

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

CREATED BY
NICK KUHLE
Holistic Lifestyle & Corrective Exercise Coach

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EVERYONE KNOWS

In order to grow a healthy, vibrant plant the proper ratio of soil, sunlight, and water is needed. Too much of any or not enough of another will ultimately kill the plant.

We, as humans, are not far off from that. As discussed previously, we have foundational pillars that health and vitality are built upon; stress/thinking, nutrition, hydration, breathing, movement, and sleeping.

Last month, we identified our baseline for these 6 foundational pillars. When we learn how to fully live by these principles the shackles of poor health crumble and the ability to enjoy life significantly increase.

This month we're taking a deep dive into the true importance of your health.

So, if you could wave a magic "health" wand and be granted any health-related wish, what would it be? To lose weight and run around with grandchildren? To not worry about being out of breath from walking up stairs? To reduce the amount of money spent on doctor visits each year? Or just to be able to sleep through the night and wake up rested?

**"WHEN YOU HAVE A BIG ENOUGH DREAM, YOU DON'T NEED A CRISIS."
- JERRY WESCH**

When you are working towards a goal or mission in life, it should be clearly identified and deeply ingrained. The goal should be frequently discussed or shared. As Wesch suggests, when the dream is big enough, one does not need a crisis in order to be reminded about the goal or mission as it remains ever present. In other words, if you don't take the time to identify what you are working towards or need, then it may require a crisis of health before you identify what's important.

MY DREAM, GOAL OR PURPOSE

The dream, goal, or purpose I'm creating is

This is important to me because

What happens if I do not make the necessary changes and continue my current pattern of behaviors?

THE GRAND CANYON TEST

Now, look at what is written under “The dream, goal, or purpose I’m working towards.” Share it aloud with someone you love and respect. Pay attention to how you say it. Can you shout it out across the Grand Canyon and have it echo back with confidence and passion? Or does the Grand Canyon reply back with meekness and self-doubt?

If you can say it confidently with drive and passion then it’s a goal you’re ready to tackle. If you say it softly and meekly then you’re still unsure about it. Go back and rework the dream, goal, or your purpose until you have no problem saying it out loud to anyone around you!

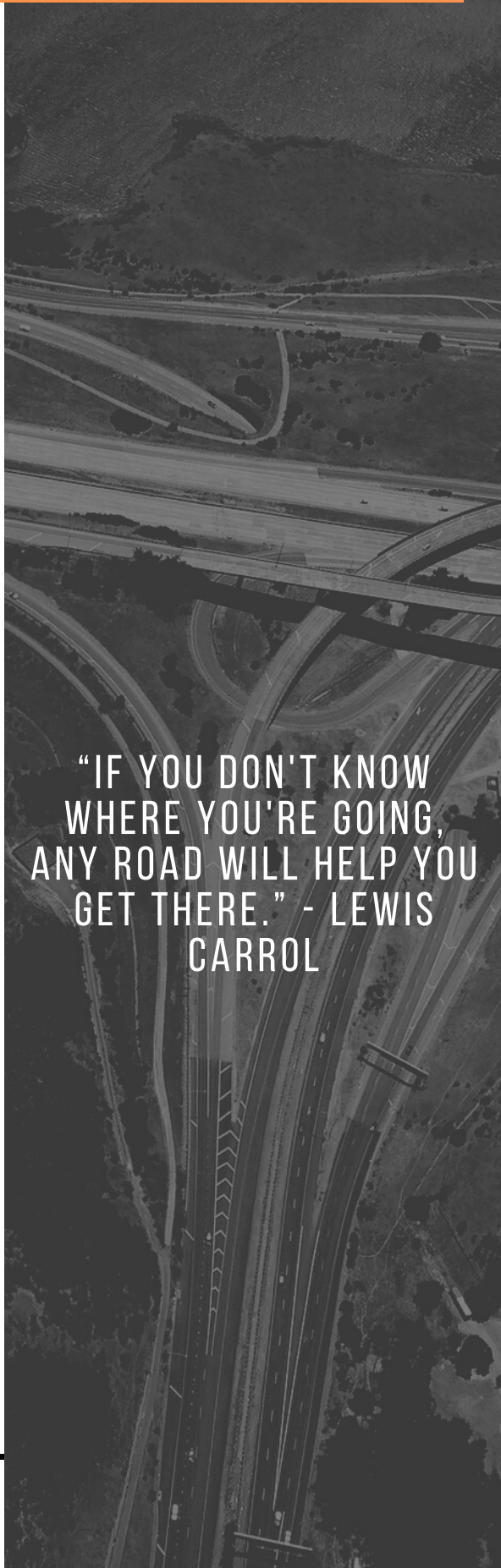
Now is the simple part. It won’t be easy, but it’s rather simple. When confronted with a situation or circumstance, stop and ask yourself “will this drive me closer to my goal, dream, or purpose in life?” If yes, take that action. If not, then choose differently, as this is not goal affirmative.



So, who do you want to become in 1 year from now?

If you don’t know EXACTLY what you want to accomplish in one year, you’re already doing it. If you don’t know who you’re trying to become, you’re already that person. Change requires direction.

Get crystal clear on your dream, goal or purpose or you’ll be the exact same person in a year from now.



“IF YOU DON'T KNOW
WHERE YOU'RE GOING,
ANY ROAD WILL HELP YOU
GET THERE.” - LEWIS
CARROL