Avoid heavy drinking sessions, as they can be harmful to your health.

Know Your Triggers: Be aware of situations or emotions that may lead to overindulgence and find healthier coping mechanisms – disrupt your normal habits.

Seek Support: If you find it challenging to control your alcohol consumption, reach out to a support network or professional for guidance.

Choose Alcohol Free options: The AF drinks market is on fire right now with so many amazing options. Find your tipples and use this to your advantage, replace alcohol with your favourite AF option.

Socialising Alcohol-Free

WHAT ARE THE BENEFITS?

In the following sections, we will highlight the benefits of opting to go alcohol-free.



A glass of sparkling water with ice and a lime wedge. The glass is filled with clear, bubbly liquid, several ice cubes, and a slice of lime. The background is dark and out of focus, showing a bottle of water.

The Benefits of Alcohol-Free Socialising

THERE'S NOTHING BORING ABOUT MAKING CHOICES TO IMPROVE YOUR WELLBEING

Socialising without alcohol can be just as enjoyable and fulfilling as traditional gatherings. There are numerous advantages to adopting an alcohol-free approach to social events:

- **Improved Wellbeing:** Reducing or eliminating alcohol can lead to better physical and mental health.
- **Clearer Conversations:** Alcohol-free interactions often result in more meaningful, genuine and nourishing conversations.
- **Expanded Interests:** Exploring non-alcoholic activities broadens your interests and social circles.
- **Cost Savings:** Going alcohol-free can significantly reduce your outgoings.



Fun Alternatives

NOT EVERY SOCIAL SITUATION NEEDS TO INVOLVE ALCOHOL

To socialise alcohol-free, consider these alternative activities that can be just as entertaining:

Outdoor Adventures: Plan hikes, bike rides, or picnics with friends.

Cultural Pursuits: Visit museums, art galleries, or attend theatre performances.

Sports and Fitness: Engage in sports, fitness classes, or yoga sessions together.

Game Nights: Host game nights with board games or video games.

Cooking: Prepare meals together for your family and friends (alcohol free of course!).

Hobbies: Start a new hobby, or pick up an old hobby you haven't done in years.

Shifting Your Mindset for Lasting Change

SHIFTING YOUR MINDSET IS CRUCIAL FOR MAINTAINING HEALTHY HABITS.

A positive and growth-oriented mindset can help you overcome obstacles, stay motivated, and achieve lasting change. Here are some strategies to foster a mindset that supports your goals:





HOW TO SET **SMART** GOALS

To create a mindset that promotes healthy habits, it's essential to set specific, measurable, achievable, relevant, and time-bound (SMART) goals. SMART goals provide clear direction and motivation.

For example, instead of saying, "I want to get fit," you can set a SMART goal like, "I will exercise for 30 minutes for three days a week for the next three months between the hours of 18:00-20:00." Focus on the daily habits that support the goal.



Overcoming Obstacles

OBSTACLES ARE A NATURAL PART OF ANY JOURNEY TOWARDS HEALTHY HABITS

The key is to anticipate and overcome these challenges. Here's how:

Identify Potential Barriers: Recognise what might hinder your progress, such as lack of time, cravings, or stress.

Plan for Setbacks: Prepare strategies to address obstacles when they arise. For example, have healthy snacks on hand to curb unhealthy food cravings or alcohol-free drinks for triggers.

Stay Accountable: Share your goals with a friend, family member, or coach who can provide support and encouragement – this is massive to achieving success.

Learn from Mistakes: Don't be discouraged by slip-ups/blips. Use them as opportunities to learn and grow.



REALISING YOUR **FULL POTENTIAL**

By embracing healthy habits, you unlock your full potential and create a life filled with vitality, happiness, and success. Whether you're looking to improve your physical health, enhance your relationships, or boost your overall well-being, adopting a healthier lifestyle and mindset is the key to achieving your goals.

As Your Results Coach, we are dedicated to assisting you in this transformative journey. We encourage you to take the insights and tips provided in this document and apply them in your life. Remember that sustainable change takes time, patience, and consistent effort. Don't hesitate to reach out to us for coaching and support tailored to your specific needs and goals.



The Role of Your Results Coach

YOUR RESULTS COACH IS A TRUSTED PARTNER ON YOUR JOURNEY TO **PERSONAL GROWTH AND SUCCESS**

Our role is to guide and support you in identifying and achieving your goals, and in the context of this document, to help you establish and maintain healthy habits that improve your overall well-being.

As your coach, we will:

- Listen actively and without judgment.
- Help you define your goals and aspirations.
- Develop a personalised plan for healthy habit formation.
- Provide ongoing encouragement, accountability, and feedback.



As a time served Director in recruitment, I understand what it takes to grow and run fast growth businesses. I understand the importance of your own well-being and health to enable you perform at your best in work and life.

I have coached 100s of senior managers and execs over the last 15 years. Positive Psychology is a key focus – growth, development and progress. I have trained under the ICF banner by Arete Way Training – alcohol free/control, mindset, goal setting, cognitive behaviour, person centred coaching, solution focused, Neuro Linguistic Programming (NLP), Psychodynamic coaching.

My time in business giving me the perfect platform to help new founders and established businesses to consolidate and grow – I know what good looks like (and bad).

“I LOVE NOTHING MORE THAN SEEING PEOPLE SUCCEED AND GROW.

THAT IS WHAT I STAND FOR AND PROVIDE WITH MY SERVICES.”



Founder & Head Coach Chris Howe



THANK YOU

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