

Greetings! This is a **FOLLOW UP** to the **October meeting** HEALTH, NUTRITION, DIET Support & Accountability Team www.maxfulfillment.com/sundayhealth/.

You are welcome to join in, participate and contribute---questions, answers, comments; input, ideas or suggestions as if you had attended.

Thanks to all of you who came. I am excited about the discussion that we had, and that we have a **core, nucleus or start of a “village”** to raise our health, nutrition, diet to what we want, need it to be. I added ones to the email that could not attend, but wanted to. People can be added anytime. See 6 below.

1 Anything missing or that you would add, change or correct in the **October meeting notes** below. The meeting, discussion, input continues.

2 As you look at the **Questionnaire** www.maxfulfillment.com/sundayhealthquestionnaire/, answer any of the questions you haven't answered or provided input on

3 What are one or two **takeaways** from the meeting; something you liked, learned or realized?

4 As a result of the meeting, what is one **change, improvement or break-through** you want, need to make, and

5 How will you do it utilizing, drawing upon 1 or 2 **powerful, effective, best-practice change agents** like these that produce **real, significant change**:

a Food, drink, diet tracking, chart and diary/journal [Food-diary vertex](#);

b Action plan www.maxfulfillment.com/sundayhealthactionplan/;

c Affirmations, visualizations;

d Deep breathing, breath techniques;

e 5 whys, root cause analysis;

f Need, gap analysis and closure;

g Spiritual incubation;

h Inner power manifestation/actualization;

i Another, other you would add.

(Just what the HEALTH, NUTRITION, DIET Support & Accountability Team is all about and distinguishes it. However, it doesn't mean you have to change and use change agents in order to participate).

6 **Who else would you add** to the Team that want, need their health, nutrition, diet changed, strengthened or improved, and who could be a key part of your support and accountability.

Have them **complete the Questionnaire** www.maxfulfillment.com/sundayhealthquestionnaire/ so the HEALTH, NUTRITION, DIET Support & Accountability Team can serve them, be what they need as well.

Because we are just starting out and wanting to avoid overwhelm or be too much,

I am thinking or **proposing to first focus on and complete 1-4**, and then look at and tackle 5. 6 is something that is a given and constant, ongoing.

Note the reason why it's important to completely finish 1 Notes and 2 Questionnaire input. They determine and drive, or are the basis, foundation for the agenda, panel, what happens in the meetings and the ongoing discussion, support and accountability in between.

Likewise, 3 and 4 are about what you want to learn, know, and change, strengthen or improve the most.

Reply all and share, say, contribute whatever you would like.

You can also contact me, Randy 847 809-4821, randy@maxfulfillment.com with any questions, requests; input, ideas or suggestions.

NOTES FROM THE OCTOBER MEETING

Anything missing; you would add, change or correct. The meeting, discussion, input continues.

MEETING, ONGOING DISCUSSION, SUPPORT AND ACCOUNTABILITY

1 Meet once a month

2 Check in once a week--something positive; what are you changing or improving; questions you have; support, assistance that would be helpful

TOPICS

1 How to find, figure out your answer, what works for you

2 Restful sleep

3 Inner motivation

4 What are drivers or motivators for taking care of your health like family, able to play with grandchildren and not just have to watch it

5 Kids overweight and what to do about it

6 How to learn, benefit from others and their experience in changing, improving their health

7 How to take care of and nurture yourself and your health, nutrition, diet

8 How to overcome the "sugar blues"; diabetes

9 Changing your mindset; reprogramming your mind; getting the mind right, in right frame of mind

10 How to use spirituality, meditation, inner spirit and guidance for changing, improving our health

11 Cost of eating healthy, organic or natural; not a much as you would think

12 Role of food, how it's used to relate, connect; show love, friendship, family togetherness, hospitality

13 How to find out blocks, underlying reasons for not making healthy choices

CHALLENGES; BLOCKS; GOALS, OBJECTIVES

1 Addiction to snack food like potatoe chips

2 Taking too many pills, lessen them

3 Time, transportation, age restrictions

4 Real hard time sleeping, dreams too vivid

5 Don't know what's going on in our bodies; know I am here and want to be here, but don't know how to close the gap

6 Not hungry during the day, but real hungry at night

7 Improve waistline

CHANGE AGENTS, TOOLS, TECHNIQUES

1 Affirmations

2 Visualizations

3 Breathe, Breathing

4 Audio tapes

5 Learn, be educated, gain info according to the learning style that suits you best

6 Change agents

7 5 whys; root cause analysis

8 Food chart, tracking

9 Action plan

RESOURCES

From Chocolate to Morphine Andrew Weil