



# SIMPLIFY HEALTH



*R* <sup>3</sup> REVITALIZE  
BREAK FREE

# Mini-Health Coaching Series

Runs in Groups

Class Information



**Enrollment:**

*Scan for Dates*

Simplify Health  
4-Month Mini-Health  
Coaching Series.

**IT'S NOT A QUICK FIX.  
IT'S A FOUNDATION**

**Two Ways to Participate**

**\$150.00** | Digital Content Only

**\$480.00** | 6: One-On-One Support Calls + Digital Content

**Coach**

Katie Hindahl

- National Board Certified Health and Wellness Coach
- Certified Success Principle Trainer
- Certified Quantum Success Coach
- Christian Coach
- Nearly a decade of experience in behavioral health coaching
- Over fifteen years of studying human behavior

**Content & Lesson Titles**

Refer to the class content and syllabus.

## Content



Join Coach Katie Hindahl, one of less around 10,000 health coaches nationally certified to facilitate the **curriculum presented** by the **Centers for Disease Control and Prevention and affiliates**. Coach Katie spent seven years Health Coaching in healthcare for weight loss and Diabetes Type 2 Remission, helping chronic health patients to better health. With a 98% customer satisfaction rating and many success stories her patients shared, she is excited to help you on your health journey.

## Fun Health Trackers


- Goal Tracker - Set your goals and how you will measure your progress.
- Automated Weekly Tracker – Keep track of your progress in the program.
- Automated Lessons - Break the mental barriers.
- Daily Food Tracker - No calorie counting unless you really want to.
- Daily Exercise | Activity Tracker
- Daily Stress Tracker
- Daily Sleep Tracker
- Daily Prayer & Bible Study Tracker

## R3 Revitalize is Different Because

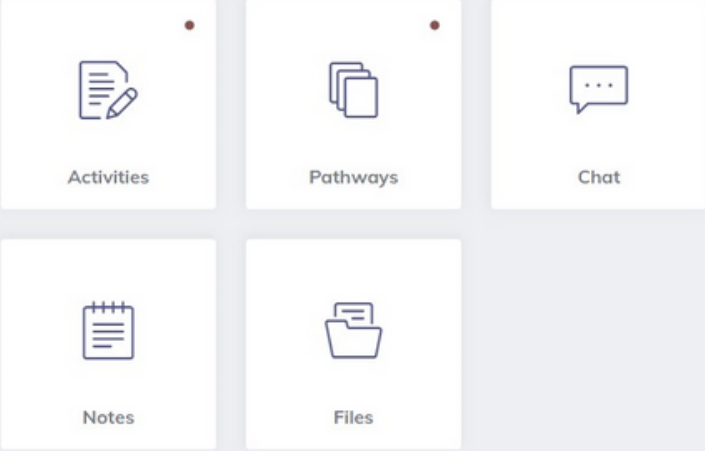
- We intentionally help you link how you think, feel, and act in your daily choices regarding food, activity, stress, and sleep.
- We intentionally provide you tools to understand emotional eating and your beliefs about your choices so that you can break the barrier of eating your feelings, eating to cope with stress, eating to fill a void, or your belief that if you look at lettuce, you will gain weight.
- We know that life gets messy, and so do mental barriers that hold you back from reaching the body you feel best in.
- We know that health is more than calories in and calories out. Health is a cost. You pay for it upfront or at the end; either way, it does not go away until you are six feet under.
- We know quick-fix “diets,” self-deprivation, and self-sabotage will NOT help you achieve your ideal body and keep it.
- We know the power of accountability, support, time, and your ability to experiment with what works best for you WILL get you where you want to go.
- We know that most people misunderstand their “WHY” they want to change, and we help you gain clarity - so that you can feel freedom in your choices and set yourself up for success.
- We help you give yourself permission to fail forward. Building a foundation to love your body where it is so that it becomes easier for you to get to where you want to go; NO MATER WHAT!
- We know that people change to gain pleasure or avoid pain.
- We know that avoiding pain will NEVER cause sustainable behavior.
- We teach you to explore the value and benefits of making modifications to your choices so that you feel empowered, in control, and confident you can do it.
- We know it is common to compare yourself to other people, get confused about what you are ‘supposed to do,’ or spin your wheels doing things you hate. So we make this about YOU!

## Secure & Confidential Digital Coaching Portal

**Home**  
**Customer Coaching Portal**  
Dashboard



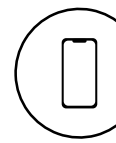
R3 REVITALIZE  
BREAK FREE



- Activities
- Pathways
- Chat
- Notes
- Files

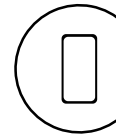


[Quenza.com](https://Quenza.com)



iOS  
Download the  
**App Now**

[Quenza.com](https://Quenza.com)



Android  
Download the  
**App Now**

[Quenza.com](https://Quenza.com)

# Coaching Portal Lessons: Break The Mental Barriers

- 1 **Mini-Health Coaching Series: Coaching Agreement.**
- 1 **Set Yourself Up for Success: Simplify Health | Food | Activity | Sleep | Stress Management**
- 2 **Goal Realization Using the WDEP System**
- 3 **The Costs and Benefits of Changing Behavior**
- 4 **Motivational Analysis**
- 5 **Self-Care Promise**
- 6 **Learning to Say "No"**
- 7 **Initiating Physical Activity**
- 8 **Distinguishing Physical from Emotional Hunger**
- 9 **Exploring The Benefits of Change**
- 10 **Doors Closed Doors Open**
- 11 **20 Guidelines for Developing a Growth Mindset**
- 12 **Exploring Flow Experiences**
- 13 **Increasing a Growth Mindset Through Writing**
- 14 **My Boundary Response Plan**
- 15 **The Best Possible Self**
- 16 **Seeing Through the Illusion of Need Projection**
- 17 **Rewriting Rigid Rules About Living**

## Coaching Portal Lessons: (Continue)

- 
- 18     **The 5-4-3-2-1 Stress Reduction Technique**
- 
- 19     **The Emotion Meter**
- 
- 20     **Facing the Effect of Fear-Based Beliefs on Goal Achievement**
- 
- 21     **The Top 5 Values**
- 
- 22     **Savoring Accomplishments**
- 
- 23     **Seeing Through the Hindsight-Bias**
- 
- 24     **The Most Helpful Thoughts**
- 
- 25     **Logging Positive Beliefs**
- 
- 26     **Challenging Emotion Myths**
- 
- 27     **Changing Unhelpful Thoughts**
- 
- 28     **Identifying Unhelpful Beliefs About Emotions**
- 
- 29     **Unhelpful Thinking Styles- Personalization**
- 
- 30     **Unhelpful Thinking Styles- Magnification and Minimization**
- 
- 31     **Unhelpful Thinking Styles- Mind Reading**
- 
- 32     **Unhelpful Thinking Styles- "Shoulding" and "Musting"**
- 
- 33     **Unhelpful Thinking Styles- Emotional Reasoning**
- 
- 34     **Unhelpful Thinking Styles- Jumping to Conclusions**
-

## Coaching Portal Lessons: (Continue)

- 35 **Unhelpful Thinking Styles- Fortune Telling**

---

- 36 **Unhelpful Thinking Styles - Labelling**

---

- 37 **Unhelpful Thinking Styles- Catastrophizing**

---

- 38 **De-catastrophizing**

---

- 39 **Rewriting the Narrative with Humor**

---

- 40 **The ABC Model of Helpful Behavior**

---

- 41 **Finding Silver Linings**

---

- 42 **A Personal Coping Mantra**

---

- 43 **Creative Visualization for Stress Reduction**

---

- 44 **Stress Profile**

---

- 45 **Symptoms of Stress**

---

- 46 **Stress Management Emergency Plan**

---

- 47 **The Private Garden: A Visualization for Stress Reduction**

---

- 48 **Progressive Muscle Relaxation**

---

- 49 **S.O.B.E.R. Stress Interruption Technique**

---

- 50 **My Learnings List**

---

- 51 **Eye of the Hurricane Meditation**

---

## Coaching Portal Lessons: (Continue)

52 **Urge Surfing**

53 **Personal Needs Meditation**

54 **Applying the Yin and Yang of Self-Compassion**

55 **From Inner Critic to Inner Coach Meditation**

56 **How Would You Treat a Friend?**

57 **The Best Possible Resilient Self**

58 **Self-Acceptance Meditation**

59 **Developing Self-Appreciation**

60 **Fierce Self-Compassion Break**

61 **A Letter of Self-Compassion**

62 **Rating Behavior Rather Than the Self**

63 **Moving Toward Self-Forgiveness**

64 **Getting off the Hedonic Treadmill**

65 **Seeing Through the Illusion of Self-Rating**

66 **Standards for "Being Good Enough"**

67 **Emotion Analysis**

68 **Three Minute Breathing Space**

## Coaching Portal Lessons: (Continue)

69     **The Chessboard Metaphor**

---

70     **Passengers on the Bus Metaphor**

---

71     **Pushing the Ball Under Water Metaphor**

---

72     **Dealing With Guilt Through Writing**

---

73     **Anger Iceberg**

---

74     **3 Levels of Anger**

---

75     **Anger Time-Out Plan**

---

76     **Eight Steps to Forgiveness**

---

77     **Facilitating Forgiveness by Recognizing our Shared Humanity**

---

78     **A Letter from Your Best Day to Your Bad Days**

---

79     **Emotion Masks**

---

80     **Moving from Cognitive Fusion to Diffusion**

---

81     **Leaves on a Stream**

---

82     **Using Self-Distanced Language to Gain Perspective on Negative Events**

---

83     **I think, therefore, I feel**

---

84     **Open Monitoring Meditation**

---

85     **Strengths During and After Challenging Times**

---



## Coaching Portal Lessons: (Continue)

86	<b>Coping Styles Formulation</b>
87	<b>Realities That I Am Refusing to Accept</b>
88	<b>Managing Toxic Relationships</b>
89	<b>Realizing Long-Lasting Change by Setting Process Goals</b>
90	<b>Self-Care Vision Board</b>
Graduation	<b>Graduation   Thank You</b>
Bonus #1	<b>7 Days after Graduation - Extra content to finish your 4-months.</b>
Bonus #2	<b>7 Days after Bonus #1 - Extra content to finish your 4-months.</b>
Bonus #3	<b>7 Days after Bonus #2 - Extra content to finish your 4-months.</b>
Bonus #4	<b>7 Days after Bonus #3 - Extra content to finish your 4-months.</b>

## Action Points Checklist

- Pick the way you want to participate: **OPTIONS:** Digital | 1-2-1 + Digital
- Pay at [www.r3revitalize.com](http://www.r3revitalize.com)
- Expect an email from Katie Hindahl with an invitation to log into your coaching portal.
- Expect a welcome phone call from Coach Katie at 727-265-1246 to support you with technology questions, help you get logged in, and answer any questions you have.
- Start mentally preparing for the program to start.
- Minimize “old behavior” of bingeing before a program starts.
- Start to think about your specific goals and why you signed up.

## Summary

This is a 4-month health coaching series. Weight management participants can expect healthy weight release (let go of) up to 1/2 - 2 pounds per week, which will vary based on the person, commitment, honesty, and medical conditions. If additional professional support for eating disorders, mental health concerns, or medical advice is needed, R3 Revitalize is responsible for referring you for appropriate support and counsel, including your PCP, for medical advice. R3 Revitalize does not treat, diagnose, or prescribe medical advice, psychological advice, psychiatric advice, or therapy. Professional coaching meets you where you are at and supports you in moving toward your goals.

