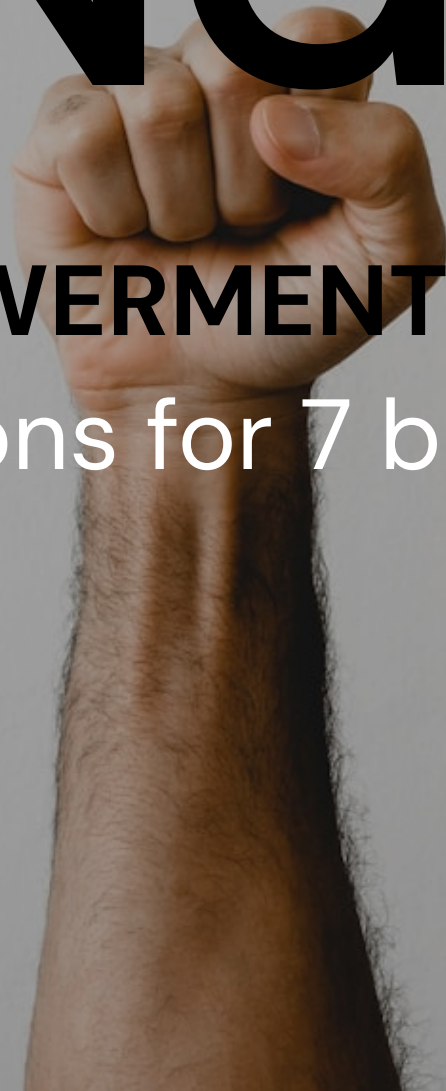


# HOLISTIC STRENGTH'S®

**EMPOWERMENT GUIDE**

7 big solutions for 7 big problems





This book is for everyone and anyone who seeks their full potential.




TY WOOLNER

# HOLISTIC STRENGTH COACH

I've been helping people transform themselves since 2008 and I'm on a mission to bring those big changes more accessibly into your home.



A close-up, slightly blurred image of a hand holding a pen, writing on a checklist in a notebook. The checklist has several items, some of which are crossed out with a blue pen. The items visible include 'Drive', 'Drive', 'Moan', and 'Drive'. The background is a dark, solid color.

The majority of people who set out to achieve their goals fall short. In fact, several studies shows that 80–90% of people give up after just 30 days! I think it's fair to say that we've all been part of this statistic at some point in our life.

**So what sets the 10% apart?**

THEY  
EMPOWER  
THEMSELVES.

"You must be willing to do the things today others won't do in order to have the things tomorrow others won't have."

–Les Brown

# EMPOWER

/im 'pouər/

- give (someone) the authority or power to do something.
- make (someone) stronger and more confident, especially in controlling their life and claiming their rights.

Success leaves clues so  
in my study of the 10%  
that successfully  
achieve their goals and  
strive for more, it  
became very obvious  
that they all valued the  
same things, even  
though they were  
expressing them  
differently.

- They value their time
- They value their health
- They value their life
- They value their energy
- They value themselves



## IF YOU'RE STRUGGLING TO...

1

Feel motivated.

2

Have the energy to take action.

3

Make time for yourself.

4

Manage the stresses of life.

5

Find the finances to get help.

6

Live without pain.

7

Be vulnerable.

You're not alone. You're going to be given the framework to empower yourself beyond these limitations so you can achieve your fullest potential.



I've worked with  
thousands of  
clients who have  
faced the same  
problems as you.  
Empowerment is  
the solution.

Let's dig in.

## PROBLEM #1: MOTIVATION

**A lack of meaning leads to a lack of action.**

STEP

**1**

Find your WHY

STEP

**2**

Plan your HOW

STEP

**3**

Do the STEPS

## PERSPECTIVE

The reason people fail to realize their goals, at the deepest root, is because they didn't trace them back to their heart. Our journey through discomfort and the unknown must have meaning or we'll naturally retreat to comfort and the familiar.

"Change happens when the pain of staying the same is greater than the pain of change -Tony Robbins."

# SOLUTIONS

## FIND YOUR WHY *ACTION STEP*

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Start by stating your goal. Then, ask yourself, "why is this important to me"? You will then ask yourself "why" to each subsequent answer until you're no longer able to. This practice takes you beyond the superficial outcome that makes the goal desirable and traces it back to your emotional centre where it's given meaning in your life. Repeat this process for all your goals.

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