



## How to live an Optimal Life, Body, Mind & Soul

The Universe doesn't expect you to struggle or suffer. It carries no expectation for you.

Your suffering comes from you living a life of who you expect yourself to be based upon outside influences and beliefs.

The fear associated with letting go of this old self for your authentic natural self, causes the struggle in your life.

I know you have what it takes to live a wildly abundant life.

You're smart, ambitious, and you are all-in on living your passions...

And with the right pieces in place, you're closer than you think to breaking through to your next level of peace, purpose, and amazing health.

Whether you're in a state of being unhealthy and just need the next steps to feel good again, or you feel healthy and are wanting to find lasting passion and optimal health.

You're in the right place...

In this guide, I will share with you the most important things I've learned about living an optimal life, body, mind, and soul.

I've discovered these principles by going through the processes myself and through years of experience with clients and dedicated research.

I've discovered that the heart-brain connection, nutrition, and movement play pivotal roles in every biological process within the human body.

And I've used these tools, frameworks, and strategies to help thousands of people inside my various mentorship programs, speaking engagements, and in my online community.

### **If you're new to my world...**

My name is Will Miller. I'm a metaphysician, multi-six-figure business owner, and nutrition expert. I help people master their divine nature and create richness in life.

I've been building businesses for nearly 40 years and started my first successful business at the age of 17.

As an accomplished counselor and researcher, my programs have helped thousands in their pursuit of a healthy body, balanced mind, and an unlimited soul.

In my work with Bob Proctor and on my own, I've signed over a 1000 paying clients with the advice I'm about to share with you.



I share this to let you know that this isn't theory. It's been tested. It works. And if you apply it, it will work for you too!

I also want to credit the mentors who introduced some of the concepts I'll be offering you in this guide - especially Bob Proctor and Dr. Joe Dispenza.

### **The real reason most people are not living an optimal life body, mind, and soul.**

When it comes to Optimal Health in this life there are really only 2 keys to overall success.

Strategy and Identity...

10 - 20% of your success comes down to having the right strategies in place.

You need the proper nutrition intake, desirable body movement and exercise, the right kind of daily practices to maintain your life and your sanity. That stuff's important, and it's where 90% of people focus most of their time.

But here's the thing... It's not the full picture.

And if you're spending all your time focused on strategy today, wondering why you're not living an optimally healthy, peaceful, and purposeful life, it's probably because you're missing what really moves the needle.

While 20% of your success comes down to strategy, 80% of it comes down to your mindset and identity.

To put it simply...

You were born divine. It is your birth right to live an optimal life. To get back to your birthright you need to literally become a different/new person.

The life you have right now is a perfect reflection of the identity you hold for yourself today. Who you see in the mirror, who you are, and how you feel is a perfect reflection of you!

You literally couldn't hold the persona you have of yourself right now, if your identity wasn't in full alignment with your belief, your self-identity.

So, to grow and transform your current self, you first must become the kind of person who can hold the new level of being what and who you want.

Most people struggle to grow because they're trying to change things on the outside without changing on the inside...

They spend all their time focused on what they see in the mirror and working on changing themselves with outside influences instead of doing the inner work...

And while they might be able to break through temporarily to a new level of success it is not long lasting.

They feel healthy for a month, reaching a level of contentment, peace or purpose that creates a short-term burst of passion, but often can't hold on to that level of success sustainably, and end up falling back to the status quo of their current level.

This is self-sabotage of the unconscious mind in action. Your mind will literally not allow you to create something on the outside that doesn't correspond with your internal identity and beliefs.

So, in order to successfully change your overall health, you need both the strategy, as well as the internal alignment and congruence to be able to back the next level of success in your life.

Most of your time and attention should be focused here. Because when the internal changes, the external falls into place much more easily.

On a practical level, this is simple (not easy, but simple). If you want to live an optimal life...

You start waking up every morning and asking yourself... "If I were living my optimal life body, mind, and soul, how would I move through my day?"

You use the "filter" of this new identity to make decisions in all aspects of your life.

You may have noticed that some people seem to live an effortless life. They find joy in the world, passion in what they do, and no matter what seems to go wrong, they stay positive and never let it get them down for very long?

These are the few that have found their true selves and live life on purpose.

Most people in this world wake up every day thinking, feeling, and doing the same things they have been conditioned to believe since a young age. They struggle to create long term changes in their life and seem to be on a hamster wheel living the same things over and over again.

Real change and growth do not come by repeating the same thoughts, feelings, and actions that you had the day before.

Growth comes by clearly defining your worthy ideals and learning to think and feel a new way by creating new beliefs and letting go of your old self.

We are meant to live joyful passionate lives. We are Divine beings here in this experience to live, learn and create. Your soul is yearning to express your true purpose.

The process of digging deep within you and determining and clearly defining your Worthy Ideal is soul work, and the first step to living the life you are truly in this dimension to live.

When you're thinking about your health, you ask yourself... What would a healthy person be doing right now?

Would a healthy person be eating this processed food right now? When you're feeling lost, or not seeing a direction to go, or are wanting to overcome pain...

You ask yourself... "What would a someone living an optimal life do?" And then you do that, no matter what.

To put it simply... You become the kind of person who can create the being you want first.

You literally "embody it" - Take action and stay focused on your new identity with all your heart, might, mind and soul.

It's like wearing a new suit. At first, it's going to feel super uncomfortable.

Live your worthy ideal as if it already exists, for it already does exist energetically.

It did the moment you created it. The physical realm is only waiting for your belief to change in order to manifest into the material.

Your ego and old self will freak out...

Because it needs to “die” for you to be reborn into this new level of expansion in your life.

Your mind will start telling you all sorts of stories to try to pull you back into the safety and comfort of the known...

You'll feel fear, resistance, and tension... (maybe you even feel it now, as you're reading this)

But the magic is...

The more you can walk daily in lock step with the identity of the person you're expanding into. The more easily the life you want will simply fall into your lap.

You have been taught the five physical senses of the body: Taste, touch, smell, hear and see.

What you probably have not been taught are the five innate senses.

The senses of the soul: Imagination, foresight, will, intuition and empathy.

Practicing and learning to rely on your innate senses is the catalyst to changing your old beliefs.

On the flip side... Anchoring into this new identity also requires letting go of many of the patterns of being and doing in your life that got you to where you are today...

These need to be released in order to make space for what's to come, so you can look at how you're showing up in your life right now with the filter of your new identity.

Ask a question like... If I was feeling totally healthy body, mind, and soul today, what would I not be doing?

Maybe it's spending time around toxic people or being in a bad relationship. Or working with people you know your really don't want to.

Maybe it's dwelling on what is wrong with your body or the circumstances you are in...

Or spending way too much time procrastinating or finding things to do in order to feel accomplished.

Look at your life and business today and ask yourself...

What do I need to let go of in order to create the level of success I want?

This will likely feel extremely difficult and bring up all sorts of resistance. Your ego is going to tell you all sorts of stories about why you can't let go of X or Y...

There's often a lot of fear that will emerge in releasing your current level to make space for the new...

This requires surrender, faith, a massive act of trust...

This is because you generally have to let go of almost everything that got you to where you are today to make space for your next level of growth to unfold.

This is why most people choose to stay small, and hit a certain revenue level and get stuck.

It's simply too uncomfortable for them to let go of what they believe is currently working in order to reach their next level...

Because the painful thing is... You have to “break” your current life again and again to continue to grow.

To put it simply...

You have to be okay with letting go of the life you currently have in order to create space for the new one to emerge.

This can be painful, but it's also a beautiful place of possibility — with so much potential for personal growth and evolution as you walk through these steps.

Find your inner child, have fun, and don't ever stop!

This physical reality is much like an hourglass with the top hidden from us where we are unable to see how much sand of our existence is left through the glass.

Like the sand through the hourglass, our past is gone and over. You have defined your passions through your worthy ideal.

Stay focused on the center of the hourglass, the precious moment. Live in gratitude every day and unconditional love for the life you are "NOW".

Repetition and daily practice are the key to living your worthy ideals and the life that you ultimately were meant to live. Always remember you are the divine creator of your life.

### **From there, it's about the strategy.**

What I just shared with you is 80% of what it really takes to live an optimal life.

The idea is simple, but none of it is easy. It takes massive levels of self-awareness, faith, and trust to do this identity work...

And it's one of the biggest reasons people choose to work with me...

Because you'll move much faster through this process if you have someone in your corner who has already arrived at your next level...

And can help you become aware of the specific gaps you need to close, so you can "calibrate" to your next level of self-more quickly and easily.

As you lean more fully into this new identity and internal alignment, you're well on your way to becoming the being you are meant to be.

From there, it's about shifting your focus to the external... Grounding into...how do I anchor into the right strategy to change my health, body, mind & soul?

On a strategic level, it's really about removing the constraints and bottlenecks that are holding you back from your natural state of growth.

Your soul wants to grow. That's its nature...

And when there are no bottlenecks and constraints holding it back, that's what it will do.

Growth is the natural byproduct of you getting out of your own way...

Removing the constraints that are keeping you small and unhealthy, and watching as life naturally expands to fill the increased capacity and openness you've created.

**When I work with clients on this, I use a 3-part method I built to help them navigate this process.**

There are 3 “pillars” of every expansion to Optimal Living...

- Total Wellness Transformation
- Reprogramming your “Life Code”
- Sustaining your Well-Being

I believe these are the foundations of any true transformation into a life of health, peace, and purpose.

And when it comes to growth, something in each of these areas will almost always need to shift to unlock your next level of success.

### **Total Wellness Transformation**

In this first pillar of your transformation, you complete a healthy living assessment and take a simple test which analyzes your hair from the roots. With this assessment and test, we identify many of the common environmental and nutritional influences that may be leading to a less-than-optimum output of your physical health and wellness.

Together we uncover the keys to holistic health and well-being, addressing the physical and emotional aspects of your life. You learn how to nourish your body, manage stress, and cultivate inner peace for lasting vitality and happiness.

### **Reprogram Your “Life Code”**

In the second pillar we work together to recognize and release stuck emotions and complete your worthy ideal worksheet. You also learn the mindfulness practices that will begin to create a Mind Shift and recondition the heart - brain connection within you.

During this process you will break free from the shackles of past conditioning and subconscious limitations discovering the powerful tools and techniques to reprogram your “Life Code.” Thus, enabling you to live a life filled with purpose, joy, and abundance, free from anxiety and stress.

### **Sustain Your Well-being**

In this final pillar you receive the daily practices needed to sustain a life of optimal health. Body, mind, and soul.

You gain the knowledge and resilience needed to navigate life's challenges and maintain your newfound health and happiness. You develop the skills to sustain your physical and emotional well-being, ensuring a fulfilling and abundant future.

**To sum this up, Optimal Living requires two things.**

80% of the journey is about your identity...

Embodying the kind of person who can hold the level of success you want in your life.

Continuously question every thought, feeling and action to see if it is in alignment with your Worthy Ideal.

Do not blindly follow anyone or anything. Using your innate senses question the circumstance, the thought associated with it, and the corresponding feeling to determine how it aligns with who and what you truly are.

Decisions have power, and by using your new passionate purpose as a compass it makes your decisions even more powerful. Your soul speaks to the heart.

Listen to its whispers of truth and shut down the mindless chatter of the brain and be open to the answers placed before you.

Go inward through daily practice to align the brain heart connection and commune with your higher self to review your progress and adjust your feelings towards your worthy ideal.

Make changes as needed to stay passionate and continue the process of learning, living unconditionally and being joyful.

The other 20% is about strategy...

Taking a closer look at the 3 pillars in your life — Total Wellness Transformation, Reprogramming your “Life Code”, and Sustaining your Well-Being...

Shifting each area to create more leverage and capacity to help you unlock your next stage of growth.

I’m thrilled to be able to support you on this journey. Because I believe and know that you are the creator of your life, and you can design the life you choose and the way you want it to be.

I’m glad you’re here... And I’m rooting for you 1000% as you take these next steps forward in your life

To dive deeper, I recommend taking my free Optimal Living Assessment...

It walks through on a much deeper level the internal shifts you’ll need to make to shift your life code and scale your life past its current conditioning.

Take it Now: <https://forms.gle/TVeqrhKkFaVbrJ3F7>

This is the best free training I’ve ever released... And I wouldn’t miss it.

I’d also love for you to join us inside my private Facebook community...

[Optimal Living, Body, Mind & Soul | Facebook](#)

Or check out my YouTube channel, with lots more free trainings to help and support you in your growth.

[Life by Design Healthy Living - YouTube](#)

And finally...

If you’re someone who wants to work with me personally to help you reach your optimal potential and live a life of optimal health, peace, and purpose.

I’d love to open a conversation and explore if and how I might be able to help. Feel free to book a discovery call here, and I’ll be in touch. <https://cal.com/drwillmiller/short-discovery-call>

I appreciate you being here... And wishing you nothing but success on the road

Love & Peace

*William J Miller Ph.D.*

