

What's holding you back from complete wellness?

By Dr David A. Pierotti

Let's visualise our total wellness as a triangle. Each of the three sides represents one aspect of the whole picture of health. There is the **STRUCTURAL, **BIOCHEMICAL** and **MENTAL**.**



Your wellness is made up of these three major components to make up body and mind. We have the vessel which carries us around (structural & chemical) and the mind or spirit (mental) which makes

the decisions and controls the actions of the body.

I'm going to show you how the total integration of all three areas; structural, chemical and mental come together to give you vibrant wellness, and how you can tap into your strengths and weaknesses to get there sooner.

You first need to take an inventory of where you are now in all three areas:

Structural: How do I feel when I wake up in the morning? Am I energized and invigorated at the end of the day or not? Do I stop myself from participating in life due to a physical limitation? Where am I at my strongest and most vital, what's my best body part?

Chemical: How's my food intake look? Am I getting a full spectrum of macro and micro nutrients? Do I drink plenty of water everyday? Is my sunshine exposure adequate? Am I getting great rest each night? Do I feel bloated, lethargic, dyshormonal, heavy or just generally not firing in my metabolism? What's the best thing about my chemical system currently?

Mental: Do I know that I'm a genius? Am I immersing myself in my chosen field with passion and gusto? Am I truly present in the moment or do I have baggage tied up in the past with people or events or am I preoccupied and fearful of the future? What conversations do I have with myself and others, am I creating the most vibrant present and future for myself by my thoughts, feelings, words and behaviours? Where do I have the most clarity, highest-functioning and most control over my life?

Write the first things that come to your mind, don't strain for an answer, just write down the first three things that come to you in each area, like this...

Structural/Physical

strengths

1
2
3

weaknesses

1
2
3

Chemical/Nutritional

strengths

1
2
3

weaknesses

1
2
3

Mental/Emotional/Spiritual

strengths

1

weaknesses

1

2 # 2
3 # 3

From this quick investigation into the three big areas, you should now have a bit of an idea where your greatest **weaknesses** are. But, also I hope you've taken the time see where your biggest **strengths** are too.

Perhaps you excel at relationships and business but your fitness is below it's potential? Or maybe you noticed you're dedicating plenty of time to eating right and walking everyday but you're experiencing lack in finances and career? Maybe you've got a bit of everything where you want it but you can see room for improvement in all areas?

“Honest self-assessment precedes mastery”

Clarify your big three

You will now have a rough list of the areas which you want to improve. Scan over your entire list and decide which are the **three most important things you'd like to master this year.**

Your next crucial step is to write them down. I can't emphasise enough how important **putting things onto paper** is for achieving the outcome you desire!

What are the three most important things I want to master this year?

1
2
3

If your goals are so big it seems overwhelming to accomplish them, start by 'chunking them down' into smaller segments until you can easily begin something today.

For example let's say you decided that your nutrition needs an overhaul and your goal is to be a *superstar eater* by the end of this year, but currently you're eating a wide variety of fried, boiled and mashed potatoes + frozen meals + soft drinks + muffins etc etc etc....

So make the commitment to get down to the green grocer today and buy at least one extra bunch of broccoli so you can add that to your meal tonight.

This really is not as hard as you've made it out to be. Start small and increase it over time. Once you've ticked off the broccoli today, move onto finding a high-quality source of recipes. Next, maybe you'll decide to start each week with a menu planner so all your needs are met before the week even commences, and so on...

“Simple **actions** lead to big results if they're repeated”

Or maybe you're lacking in structural strength to the degree that you find it difficult to partake in the physical activities of your choice?

How simple would it be to go online, find a 10 minute yoga class on youtube, dedicate that time before bed tonight to do you first class and start regaining the physical potential that's waiting to emerge given the right cues.

Or wake 20 minutes earlier tomorrow and go for a spirited walk around your block to get the blood flowing and start the day off right. Simple and powerful and all it requires is **you take the first step.**

A huge weak area many people have is being tied unnecessarily to their past. Who in your past is still running your present? What unresolved resentment or infatuation are you holding on to?

It's extremely difficult to live with absolute presence and power in the present if you've got energy tied up with people and events in your history.

Dr David Pierotti

I also run an online community designed to inspire and empower individuals to become the change they want to see in their own lives. Please head over there and check out my daily messages of love and wisdom.

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