

How is it Possible to be more HEALTHY?

From John Veitch – Student Prekure Health Coach

(Also see <https://openfuture.biz/> Use the website's own search engine.)

Let's assume you KNOW what sorts of things everyone MUST DO to be healthy.

Surely everyone KNOWS what to do, but after the age of 40 and sometimes much younger health begins to decline.

Two things happen:

At first you don't notice the losses, until there is a wake-up event. Then you have a choice to do something about it, or to convince yourself that "this is normal, it happens to everyone."

Or,

You do notice and you try to do what you know and you get some improvement and then some losses, there's a pattern of trying leading to failure, round and round.

That's where a Health Coach can help.

Firstly, to make sure that the things you KNOW, are still valid and sensible. Health science is changing, slowly, but it is happening especially in the last ten years.

Secondly: what counts is what you DO, not what you promise yourself you will do.

Given that you are doing the right things, the challenge is to keep turning up each day.

Mostly health coaches make sure you are trying to do sensible things.

And they try to help you to turn up every day, for your planned activity. 80% on target is good.

Here is a week's diary. Fill in how it went. We are interested in your food and drink, what you intended to get done during the day, and how that went well or what went wrong or didn't get done. Why did the day vanish with little done? Or did it go really well?

The circle charts are to play with. Call them SATISFACTION CHARTS. Record a simple number from zero to ten in each slice of the pie. Where do you need to focus?

Contact John Veitch on the Open Future website, or on Messenger or on WhatsApp. 0210533661

Quietly gather your own data. – Count or Measure if possible – Record what happened

Today's Major Objective

Sunday, 2025

7.30

8.00

8.30

9.00

9.30

10.00

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To Do List

Main Achievement for the day

Quietly gather your own data. – Count or Measure if possible – Record what happened

Today's Major Objective

Monday, 2025

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To Do List

Main Achievement for the day

Quietly gather your own data. – Count or Measure if possible – Record what happened

Today's Major Objective

Tuesday, 2025

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To Do List

Main Achievement for the day

Quietly gather your own data. – Count or Measure if possible – Record what happened

Today's Major Objective

Wednesday, 2025

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To Do List

Main Achievement for the day

Quietly gather your own data. – Count or Measure if possible – Record what happened

Today's Major Objective

Thursday, 2025

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To Do List

Main Achievement for the day

Quietly gather your own data. – Count or Measure if possible – Record what happened

Today's Major Objective

Friday, 2025

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To Do List

Main Achievement for the day

Quietly gather your own data. – Count or Measure if possible – Record what happened

Today's Major Objective

Saturday, 2025

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To Do List

Main Achievement for the day