

A person is walking away from the viewer on a long, narrow pier that extends into a body of water. The sun is low on the horizon, creating a bright glow and long shadows. The sky is filled with soft, white clouds. The overall mood is peaceful and contemplative.

*The*  
Transformation  
*from* Within

Practical advice to transform your  
mind, body and spirit

MIKE DACIUK

# **The Transformation From Within**

*Practical advice to transform your mind, body and spirit*

**Mike Daciuk**

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# The Transformation From Within

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**As we begin our journey** in life there are many events and moments in time that shape our human existence. There are many variables that determine the quality of your life; some begin with genetics, while most of them are derived from the way in which you were raised. The human brain is formed in the womb and the mental conditioning and the way in which it expresses itself is in large part determined during the first six to seven years of life. The way in which you were raised, your environment, and the people in your life -- parents, siblings, friends, school teachers -- all play a role in forming you and your perception of the world. Some people are fortunate enough to have had a wonderful childhood. But many others did not have ideal conditions to grow up in.

This book will examine how to transform from a person who did not have the best childhood, and who is currently not where they want to be in life, into a person who strives to be better than they are today. My aim is to help you take action to gain control over your destiny. This book will give you the tools to transition from a position of weakness to a blueprint of abundance and opportunity, and is an essential guide to fuel your passion and purpose. You will no longer have to live your life feeling inadequate, shy, scared, fragile or inferior. The good news is that everything you need to make this shift lies inside of you...it just hasn't been released yet. Now is the time to learn how you can activate your wishes and desires.

## My Personal Transformation

The genesis for writing this book was about 13 years ago when I underwent a very personal transformation. I come from a hard-working family that has ethnic roots in Ukraine and Ireland. Both sets of grandparents worked extremely hard to provide for their families, but my Ukrainian grandparents were caught in the middle of WWII. They literally fought for their lives and made it to Canada where they provided the best possible life for my dad and aunt. They witnessed people being killed, real misery and captivity, and nearly every horrific situation you can imagine. Once they arrived in Canada, they worked 70 hours a week to live the American and Canadian dream. The *Land Of The Free* provided an escape from their homeland, but also loneliness as they had to leave their brothers and sisters behind. Being raised and living during the War literally shaped their life and their perception of the world.

Through all of this turmoil, they managed their best to raise a loving daughter and an independent son. With that being said, there was also the prevalence of addiction in the family that caused pain and heartache on more than one occasion. Alcoholism is a nasty addiction that has destroyed more families and careers than I would like to acknowledge. Its roots are deep and crippling. I once asked my grandfather -- who just recently passed at the age of 91 and whom I miss dearly -- if he had any advice for me. His words to me were: "Michael, please stay away from alcohol as it will destroy your family, friendships and job. I have seen more relationships end in divorce and more friends get fired because they could

not beat this addiction.” This was a very wise man who spoke from experience and knew what he was talking about. But unfortunately, sometimes you have to walk through the fire yourself to learn your lesson; and that is exactly what I did. I spent a few years in my late teens and early twenties drinking on the weekends for the sake of partying. It may have seemed harmless at the time, but it was keeping me from being my best and limited me to forming only superficial relationships based on false pretenses. I would cycle through relationships and push people away because I really didn’t fundamentally understand who I was.

My parents always did their best. My father taught me to “never give up” while my mother was both the rock and the angel of our family. She endured so much to keep our family together and make sure the kids were always taken care of and we will always owe her a debt of love and kindness that we can never live up to. She is Heaven sent and remains a strong part of our family today. My brother, sister and I were always there for each other and routinely went on trips and to events as one unit. I am very blessed to have both of them in my life today.

Through the good and the bad in my life, I always wanted to understand why I acted the way I did and what shaped me as a person. Through an epiphany in the early 2000’s, I made a monumental decision to educate myself and speak with a pastoral counsellor who would change my perception of the world forever. It was from this time period forward that I had changed the direction of my life and made some difficult decisions on how I wanted to move forward. There have been many ups and downs, but I am on a trajectory that I only dreamed of -- and one I want to share with you so you can do the same. Once you become conscious of the reasons you are the way you are and then shift your mindset, the world becomes your playground to enjoy and master.

## **Why Are You The Way You Are?**

We cannot change our DNA...and why would we? We are perfectly created exactly how God wanted us to be. We must instead turn our attention to understand who we are and why we are the person we are today. For most of us this is difficult and scary, but it is an essential starting point from which to grow into the person you wish to become.

In every facet or walk of life, there comes a time when you must take inventory and quantify the position you are currently in. Companies use quarterly and yearly reports to assess the health of their business, professional sports teams analyze and evaluate their talent on a monthly, weekly and even daily basis. Even our government has to be accountable for their actions and explain what happened and what they look to accomplish. Why should we be any different? Why should we not place a stake in the ground and fully understand who we are and how we got here? This can be exciting for some and for others it is very emotional. The good news is that both illustrate your willingness to acknowledge your self-worth and look toward the future to better enhance yourself and the people you will eventually influence.

## Spend Time Where It Counts

Have you ever noticed that people will surf Facebook to look at pictures, read about other people's lives, even watch "The Bachelor" and other reality shows, but they won't spend one minute trying to figure out who they are and how they can enrich their lives? People will spend tens of thousand dollars on their wedding day which lasts 24 hours yet they rarely spend a dime on developing their own life and evolving as a person. That moment will come and go, but your own existence presents opportunities and challenges every day. Don't get me wrong, my wife and I had a beautiful wedding and we spent time preparing for it, but I enjoyed the process and try to instill these same values within our family each and every day. We don't tell each other that we love one another only on holidays and anniversaries, but we try and do it every day and spend time growing ourselves and our family unit. When you do this, you build lasting relationships that have a solid foundation built on trust and love.

Consider the course of your life and think about the many events, experiences, and factors that played a meaningful part in your life. As much as everyone wants to believe that there is the perfect family, the reality is there is not. Every family has issues to deal with, whether it be an alcoholic parent, a disease, an addiction, a disgruntled family member, and so on. If someone tells you anything to the contrary then they are simply turning a blind eye to it and don't want to address it. It is easier to live avoiding issues then dealing with them. These issues and problems are a part of life. Sometimes they become so pronounced that they end up shaping the person you have become. For example, if you have ever lived with an alcoholic parent, then you eventually tend to believe that everyone drinks and it is acceptable to stumble around the house or yell at the family. That is your "normal." Or you may live with a parent that is verbally and physically abusive to their spouse, and then you think it is acceptable to treat people in the same way; you lash out at other people because that is what your parents did. That has been so engrained into your subconscious mind that you don't know any different. The good news is that it is not normal and you can overcome these addictions with the proper guidance and education.

Over the course of my lifetime, I have seen many of my friend's parents get divorced and I always wondered what the short and long term impact would be on the child. Regardless of what the situation was like in the home, they could usually still turn to Mom and Dad as their safe haven of support. Once Mom and Dad break that bond, they are left pondering if anything truly does last. Why did they split up? Did I cause the breakup? Is there anything I could have done to salvage the marriage? Who will I live with? Will they get back together? There are many questions that race through a child's mind, and whether they know it or not, this one major event is shaping them and the way in which they see relationships. There is plenty of empirical evidence showing the effect this has on a child's behavior and we are keenly aware of the divorce rates in Canada and North America. If you are reading this and you find yourself saying *this is me*, then know you are not alone and many people around you have been through very similar circumstances.

## Why Change Now?

So the question persists: *why change now?* What has caused you to assess your life and want to make a concerted effort to change? The desire to change usually comes after an extended period of pain, depression or repeated failures, along with a lack of being able to form a direction on your own. You have simply had enough of living in mediocrity (or even worse) and your current trajectory will not bring you the level of satisfaction and enjoyment you deserve out of life. It is a feeling of knowing that there is more out there and we were not put on this earth to be average. This point usually comes after many months and years of soul searching and feeling unhappy and unfilled with your present situation.

A catastrophic event is also another profound reason for change. Indeed, a *life changing* diagnosis is just that, as is a misfortune beyond your control that leaves you no choice. These can include a serious car accident, a death in the family, being diagnosed with a terminal disease, a divorce, or any negative situation that forces you to change your course of action. I have found that what usually causes these serious issues can be rectified by doing exactly the opposite. For example, a divorce could have been caused by not spending enough time together or showing enough love and affection. You may have been too focused on yourself and not your partner. You need to be cognizant of this and ensure you change your approach if you decide to find a new partner in the future.

The reasons that precipitate change are really the first steps in your journey toward contentment, peace and joy. They are necessary in some respects because it takes you out of your comfort zone and forces you to make the adjustments that were inevitably forthcoming. If you find yourself just going through the motions or not really enjoying your life, then it is clearly time to take action and start living the life you were meant to live. It is when you recognize this consciously to make improvements to better your life that your spirit will come alive and you will feel invigorated to follow your passion and make a difference in this world.

## **What Is Your Life's Purpose?**

The depth of this question is something that people spend far too little time uncovering and understanding. The majority of people in North America do the exact same thing every day for 30 plus years until they retire, and then by that time their health has deteriorated, their savings have dwindled, and they are too miserable to enjoy the life they thought they would. The reason for this is that they resigned themselves to a career that simply paid the bills but did not fulfill them mentally, physically or spiritually. In fact, it actually did the opposite and had an adverse effect on their physiology and well-being. I have seen people who absolutely love their job and find happiness in the smallest nuances it brings, but then I have seen the opposite where they dread Monday morning and just wait for the weekend. Which one are you?

Regardless of what you may have been conditioned to think, each and every person has unique and special talents that this world needs and requires. What are your God-given talents...and are you using them in your career or day-to-day endeavors? No two people are alike and you have been carefully created to bring something extremely valuable to this material existence. If you keep an open mind and be aware of your surroundings, you will

notice the diverse and unique skills of the human race. We have doctors, lawyers, caregivers, scientists, teachers, sales professionals, athletes, tradesman, entrepreneurs, specialists, and more. You have been specifically called to tap into your inherent abilities so you can fulfill your obligation to society.

Consider these questions: What are you good at? What things do people come to you for guidance about? In what areas are you considered to be an expert? If you haven't already discovered this and feel like you are drifting on open water then I suggest you pay close attention to the following two points. The first one is to ask your friends and the people around you to tell you what they feel you are good at. What do you do well? How would they define you? What skills do they see in you? The people who have known you for many years can see things that you cannot. These people will be honest and transparent about your talents.

Also consider: What are you passionate about? What brings out the fire in you? When do you feel most alive? It is so evident when you see people talk about a subject they really enjoy speaking about. They light up and have this energy that is contagious and infectious. It elevates the atmosphere in the room. Some of the best ideas come from people that pursue their passion and take the time to hone it every day. Passion means wanting to learn more about that discipline or topic, and wanting to be a pioneer in that field and really become an expert. You should never stop educating yourself and you should prophesize about it wherever possible. Passion is not something that you can teach or learn in a class. It is inherent in you and has a deep foundation within your inner being.

## **Steps and Actions to Affirm**

### **Conditioning Your Mind, Body and Spirit**

It is important to condition your mind, body and spirit. You are where you are because of the years of conditioning and behavior that you have experienced. In the first six to seven years of your life your brain is in "Theta State" and you are being subconsciously programmed by your family, friends and surroundings. This can be both good and bad. If you had loving, kind and helpful people surrounding you, then your programs will be built on this foundation. If your childhood was not so pleasant, then you will have the opposing subconscious programs built in. It is important to remember that you had no control over the programs – good or bad – that were instilled into your subconscious mind during this Theta State and a powerful perspective to gain in understanding why you are the way you are and at what stage you are currently at in building your inner self. Some people may be content where others are not happy. You have to make that change from this moment on. Start conditioning yourself with who you want to become and what you want in your life. This may indeed be a 180 degree shift, but it can be done. Remember that each day is a gift and you are well equipped with the tools to make it happen.

Allow your spirit to speak to you. There are both positive and negative events happening each day and you can't control the world in which you live. What you can do, however, is decide which thoughts you will allow to proliferate within your mind and gain



traction. Energy will flow where your focus goes. You are literally what you think about so allow only positive thoughts to take root in your mind. This will create an environment that fosters success and creativity-

How do you condition your mind? Here are some techniques that are helpful in changing any negative programs you have embedded in your subconscious mind or to reaffirm your belief system.

**1. Hypnotic behavior happens in "Theta" state.** Humans are in this state primarily in the final two hours before you go to bed. You are also in this state 30 minutes after waking up. One final time is just after meditation. These are the best times to do the following, but can be used throughout the day as well:

a) **Use affirmations** like these:

*I am a genius and use my mind, talents, gifts and abilities to produce value wealth.*

*I am living a life of divine purpose and destiny.*

*I am emotionally, mentally and psychologically sound.*

*I am focused and driven to create the life I want and deserve.*

b) **Visualization.** Focus on positive mental images in order to achieve a particular goal.

c) **Meditation.** This stills the mind and your brain becomes more receptive and a fertile ground for whatever you want to implant.

d) **Positive Self-Talk.** We spend more time talking to ourselves than any other person. Our self-talk dictates our mood, behavior and decisions. Your subconscious mind believes whatever you tell it. It cannot differentiate between what is real or fake.

**2. Be specific about what you want to change.** For example, if you want to be free of addiction and have abundance into your life...then do not say, *I don't want this addiction or problem.* It does no good to say *do not, don't, can't, or won't* because the subconscious can't decipher negative connotations. It will interpret your words as I *want* this addiction and I *want* to be broke. It is important to consider the difference and how your words and perspective should be cultivated.

**3. Use Emotional Freedom Techniques.** This involves tapping different points on your body and reaffirming what you want to change. I will discuss this in more detail in a forthcoming book.

**4. Find successful people** and emulate what you like about them. Mentors are valuable in your development and when you practice their methods you can move forward more productively. This will save you time and effort because they have spent years and decades working through similar problems.

**5. Be Humble** and open to new ideas that generate a positive response. People gravitate towards humble and caring people. It also shows self-confidence.

## Healthy Body, Healthy Spirit

Pay close attention to your physical health. In my profession as a Functional Medical Practitioner and Personal Trainer I see too many people who are stressed out, fatigued, anxious, overweight, depressed, and in poor health. The neglect of their bodies spills over into their personal and professional relationships. Many have spent their lives chasing money and a career while sacrificing their health, only to give all their money away to get their health back later in life. The fact is that most people need to allocate 45 minutes, three to five times a week for exercising, meditating or performing any task that will nourish their body. Your muscles need it, your hormones need it, and your energy levels depend on it. Indeed, the one antidote that will outperform any drug in dealing with depression is exercise. It is vitally important if you want more in life.

One important way you can enhance and condition your physical body is to practice stress reduction techniques like meditation, yoga or prayer. When you take 20 or 30 minutes a day to get into congruency with your spirit, you foster a relationship in which you become one. Relaxing and meditating in pure silence will develop a “quiet knowing” in which you become fully aware and satisfied with your soul. I’ve seen hundreds of patients and I can attest that developing your inner spirit is equally important as exercise and nutrition. The body is a holistic organism that performs the best when all facets have been developed. Being proactive earlier in life will increase your longevity when you are in your senior years.

## Healthy Focus, Healthy Perspective

Perhaps the most profound quality of successful people is their ability to focus. Successful people set goals, targets and objectives, and follow the process through to completion with a high degree of discipline. Successful podcast host and entrepreneur, John Lee Dumas, puts it this way: FOCUS stands for *Follow One Course Until Success* and that is a powerful perspective to have. There will be many opportunities to veer off track or move onto another project, but when you know what you have been called to do, you need to make it a priority and put all your effort into completing it. Most people have been conditioned to move from one fad to the next, or start a mission and then abandon it when they hit some turmoil...often just before they would have experienced a breakthrough. But successful people keep moving forward even when they experienced difficulties or roadblocks.

Steve Jobs once said that you absolutely have to love what you do because if you don't, you will quit the moment it gets difficult. And you can bet...things will get difficult. But passion and love for your mission will allow you to sustain momentum during the difficult days you will inevitably face.

One way to cultivate a healthy focus is to ask: How do you define success? Is it money, peace, happiness, status or job title? Do you live in ego or do you live to help others? Will money and material things make you happy? These are important questions that should not be overlooked. When you seek to help others and provide value, an abundance of prosperity and kindness will come into your life. On the other hand, when

you chase after money and status, you will always be searching for more and never be truly fulfilled. I always explain to my patients and clients that they should enjoy the process because this is where the learning experiences come from and where they develop future skills. If they only value the end result, they will always be left wanting more. The best approach is to set both short-term and long-term goals. Short-term goals will keep you moving forward and give you the affirmation to continue. Long-term goals allow you to set up your paradigm and follow through with the steps required to complete the mission.

On a personal front, I used this same approach to develop a paradigm that could help people in making a transformation with their life. I reflected back on my life and looked at the key events and moments that caused my breakthrough. The best way to convey them to you was to create this book outlining the important concepts that would help you in your journey. My short term goals were to write a little each day in hopes that one day I would have a book that is authentic and I could be proud of to present to the world. The process can sometimes be arduous but the mission is much bigger than any minor setback. When you believe in something greater than yourself, you will ultimately help so many more people than you ever thought possible.

## **Ample Discipline, Abundant Success**

There are times throughout the journey of life where you will want to rebel or deviate from what is right. Nothing in life comes easy and the temptation to stray from your purpose will always be there. It may come in the form of delinquent friends, peer pressure, lack of motivation, laziness and much more. But remember that the people who succeed do what is right even when wrong is the easier option. They are so confident in themselves and their purpose that they don't even hear the negative noise from the outside. They have tunnel vision and they will sacrifice instant gratification for long-term happiness. I often ask myself, how badly do I want it and what will I give up to get it? It may mean working late nights, Saturdays, early mornings or holidays. I have seen too many friends and peers give up because they thought the process was taking too long and they didn't realize that they were so close to attaining what they desired.

Failure is not one massive event. It is a series of bad habits, decisions and rituals that compound over time. If most people didn't live in an unconscious state, they would see their poor decisions adding up. The same is true for a positive outcome. There is no "overnight success". It takes years of hard work combined with informed decisions and habits to achieve success. Any musician, dancer or actor will tell you that you rarely see the practice, failures, rehearsals, education, growth and development that goes on for years before they ever become recognized, but the daily progress and small steps eventually lead to greater rewards in the long-term. It is important, therefore, to continually educate yourself and build your internal worth. This will lead you to experience greater achievement in time. Little by little, day by day, and you will see these positive actions and affirmations pay dividends later on in your journey. As Tony Robbins once said, you see progress and growth when "your *shoulds* become your *musts*." Replace *I should do that* with *I must do that*. You accomplish things when they must be a part of your day and life.

## **Support Network**

Your development and progress are augmented by the support network you have around you. This includes family, friends, co-workers, peers, mentors, spiritual advisors and anyone who comes across your path. This is especially true for people who may not have a mother or father who is actively a part of their life. But be very selective on whom you allow in your inner circle as some people may not want you to succeed; not everyone likes someone with ambition, goals and dreams. They may say negative things or tell you why you can't do it. Remember that this is a reflection of their own self-worth; they are not happy with themselves and they don't want to be left behind. JB Glossinger once said "People want you to be successful just not as successful as them." Misery loves company and you have to guard against that.

Life is about forming relationships with positive people and having abundance in your life. There are so many wonderful and fascinating people in this world and no interaction is a mistake. I believe it is a divine connection orchestrated by something greater than yourself. If you didn't have a mother or father you can turn your attention to a mentor or mother/father like figure. I am thankful to the many mentors that helped me during my transformation. Along with my parents and my current family, they helped guide me to become the person I am today.

I had two loving parents growing up and they helped me grow into adulthood. But it was my responsibility to continue my self-improvement from there. My mother was very strong and supportive and it was remarkable how much she could accomplish while being a teaching professional. My father was more of an authoritarian and liked things very structured. He always worked hard for the family and sacrificed relationships to always be at home. I will always be thankful as they each shaped my life in a different way. But, with that being said, it is up to each individual to continue on from childhood and find mentors who will augment what they already know. Always be learning, and always look for people that will help take you where you want to go. Look for strong morals and values and people who maintain a high level of integrity and standards.

## **Belief Systems and Rituals**

Rituals and belief systems are very important and crucial to personal growth. I will use the analogy of a house and the foundation. You need the foundation and infrastructure to be built first before you can inhabit a house. Your belief system in the metaphysical realm is like that foundation. What do you value? What do you believe in? What level of standards do you hold? What are your rituals that you do every day that validate your beliefs? Understanding the foundational answers to these questions is essential because almost everything you do can be traced back to your standards and beliefs. If you don't believe in yourself, how can you expect others to believe in you? Do you think we are just here to do whatever we want with no repercussions or do we have a greater purpose? We all have a greater purpose and it is up to us to find that calling. Once we do, we are then responsible for acting on it in a positive way.

I get asked quite frequently what my belief system is and what rituals I perform on a daily basis. My belief is that we are here to add value to other human beings and to love and support each other while we are in this material world. I believe that every good deed goes unnoticed and there is someone keeping track of how you live your life. I believe there are no accidents and that everything and everyone has a purpose. We are spiritual beings living in a material world and our time on earth is limited. We need to share our talents with other people. My rituals begin with adhering to many of the principles I describe in this book. I get up around 5 a.m. each morning, give thanks for this life, my family and what I am about to accomplish during the day. I consistently nourish my body with healthy food and supplement where required. I work-out five to six days a week, meditate late at night before bed and attend church on Sundays with my family. I also ensure I treat people with respect and courtesy each and every day. I pride myself on being a role model for my family but also to strangers. I want people to be better off for having met me. We all have tough days but a smile, an embrace or a positive comment can change someone's day or life. Never underestimate the power of influence and genuine sincerity.

People generally seek these three things in life: love, happiness and progress. Love is what makes people feel alive and vibrant. Happiness is derivative of love, but it can exist on its own when you are content and at peace with yourself. *Love* and *happiness* are common goals, but *progress* is less commonly considered. In my functional medicine practice, I see many patients who suffer from depression and everything seems so daunting to them. They look at the big picture and it overwhelms them. One approach to overcome this that I have found successful is to approach the day in 10 minute increments. Focus on what you need to do for the next 10 minutes, then another 10 and so forth. When you start chunking your life down and begin to make small, steady progress, you start to feel worthy. Remember that momentum is an action that can be unstoppable in both directions and once you start seeing progression, it begins to take on a life of its own. Progress is major key to life, so continually seek improvement and forward movement. It will do wonders for your inner soul and eventually your outward appearance.

## **Energy and Passion**

If you want to feel energy and passion directly and intensely try going to a Live Tony Robbin' event. I had the privilege and the experience was riveting. This is a gentleman who grew up with very little and at the age of 17 was living on his own and down to his last few dollars. He developed an appreciation and purpose at a very young age that has literally transformed the world. He helps millions of people each day through his charities and events, and is an example of someone living with clarity and purpose. What is your energy and passion? What makes you happy? Everyone has an energy for something, but they may not know what that is yet. Energy is contagious. And when you are excited about your passion, it comes across to the people you interact with. You are so filled with enthusiasm that you cannot keep it contained; you want to share it with your peers, friends and clients.

What comes natural to you? For me, it is health and functional medicine. I have always had the urge to help people and find solutions to health problems. When I went

through difficult times 15 years ago, I researched everything I could and healed myself. When my father was diagnosed with tongue cancer, I immediately went into solution mode to try and find a natural remedy to heal him. He is a survivor and beat the cancer through hard work and determination. When I speak to audiences or on the radio I tell audiences that there is something inside of each person that only you have...and the world needs to hear it. It is your God given ability. You can either share with the world or hold within your soul. You need to find that talent and we need to hear it. Don't deprive us of your innate ability.

## **Evolving Program**

Life is not just about supplements or quick fixes. It is an evolving program of one percent a day. Strive for continual progress and small steps each and every moment. This journey is about the process and the learning as we go. This means both physical changes as well as physiological changes. Coaches and mentors learn as they evolve and clients do as well. Most people are excited or even fulfilled when they see and feel progress. They see they are moving closer towards their goals and dreams. It may not be happening today but it will happen in the future. You match hard work and determination with belief then you have an unstoppable force. Most people fail initially because they want the instant gratification and reward. That makes sense but as one client of mine articulated in his testimonial, "I didn't see any real weight loss in the first month and it was discouraging but I stayed the course. After the fourth week, the symptoms went away and I lost 30 pounds in four months." When you follow the program and put forth the effort, results will become inevitable.

An evolving program is important. For example, when some professionals complete their university and receive their designation, they suddenly stop learning. For some reason, they feel that is the end and no further education is required. But would you be comfortable going to see a physician who is relying only on the facts/research that they learned 30 years ago? Of course not. Times change, research changes and solutions evolve. As a result, any professional should be allocating five to 10 hours a week in upgrading their credentials, reading, executing and growing as a person. I see many reviews online at iTunes about my style for our *Interactive Body Balance* podcast and they're primarily around deviating from the normal or the latest in science and health. People seem to value the content and not what was lectured on 30 years ago. I pride myself on reading, listening and educating. I will be starting another course in two weeks and this is so I can be current and help my patients and clients. You should be doing the same as it keeps your mind alert and attentive.

## **Health and Nutrition**

This section will highlight some of the key concepts of health and nutrition that you should be aware of when undergoing a positive transformation. I have the privilege of reviewing hundreds of labs each year and I get to see the physiology of many patients and the damage they have done to their bodies over time. The good news is that we now have the facts and data to put a plan into place. Most people never know their baseline numbers so they can't find a path to health. You can do almost anything in life when you have a plan, hard work,

strong beliefs and a relenting focus, but all of that doesn't matter if you don't have your health. Be pro-active and start making healthy decisions now. Don't wait until you have a poor diagnosis from your doctor.

## **Lab Tests**

Start by seeing your doctor or functional medicine practitioner for some essential labs on your current state. The labs I recommend center around your adrenal glands (BH205), liver/toxicity/protein breakdown (BH101), thyroid and autoimmunity (Genova or Cyrex labs), gut permeability (Genova or Cyrex labs) and food sensitivity testing. There are others, but this is a great starting point and baseline. Over 70% of my patients have some form of HPA (Hypothalamus Pituitary Adrenal Axis) deficiency. Their symptoms range from fatigue, irritability, headaches, mood swings, sleep issues, PMS, brain fog, and memory lapses. The good news is we can make substantial progress once we know what the root problems are.

## **Sleep**

Another very important health consideration is sleep. Too many people feel they can get away with three or four hours of sleep when the reality is most people cannot. Scientific literature shows humans need between seven and nine hours of sleep each night. Your circadian rhythm is such that the general population goes to sleep at roughly 10:00 p.m. and awakes at 6:00 a.m. This is in line with your hormones and your body has a chance to physiologically and physically repair itself when you sleep. Regardless, many people still feel that their busy schedule is more important and there is not enough time in each day for sleep. A few years ago I was at the gym and the owner of the club bragged about typically sleeping for only three to four hours each night. He had been doing it for 15 years and said he always felt fine. Then one day he had to be carried out of the club on a stretcher and taken to a local hospital. Clearly, no one is immune to poor sleep or diet habits. Follow the science and get plenty of rest. You never know when a serious illness may arise from your poor habits.

## **Exercise**

The impact of exercise on your mood, hormones, body chemistry, strength and heart is substantial. The amount and duration of exercise you should attempt is dependent upon your physiological levels (hormones, toxicity, digestive health, etc.). Exercise is a stressor to the body and needs to be done in moderation. A healthy individual that is not an athlete or competing should be training three to four days a week for 45 minutes per session. These workouts are a combination of body part training augmented with functional, full body exercises. This promotes muscle growth and cardio vascular activity while also enabling proper recovery. Your muscles stretch and wear down when you work-out and then they replenish and repair in between workout days. It is extremely important to allow this growth and rejuvenation. Stretching is also critical for elasticity and synovial fluid activation. This will greatly reduce injury and more serious tears, pull and strains.

## **Hormones**

One of the most overlooked benefits of exercise is the impact on your hormones and subsequently your overall vitality. When you exercise, the movement directly impacts a variety of hormones like irisin, peptide YY, testosterone, epinephrine, norepinephrine, aldosterone, cortisol and growth hormone. Your hormones play a vital role in your overall health and well-being, and when your body is in balance other areas of your life tend to fall into place as well. Exercise has been a staple in my life for 24 years and it has helped me through many difficult times. From enhancing athletic performance, stimulating endorphins and improving overall mood, physical fitness can achieve results no pill can match. I highly recommend resistance training for individuals who are looking to transform their life and create a life of abundance.

## **Stress Reduction**

Most people do not practice adequate stress reduction techniques. They schedule all kinds of work and family commitments, but they don't take time for themselves. A stressed out body and mind will inevitably fail and cause a cascade of symptoms and diseases. What are some stress reduction techniques? Try meditation, yoga, prayer, quiet or silent time, nature walks and any activities that cause you to be more relaxed and stress-free. I practice my quiet time when the kids are asleep and I have finished my evening work. I have a hot bath with Epsom salts, put on some theta state music and have 30 minutes of quiet time. It is therapeutic and clears my mind from a long day and prepares me for sleep. I incorporate this in my daily routine and make it a must-do. Scientific research validates the importance of stress reduction and I encourage all of you to perform these practices every day.

“According to a 2015 systematic review and meta-analysis of systematic reviews of RCTs, evidence supports the use of Mindfulness-Based Stress Reduction (MBSR) programs to alleviate symptoms of a variety of mental and physical disorders. This review included a combined total of 8,683 participants consisting of different patient categories as well as healthy adults and children.”<sup>2</sup> This helped me when I was evolving from a person who found value in constant chaos to a person who spent time in a reflective state.

## **Nutrition**

Perhaps the most profound impact on your health are the foods you eat on a daily basis. They are the fuel that facilitate your energy, mood, body composition, brain and vitality. Every day each one of us makes a decision on what type of food we consume. Will we sacrifice quality for time? Will we sacrifice price for health consequences? These are very important questions. Our food has changed over time and it is not what it once was. There was the industrial milling of the 1870's, the green revolution of the 1950's and 60's and now GMO's, (Genetically Modified Organisms). It is fairly evident that the quality of food has deteriorated at the expense of profit for large corporations. At the end of the day, select food that is from the earth and is alive. If it is processed and dead when we eat it, then we will be consuming nutrient deficient food.

Back in the 1980's and 1990's, there wasn't a major focus on “clean” or healthy living. I firmly believe this was the time period when most people consumed food that was detrimental for their health and they did so in abundance leading to the epidemic we now



have in terms of obesity, heart disease and diabetes. I would say over half my patients have concerns and symptoms related to nutrition and they are now trying to rectify them. Knowing why you eat the way you do and what your baseline labs reveal is essential in order to turn this around.

I have spent the past 24 years working on physical fitness, nutrition, functional medicine and many other aspects of well-being. I have seen thousands of clients and patients and I believe that I have a clear understanding of a nutrition plan that will help the general population with their health. What I have outlined below is the nutrition framework that has worked for me and many of my patients. It covers the basic macro-nutrients and will allow you to see progress. It is only a general reference, as each person should craft their own nutrition plan. We could be much more specific based on the individual and metabolic type but this is for the average person. Many people still follow the Canada Food Guide and other outdated programs that continue to recommend bread, cereal, bagels, etc. In my opinion, that is a recipe for weight gain and gut problems. If you want to transform your shape, mental acuity, mood, energy levels, cravings and other facets of your life, then consider increasing your intake of the foods below.

### **Healthy Carbohydrates:**

Kale, Spinach, Broccoli, Asparagus, Grapes, Lettuce, Onions, Peppers, Cauliflower, Apples, Celery, Carrots, Blueberries, Oranges, Raspberries, Bananas, Honey.

### **Healthy Fats:**

Avocados, Coconut Oil, Coconut, Almonds, Almond Butter, Free Range Eggs (if not sensitive), Fish and Fish Oil, Kefir, Flax Seed.

### **Proteins:**

Turkey Breast, Pastured Chicken Breast, Fish (Wild Salmon), Grass Fed Beef, Tuna, Pastured Eggs (if not sensitive), Grass Fed Liver, Whey Protein (biologically active whey protein, like non-denatured, grass-fed whey protein made from raw milk.), Greek Yogurt, Grass Fed Steak.

## **Mindset and Change**

There are two types of people in this world: the ones who see the day as an opportunity, and the ones that see each day as a problem. As the old adage goes, is the glass half full or half empty? Can you see the silver lining even in difficult times or are you upset no matter what the event? Have you been conditioned to be a pessimist and get angry for no apparent reason or do you find bliss in difficult times because you know it is only temporary? These conflicting views all influence your mindset. Two people can look at the same thing and come up with two totally different observations. Their subconscious programs are different

so their reactions are as well. To move forward in a positive direction, you first need to change your mindset to that of abundance, growth, prosperity, hope, progress, optimism, love and kindness. You will always get what you think about. It serves you no purpose to be miserable and negative. What you focus on expands, so make sure that you focus on positive thoughts with purpose.

One of the scariest words is *change*. People fear change, they hide from change, they don't embrace it, yet it is one of the few certainties in life. You can guarantee that there will be change in your life over the course of your existence here on earth -- in the corporate world, with relationships, family, education, and virtually every other area of your life. Change is inevitable, so it is important to embrace it fully and know that this change was meant for your greater good. It would not have happened if there was not a lesson to be learned, growth to be made or a relationship that needed to end. People who go through change and make transformations do so for a variety of reasons and sometimes they keep them private. For example, when I went from being a guy who liked to party on the weekend to a more consistent, progressive husband and father, most people didn't know why I was making the change. They said they liked the "old Mikey" or there was no reason to change. They didn't know what I was battling inside or why the sudden shift. I am someone who internalizes situations, understands the problem and then looks for a solution. Yes, it takes hard work, hardships and time, but it is often the case that you will encounter the most resistance just before something great happens. It is your job to stay the course, embrace the change and follow your purpose.

## **Education**

Education is perhaps the most important area in the journey of self-development and transformation. I completed a four year Honors Degree from Ryerson University, attended nutrition courses at Durham College and became a Certified Personal Trainer. In addition, I recently graduated from a Functional Diagnostic Nutrition (FDN) Program in California. From a technology standpoint, I have numerous certifications from IBM and various other programs around the world. I share this with you because although they were all important, most of my education comes from reading books and listening to podcasts. When I was transitioning from IBM to the Alternative Medicine field, I would listen to three hours of podcasts each day while I traveled from client site to client site. I would also study in the evenings and on weekends. My loving wife was very accommodating while I pursued my passion and this informal education was fundamental to my current success. I'm following the path I was meant to pursue. I can't stress the value of podcasts and the content they offer for free. You can learn so much without spending tens of thousands of dollars on tuition. Find your passion and study everything you can on that particular topic. It is such a crucial element in your transformation and growth as a person.

What if you spent 20 percent of your income on education each year? That may seem outrageous but if you can double or triple your income, it becomes an obvious decision. From a professional perspective, you need to separate yourself from the people who are just content with a regular job. There is nothing wrong with a nine to five job, but the number one reason why people become depressed or experience a "mid-life" crisis is

because they are not seeing progress and they feel stuck doing a job they don't want to do. They settle with mediocrity because they don't have goals or their dreams appear impossible now. But the people that keep moving forward stay happy when they have hope and a vision. Hope allows you to think things are possible and worth pursuing. When you are studying or acquiring a new skill, you have a passion because you feel this new skillset will bring you additional possibility and options. I see many patients who start to experience early signs of cognitive decline in their 30's, 40's and 50's. A major reason for that is because they don't stimulate their brain cells and receptors. So it is important to never stop learning. This will keep your brain alert and in progression as opposed to decline.

One trait to cultivate is the hunger for determining the problem, assessing it and then moving right into solution mode with a calculated and measured response. This was never more evident for me than back in my early 20's when I experienced a multitude of setbacks and self-inflicted problems. I studied why I acted out, why I drank too much, why I couldn't always follow projects through to completion, and many other tendencies. It was in my reading of multiple books and sessions with a pastoral counsellor that I uncovered the answer. I was relentless in pursuing this because you need to understand why you do the things you do and why your brain is programmed a certain way. The knowledge and education you acquire during the process will benefit you. Be open and receptive to what you are about to learn and don't fear the unknown. Those who seek righteousness will be rewarded for their pursuit. Invest in yourself and opportunities will appear that you never thought possible.

## **Gratitude**

One of the best ways to change your thought process is to show gratitude. At first glance, it seems very basic and simple, but when you look at it more deeply you will realize that most people don't properly grasp the concept. When you are thankful for the air you breathe, the ability to walk or the fact that you simply woke up in the morning, your thoughts begin to change for the better. For instance, we take that for granted in North America many luxuries and privileges that many people around the world don't have or they struggle immensely to obtain. Far too many people complain about what they don't have as opposed to the great things they do. This world has enough negative people so why not be the change and make a difference by speaking gratitude and hope? It takes just as much energy to be negative as it does to be positive. Why limit your growth and potential by speaking words of negativity over yourself? They do not help you or your mission in this life. Your words are very powerful and they will come to fruition so be careful which ones you choose.

I used to get up in the morning and worry about the long day ahead and everything I had to accomplish. But all that did was overwhelm me and make me less productive. Now I arise and thank God for all he has given me and all that is coming my way. I am thanking Him in advance for all that is coming. When we take the time to reflect and appreciate this earth and the perfection that it is, we illuminate our own day and make the ones around us better people as well. When you have gratitude, you appreciate the small things. This transcends onto the people who you interact with; nobody wants to be around negative people. Instead, they enjoy spending time with people who bring positivity and lift their

spirits. Gratitude is the most underutilized gift you have because so many people have been conditioned to be the opposite.

## **Love**

Love is the largest common denominator that unites people around the world. Giving love and feeling love are what people strive for. It gives them a sense of self-worth and fulfillment. That is why people get excited and nervous when they go on first dates or get married. Love lies deep within your soul and when you love someone, you connect with them on a deep, metaphysical level. People just want to be happy and love unconditionally. A number of studies have been conducted on the healing power of love, including one conducted by Harvard University and Boston Children's Hospital studying orphans. The children were given unconditional love and they responded like never before. The 12 year study found that the brains of the orphans stopped developing properly after they were abandoned. Their 'white matter' – the part of the brain which helps neurons communicate – was significantly damaged by their ordeal leading to poor language skills and decreased mental ability. However, the researchers discovered that those children fortunate enough to find loving foster homes were able to regrow the missing connections and restore lost function.<sup>3</sup>

One thing that helped me along my journey was allowing myself to be vulnerable and find a partner that didn't just support me but who also challenged me and allowed me to be more open. My wife Heather is very caring, compassionate and loving and she has taught me to love without reservation, to be open, and not be so guarded. She's taught me to love even through faults and weaknesses. I tend to be a perfectionist and want everything to fall into place exactly as it should. In the past, I have also thought there was only one way to complete a project or task. Through love, she has showed me that everyone is different and people have different ways of expressing their love for one another. This has been very difficult for me because I am very independent and self-motivated. But I have come to realize that you can't do it on your own and people provide encouragement and constructive criticism because they love you. I have learned to accept love and grow as an individual and in return, have learned to give more back.

## **Organization**

Organization is one of my biggest weaknesses. One way I have found to overcome this is to hire people who are better in this area than me. Always surround yourself with people who are smarter than you, especially in a particular discipline. I have made great strides in this area because I know how important it is to succeed. When you are organized, it shows you care. My philosophy and mission has always been to work on the internal part and keep progressing with new and innovative techniques. Being an avid learner also means pushing through barriers and constantly developing. The opportunity cost of that in my eyes is less attention to organization and making sure everything is in line. There are so many different personality traits in this world and I come across them every single day. You have the ones that need everything in perfect symmetry. Their shaver, cologne, tooth brush, picture

frames, etc. need to be in their exact place all day long. My wife is exactly like this. She even knows when I have moved a picture by a centimeter. Her dresser is perfectly lined up and the clothes are so neat and tidy. Mine on the other hand just has socks in one drawer all tossed around. I suppose it is a matter of priorities.

Being organized may take some work up front but you save much more time in the long run. For example, organizing your office may take an hour but when you go and look for an important item it is easily accessible. Getting it may take you only seconds as opposed to 10 minutes. Put in the work up front for long term success. And in business, executives and business partners will notice. When I was presenting for IBM and meeting with C-level executives, they routinely commented on the preparation and flow of the deck. We consciously made the effort to be prepared and organized. This doesn't come naturally for me so I have to continually work on it. It is not optional; it is imperative for a lasting business.

## **Journaling**

Journaling is one powerful tool for self-discovery and personal transformation. There are so many thoughts and ideas that go through the human mind each day that is nearly impossible to remember them all. I journal new ideas, projects I want to start, techniques that have worked well for me, new research that has just come out, and much more. The good old fashioned way by hand still gets the job done, but a computer works as well. Do what works for you. The reason why journaling is so important is because that listing your minor victories along the way is a good way to show you how far you have come. It also helps resurrect ideas that you may have forgotten. For example, I started the first few chapters of this book a couple of years ago but because I was so busy with Functional Medicine School, IBM and having kids, I didn't pick it up again until a few months ago. Everything has a time and a place but because I took copious notes, it was very easy to continue on from where I left off.

## **Relationships and Consistency**

It is important to curate relationships consistently over time. Some of my peers and mentors have never done a day of advertising in their life and this is because their entire business is built upon referrals from family, friends and their network. They have provided so much value and helped so many people that word of mouth is their differentiator. In my current business, all of my clients have been with me for five to 10 years and often refer their family members and friends to both my training and medical practice. These relationships were built on trust, loyalty, respect, honesty, integrity and with a genuine concern to help people and provide value. I am always transparent and make every decision with the best intent. I feel this is what has allowed me to foster current relationships and also meet new people. I give them the respect and attention they deserve because there are no accidents in life. Everyone and everything is brought into your life for a reason.

Sam Palmisano the former CEO of IBM once said: “Relationships are built on consistent behavior over an extended period of time.” When you examine this statement thoroughly, you immediately see the words *consistent* and *over time*. There is nothing worse in both the personal and professional world than when people say and do inconsistent things. For example, a parent tells their child they can’t leave the dinner table until everyone else is finished. One day the parent enforces that rule and the next day they do not. The child is left wondering what is acceptable and what is not. The parent was not consistent and now the child does not value or trust their authority. It is the same principle as leading by example. Why would a child trust a father or mother who tells them alcohol is bad but they themselves drink it every night? In the professional world, your managers expect that you deliver results on a consistent basis. Failure to do so usually results in dismissal or termination. You need to be accountable, dependable and consistent with both your behavior and results. This is how clients begin to trust you and subsequently buy from you. People buy from who they trust and have built a solid relationship with. When I was with IBM, some of my business clients eventually became my functional medicine patients. They trusted me with their Information Technology and now they trust me with their health. You need to be consistent and always nurturing your valued relationships.

## **Purpose**

Purpose can be defined as the reason for which something is done. So, in metaphysical terms, what are you here to fulfill on this earth? What do you have an emotional affinity for? What is it that you are put on this earth to fulfill? Everyone has a purpose but sometimes they spend their entire life trying to figure out what it is. I finally understood what mine was by analyzing my strengths and observing what most people came to me for guidance on. What was I an expert at? What did people know me for? When you understand this, you start to move towards your purpose and God will direct you there as well. You may wander off track every now and again, but you will ultimately end up where you are supposed to be if you are open and receptive to it.

One way to determine your purpose in life is to listen to your gut. What does this mean? Being a practitioner, I know that the gut and brain are intricately related and there are millions of neurons from the brain all the way down through your gastro-intestinal tract. A large percentage of your serotonin and melatonin are produced in the gut. The chemicals, hormones, bacteria and neurotransmitters flow back and forth between the gut and brain, so be keenly aware of what your stomach is telling you. You know that feeling when something does not sit right with you? That uneasiness is a sign to act on it. Do what you have a burning desire to do rather than conforming to what others think you should do.

## **Optimism**

Who do people want to associate with? The person who is always negative, or the person who sees the positive side in every situation? I will not hire a person with a negative attitude. You can have all the education in the world, a resume with extensive accolades, but if you have a poor attitude I will not even entertain another meeting with you. On the contrary, a

prospective member of our team may have a limited resume or experience but a desire to learn, contribute and help other people and they will garner a second interview. You can coach and teach members of your team new techniques or skills but you can't teach attitude. This is why we prefer positive people because a negative attitude has ramifications on the entire team. It can severely disrupt the chemistry within an organization. An optimistic person also sees the potential in an opportunity. They have a belief system within them that is persistent even in difficult times. This is why when you are on purpose, have a strong passion for what you do augmented with an optimistic attitude, you can persevere through the difficult times.

Optimism is powerful. It gives you the chance to influence others and share your positivity with the world. My mentors who lead a positive, honest, optimistic life have a following that is the envy of many in the entrepreneurial world. The reason why is because people simply want to be around them and feed off of their energy. My clients always ask me what medication I am taking to have all this energy and be excited about life. I tell them I see the good in people, I see opportunity in every situation and I know that one day I will be able to help millions of people transform their lives. When you have this vision and belief system, there is nothing that will keep you from achieving it. The law of attraction states that the people who come into your life are a direct reflection of who you are. If you want different people in your life, then you need to change as well. We attract what we are.

## **Creativity**

Science says that the left brain is objective and analytical while the right side correlates with creativity. "The right side of the brain focuses on the visual, and processes information in an intuitive and simultaneous way, looking first at the whole picture then the details. The focus of the left brain is verbal, processing information in an analytical and sequential way, looking first at the pieces then putting them together to get the whole. Left brain thinking is verbal and analytical. Right brain is non-verbal and intuitive, using pictures rather than words."<sup>4</sup>

Your creativity is what differentiates you from your peers and the competition. When you look back over time and study the true pioneers, you will see they all came up with ideas that nobody thought were possible. The telephone, walking on the moon, computers and smartphones -- these were all ideas conjured up in someone's mind that came to fruition by taking action. Creativity is especially prevalent in the entrepreneurial world and with business owners. Facebook was created by a college student who now reigns over a multi-billion dollar company. People need to get back to creating value and coming up with products and services that fill a void for people. There are enough followers in this world and we need the leaders to invent and design the products and services of the future. Without them, economies will suffer and the unemployment rate will continue to rise. Thought leaders and innovators bring concepts to reality.

One way in which you can become more creative is by eliciting feedback on your ideas and meeting with successful people in your niche. Always look at situations and ideas and ask: *why or why not?* Some breakthrough results and large deals have been brokered by asking that one final question. For example, what I can I do to win your business? What would this agreement mean for your company? Time and time again, we would win business

deals or attract new clientele by asking the questions that nobody else has asked or by offering a service or product that our competitors deemed irrelevant. Get creative and put yourself in your customer's position. See their problems from their point of view. This will allow you to create or offer solutions that meet their needs. Ask for advice, try new things out, and always be looking for a better, faster solution. See new combinations and new possibilities. The best example of this are children. They ask so many questions and never stop inquiring. I always tell Caiden he can ask as many questions as he wants. I won't get frustrated or annoyed. It is his way of learning and for some reason, we stop doing this as we get older. Perhaps we are scared, feel inadequate or just nervous. My advice to you is be like a child and always ask questions and implement your creative ideas.

## **Balance**

There are only a few certainties in life, but one thing is certain: there will be many highs and lows and your job is to stay balanced through everything that life will bring you. Nobody said that your journey will be easy. What we do know is that when you are in balance, you have a greater perspective on life and you don't make decisions out of impulse. Living life based on emotion is a recipe for drama. Try to live in a relatively straight progressive line avoiding the sharp spikes followed by the deep holes. I used to live this way when I was in my late teens and early twenties. As described earlier, I would live for the weekends and have extreme highs followed by sad or depressing Mondays. I was living out of balance with the earth and my soul. These extreme highs and lows caused unnecessary emotion and were not conducive to leading a productive life. I learned to put my trust and faith in God in that He instill a more stable, balanced human being. Through my study of Dr. Wayne Dyer and Joel Osteen, I learned to be more relaxed and peaceful. I learned that everything is unfolding exactly the way it is supposed to and trying to do things my way will only lead to heartache. Do you currently live for the weekends? Do you experience the highs and lows that contribute to your mood? Do you wish you could become more balanced and even tempered? If you do, you are not alone and I will guide you through this process.

Don't waste time worrying. Worry is the insurance you pay on a problem before it happens. Most of the time the problem never even happens so you have just stressed your body, ruined your physiology and the event never happened. I am blessed to see the labs of patients who run stress hormone panels and I can tell you first hand that stress and worry depletes the body of your natural hormone production, damages your vital reserves and leads to serious illness. From a clinical perspective, stress and worry are my number one complaint from patients and I can see that when I review their lab work. Just relax and let things unfold the way the universe wants them to. Move in an ebb and flow while being aware of your surroundings. Pay attention to detail but turn your worries over to God. He will handle them just fine.

## **Accountability**

What will always keep you from your best is not being accountable for your actions. You are exactly where you are in life because of every decision you made. Nobody else is to blame



for your predicament. Not the ex-wife or ex-husband, not a bad business venture or even the poor economy. Your success or failure are a direct result of the decision you made over time. Placing blame on other people only gives you an out and this will hinder your progress. My clients who are overweight often use excuses -- *I'm big boned* or have *poor genetics*. But to be honest, I see right through these explanations. I only hear that they don't want to change badly enough yet. Their reason *why* to change is less than their reason *why not*. In the business world, my boss never liked to hear I couldn't complete a deal because the person never called back or e-mailed me. He would always say find an alternate option or keep working with them until you have an answer. Excuses are just delays because you haven't found the right approach yet. Take ownership team and work hard for what you want. When you realize you are exactly where you are because of your decisions, an infinite power will come over you to make the progressive change.

The saying goes: *good things come to those who wait*. And I will add to that: *when the timing is right, take massive action*. I spent years studying, analyzing, observing and growing as a human being. And when the timing was right, I took massive action and started implementing. There are so many brilliant ideas out there that never make it to fruition because people are scared to act. What you have inside of you is so powerful and unique. Do your due diligence, educate yourself, learn your craft...and then spread your word around the world. People need to hear and see your God given talents. Know the value of timing, humor and patience. It is this unique blend that will help you understand that not everything happens on your schedule. You may be waiting for your breakthrough or that new job but it hasn't happened yet. This is not an accident but rather God's plan unfolding on His schedule which will always be more beneficial to you. These three words help shape my day and purpose in this world. Faith, focus and love. Keep believing before you see the results, follow your passion with maniacal discipline and always be serving people with love and value.

## **Be Present**

The past is just electricity in your mind and the future is not guaranteed. Now is the only time you can control and the only time that is real. Look people in the eye, listen to what is being said and be engaged in the discussion. When we are present, we are showing that we care and this is when we retain information and enhance our memory. Too many people are upset about past transgressions or who did them wrong. They are equally pre-occupied with the future and that is mostly filled with negative thoughts as well. Both of these mindsets steal your current joy and keep you out of living in the present. This is not the way you were intended to live. Think of a time when you were conversing with someone but they really weren't paying attention. How did that make you feel? They were distracted and then you became irritated, and now the encounter was not valuable to either party. This happens all the time in my practice where people tell me they barely get through the day and rarely enjoy interacting with people. They are not happy with who they have become and they are anxious and worried all the time. One way we work through this is by having them stay present and take each day in 10 to 15 minute increments. This allows them to release that mindset of the day or project being too overwhelming. When we break everything down

into small segments, it makes everything seem much easier and gives them that forward momentum. Progression is key for everyone.

How many times do you get to enjoy a nice meal or dinner date out? How often do you allocate time to play with children? Do you know why children ask so many questions? They do because they haven't been molded or programmed by society yet. They still have an inquisitive brain and great hopes and dreams. They see opportunity and abundance and play without a care in the world. They are typically happy and jovial. They have this beauty about them that has not been tarnished. I encourage you to spend some time with children and be present with their activity. They will teach you so much about yourself that you never knew existed. There is a pureness to them that cannot be described in words. I would also recommend that you take full advantage of the day. Don't waste time and use every minute you have.

All we have is 24 hours in a day. What it comes down to is how each of us utilize it. Once it is gone, we cannot get it back. It is the common denominator which is why time management is so fundamentally important. Be present, utilize your resources effectively and enjoy the people and opportunities that are right before your eyes. Don't be distracted by fear which has also been described as (false evidence appearing real) or poor decisions of the past. Live with a prosperity mindset of abundance and not lack. When you live like this, you will attract more of it into your life.

## **How Bad Do You Want It?**

I just spent a day with Les Brown in Toronto and he was excellent in delivering the opening presentation. The main point I took away from his performance was that he attributes much of his success today to that fact "he was hungry." He was influenced by a man who said that nobody can ever tell you who you are. They don't dictate your future rather you will become who you believe you are. Believe in yourself and that will manifest into greatness. I can't tell you enough times how true these words are. God and you dictate your destiny-

No other human being on this planet can hold you back if you are determined to fulfill your purpose. What you need to do is discover your purpose and then formulate a plan to achieve it. Once you are committed to the process of following your dream, then it is time to execute and take action. There are sacrifices required in the beginning so you can be truly fulfilled in due time. Some call it delayed gratification. This is where you avoid impulse and instant gratification for a much more appealing long term result. It is also in this journey where you will grow as a person. A friend who is going through to be a surgeon said they are doing so to give back to the world but also because the fulfillment will be worth the 14 years of school. This takes a great deal of patience but they are putting in the work up front to enjoy a life of abundance later on. I commend them for that.

At the end of the day, it will all come down to your willingness to move forward and fulfill your mission in this world. We all have one and at what stage of your life do you move towards it? The old adage says *the teacher will appear when the student is ready*. Are you ready? Are you willing to undertake your transformation and seek out your purpose? The

best time to start is right now. Don't ignore your calling anymore. The longer you wait, the less time you have to change lives and impact the world. People right now are waiting for your message. They need you and what you can offer them. Shake off the negative thoughts and poor conditioning from your past and grasp a mindset of growth and prosperity. How badly do you want it for yourself, your family and your legacy?

After many years of personal and professional transformation, I can honestly say that I have never felt more confident in the direction I am going. From a professional perspective, I have transitioned from IBM and corporate to my full time functional medicine practice called Interactive Body Balance. I get to transform lives every single day and the success stories are very humbling but very real. Making an impact on someone's life is the greatest joy. Humanity genuinely would rather give than receive. They take pride in helping others and in seeing them happy. I have implemented all of the aforementioned recommendations in my daily life.

These steps have enabled me to operate my own business and create the career I have always wanted. No experience in life is without value and purpose; you learn from every single moment in your life. Whatever you want to achieve from a professional standpoint must formulate in your mind, be developed through education and then implemented through massive action. Go out and get what you deserve. Nobody can take your inner value away from you. You have worked hard, acquired many intangible and tangible skills and you must now provide this world with your value.

My personal life in my late teens and early twenties was at best inconsistent and at worst, lacking any substantial direction. I lived for the moment and the instant gratification. That has since made a complete 180 degree turnaround for the better. I straightened around my priorities, took time to understand the human mind and relationships and have since been blessed with the most loving, wonderful family a man could ever ask for. It took many difficult years and self-improvement but once I improved myself, God placed my wonderful wife Heather into my life. She has a pure heart with unconditional love for myself and our four children. I have never met a more selfless person who puts other people's happiness before hers. I can now say that I am blessed to have two special ladies in my life that do this and I see these same tendencies in our beautiful daughter Haven who I have always called "my Heaven". From my mother to my wife and now our daughter. These are the Angels that I am fortunate to have surround me.

I am a firm believer of timing and that people are put into your life at the exact moment they are supposed to be there. Taking the time to improve and understand myself has allowed me to be a better father to our three boys as well. Following the principles outlined above, I instill these same values into our children. Our "captain" Caiden was my first biological gift from above and he follows what daddy does every step of the way. We recently won a provincial tournament in London and the team celebrated with drinking champagne from the trophy. A month later he said *Dad, you didn't drink the champagne did you?* I thought why is he asking me this now. The intriguing part was that he was right but the point is he looks up to me and his mother to lead them by example. There is nothing wrong with celebrating and enjoying a beverage but he is so perceptive and that would not have been a representation of my tendencies. My stepson Jacob and our baby boy Caleb who just turned one make our family complete. We have been blessed from above. Heather and I

take great pride in guiding our children. All four of them are the future and will carry on the morals and values that we teach them. Try and do the best for your children, your friends, family and even the stranger you greet on the road. Leave this world a better place than when you found it.

## **Thank You**

I want to thank you for making it this far in my book. I hope you have enjoyed what you have read. My intent was to illustrate some of the key points I learned from my personal transformation. Life is a journey and the process is where you learn about who you are and what you can become. Every single person has the ability to manifest the life they want to live. I can't tell you when that time will come where you decide you have had enough of your current life and you were meant to do something greater. This is different for everyone. Live your life and not someone else's life. You were uniquely created and there are no two people alike in this world. Even identical twins have different phenotypes. This tells me that no other person can offer the world what you have inside of you. Make that move and put your foot forward as it always starts with movement. Know that people around you love you and the world is waiting on you to show your talent and skill. Change does begin when you have reached the end of your comfort zone. Be kind but bold, be passionate but respectful and finally be focused but loving. In the end, people just want to feel loved and that they contributed in a special way.

## **References:**

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