

TAKE A SNEAK PEAK INSIDE MY **FOCUS ON WHAT'S WORKING HEALTH PLAN**

I'LL SHOW YOU EXACTLY HOW TO ELIMINATE THE DISTRACTIONS THAT DRAIN YOUR ENERGY AND HEALTH

My name is Ruth Anne Wood. I loved eating raw and staying healthy but was fed up with how easy it was to slip back into eating whatever food was in front of me even though I felt low energy and aches and pains. So I created a way to use the power of story to focus my attention and filter out unhealthy distractions and now it's much easier to monitor what feels good and enjoy my ideal healthy lifestyle without the guilt and stress.

- ✓ Be inspired by others who took control of their health
- ✓ Use their stories to write your own happily-ever-after story
- ✓ Focus on what's working in your healthy lifestyle
- ✓ Make it easy to say "YES" to the health you really want
- ✓ Build health...starting from scratch in the next 60 days

"Ruth, what we accomplished in three months have taken some people their whole life"

Title/ Headline:

Date:

Outside: write down feelings, activities, qualities that feel good and already matches and/ or supports my desires modeled in; movies, friends, books, my other relationships & parts of my life...

Inside: write feelings, qualities, tangible results that occur when my desire is fulfilled:

Ex: Vibrant, energized, strong body, mind and spirit

Ex: Surrounded by healthy choices

Ex: Daily activities fuel and support my health

My Desire/
Intention:

Ex: MY IDEAL HEALTH

Ex: I enjoy my high school weight

Ex: Peace

Ex: Weekly 90 min Massage are great!

Ex: Cross country adventure

Ex: Paris Adventure

Ex: friends

Ex: Wake up inspired and loving life

Ex: I love my home

Ex: Clients getting what they scripted from our 1st success story using the notes from Circle Map

Ex: travels to Ireland, England, Wales, Canada, Jamaica, Indonesia...

Ex: Healthy food

Ex: Great connections at Arnold's Way

Ex: My exercise is fun

Ex: Awesome clients

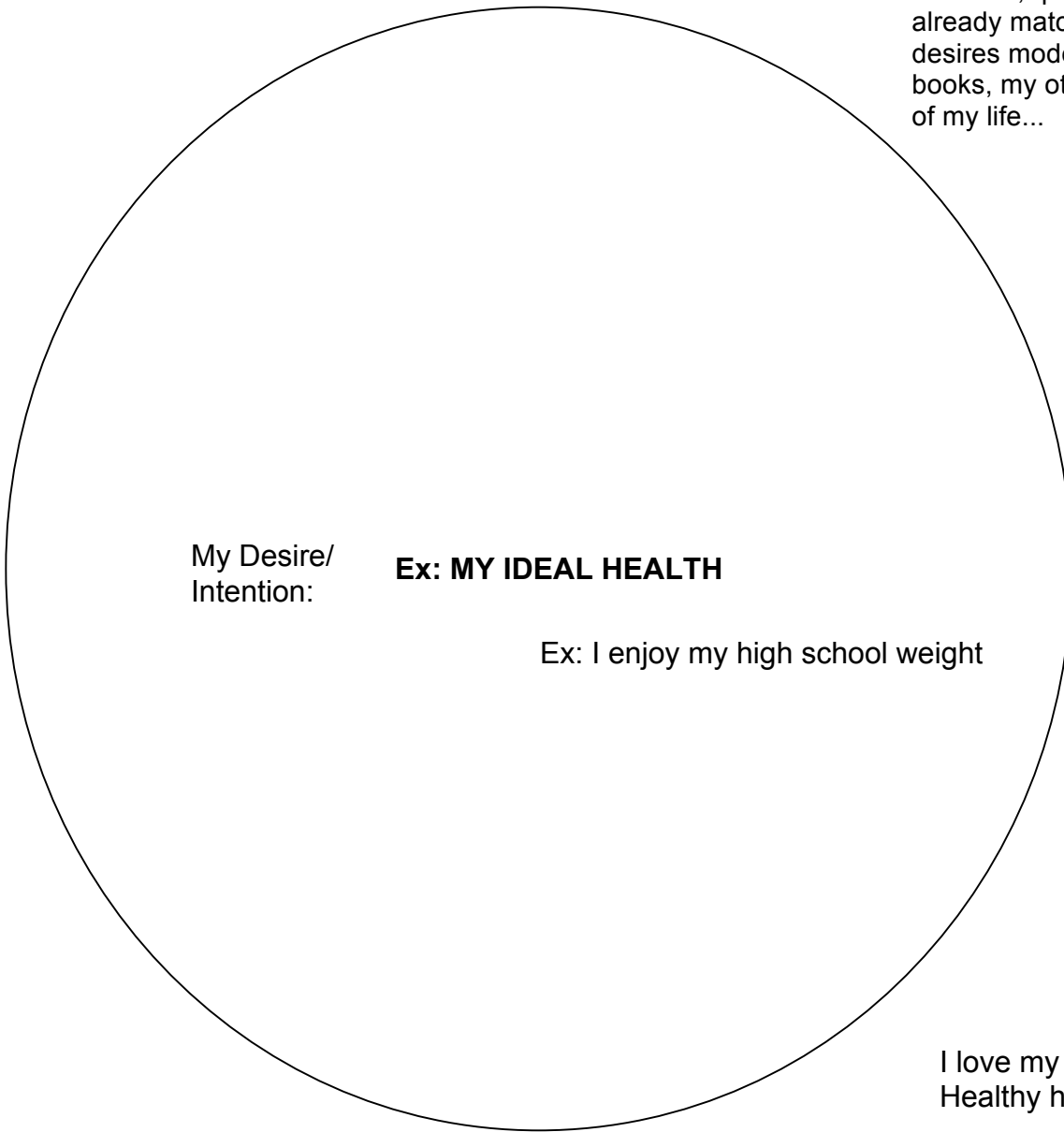
My amazing family

Book your Jumpstart Your Remarkable Health to get help using your "Circle Map" to design and track your success.

Title/ Headline:

Date:

Outside: write down feelings, activities, qualities that feel good and already matches and/ or supports my desires modeled in; movies, friends, books, my other relationships & parts of my life...



My Desire/
Intention:

Ex: MY IDEAL HEALTH

Ex: I enjoy my high school weight

friends

I love my
Healthy home

Healthy food

Great connections
at Arnold's Way

I feel good
from exercise

Book your Jumpstart Your Remarkable Health to get help using your "Circle Map" to design and track your success.

[Circle Map](#) ©2012 Ruth Anne Wood * [Scripting for Success](#) TM * 215-872-5035 * ruth@scriptingforsuccess.com

Next steps

1.

Bring this to Ruth's Arnold's Way Raw Experience talk at the Women Cave 12:30 August 3, 2013: "Transform Your Health Today, Through the Power of Story" —Ruth Anne Wood, Book Coach, Licensed Massage Therapist & Wellness Trainer

2.

Use your Circle Map as the starting point and idea generator of your Powerful Transformed Health Story. Discover the effective words to use to magnetically attract your ideal health to you and filter out costly, unhealthy distractions from your health goals and daily routine.

3.

Use your Circle Map during your 30 minute "Eliminate Health Distractions Now" free phone strategy session. Schedule one today at ruth@scriptingforsuccess.com

For almost two decades Ruth Anne Wood, Licensed Massage Therapist, Book Coach and Business, Health Coach has been a catalyst for health. She got into Health Coaching in the late 1990's when her massage clients felt great getting off her massage table and came back with more aches and pains from the family, health, work stresses in their life. She either wanted to give them fast transformational tools that reshaped their posture or negative conversations or she wanted to help them write and publish their success stories on health and relationships. In 2003 her life would ever be the same when Arnold's Raw Café opened near her home and she had a powerful tool to combat anxiety and depression. Discover Ruth's story and powerful story telling tools that engage the mind body and spirit and start to create your new health success story today!

- ✓ Be inspired by others who took control of their health
- ✓ Use their stories to write your own happily-ever-after story
- ✓ Focus on what's working in your healthy lifestyle
- ✓ Make it easy to say "YES" to the health you really want
- ✓ Build health...starting from scratch in the next 60 days

Ruth's talk at the RAW EXPERIENCE is August 3, 2013 12:30 at the Women Cave. Join us for great tools and gifts for those in attendance.

Get your health gifts here and share them who need them the most:
<http://www.scriptingforsuccess.com/arnolds-way/>