



-Holistic Health check-

Which energy level may lift you up?

4 ENERGY LEVELS



BODY



MIND



EMOTIONS



SPIRIT



BALANCED LIVING FROM THESE 4 ENERGY LEVELS

Welcome in the Holistic Health Check from Nicole Coaching. I am Nicole and i love to share my experience, knowledge and insights with you about Holistic Lifestyle Coaching. My background is being a Social Worker, i used to be a Muay Thai fighter, embody 10 years of professional experience as a Lifestyle Coach, i give Family constellations, i work as a defensibility trainer & i am a energy worker, where i also work with plant medicines in ceremony's and retreats in Holland & Ibiza.

These days i live a balanced life where my daily routines and habits are alchemized into a profound healthy abundant life. This is where i may coach and guide people in as well.

Physically / Mentally/ Emotionally/ Spiritually

The connections between these elements can be balanced by growth of consciousness. To improve these elements you have to release some old lifestyle habits and integrate them with healthy new ones.



DO YOU RECOGNIZE THESE TOPICS?

what is blocking you

- 1 You are low on energy and you have no idea how to manage your day with this energy level.
- 2 You are experiencing recurring events that are not healthy for you, you have no idea how to stop this.
- 3 You don't know what you desire. This might come from your lack of focus on yourself, where you give your energy too much away to other people and your outer-world. Or even because you are totally occupied and have no free space for yourself.



" In the mean time life goes on and every day you are filled with appointments, you go to your work or school, you have a family or relationship, kids, responsibilities, friends and hobby's.. social media... and so much more where all of your energy is going to.

Where do you start?

' To be conscious of your blockages does not give you any guarantee to make your daily lifestyle more healthy. To reprogram your habits, behaviour and patterns you invest in yourself and your needs as a start. You improve yourself by knowing what you CAN do.'



4 ENERGY LEVELS

What is a conscious & healthy lifestyle ?

Do you have the right knowledge and insights to work on self-discovery and realisation and can you live self-consciously as a result?

Read below which holistic elements you can learn to master in order to do so:



Physically do you live healthy, fit, energetic, vital, well nourished, strong, connected to nature and are you comfortable in your skin ?



Mentally you live resilient, powerful, with focused energy, confident, with healthy boundaries and can you let go of your thoughts ?



Emotionally, can you be vulnerable and hereby touched, without a survival shield, do you dare to ask for help and can you release your emotions well ?



Spiritually do you live intentionally, grateful, can you forgive, both another and yourself, and are you in connection with yourself and your environment ?



**WITH THIS HOLISTIC HEALTH CHECK, YOU
WILL GAIN INSIGHTS ON YOUR
CONSCIOUSNESS AND THE 4 ENERGY
LEVELS**

*"Therefore, give yourself a moment of reflection
and receive answers "*



It's time to take stock about your own life.
Be honest with yourself about how you are living your
life. Is there balance in your body, your mind, your
emotional state of being and your spiritual
consciousness.

Do you want to get a handle on what that might mean?
Then make it a little easier on yourself and go through
the Holistic Health check before choosing a program
from Nicole coaching.

The Holistic Health check offers an all-round insight of
a healthy and sustainable lifestyle. This allows you to
see exactly on which energy level you should receive
guidance.



13 ENERGY PILARS

What lasting transformation may you go through to become more balanced ?



- Are you eating your healthy foods daily
- Do you have enough energy every day
- Are you suffering from a (long term) injury
- Are you able to control your thoughts
- Do you have limiting beliefs
- Is it difficult to set boundaries
- Are you distracted several times a day
- Do you dare to ask for help when needed
- How do you deal with emotional release
- Do you have trouble forgiving the other person or to forgive yourself
- Are you grateful every day
- Do you live with intention
- Do you feel connection within yourself or with another





1

DO YOU EAT YOUR DAILY HEALTHY FOOD



How conscious are you of what you eat daily? Is your daily nutrition focused on habits, what you learned to eat in the past or your time constraints your type of food ?

Nice to think about. Nutrition determines 70% of your daily healthy lifestyle.
If you want to have good energy, be aware of what you eat.

Eat 3 times a day a rich meal

Do not eat more than 2 snacks a day

Drink 1,5 liters of water at least a day

Check which E-numbers are in your food and what they contain

Do not drink too much alcohol, not every day

Eat less meat or biological meat

Eat daily 250 gram of veggies and 1 piece of fruit

Eat healthy fats: nuts, fish, avocado

Reduce sugar on all levels



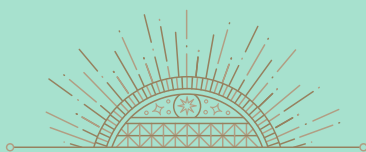


DO YOU HAVE ENOUGH DAILY ENERGY

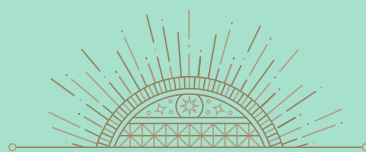


How much energy do you have in a day? Do you run out of energy quickly or lack energy throughout the day to do what you want to do?

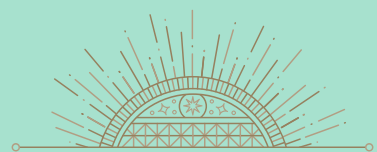
We live in a time when burnout, depression and high levels of social pressure are present. In moments like these, it is necessary to be aware of your energy level. How do you keep it high?



Exercise or exercise daily. This makes you responsible for cleaning up your energy. The liver and intestines need movement to stay vital, as do your muscles and connective tissue. Stay flexible



High energy is determined by the frequency in which you live. If you can handle a high frequency, then you are living with increased energy. Frequency also stands for number of repetitions. You can tune this by performing actions yourself as often as possible



Nutrition and exercise are the basic elements to fuel your body. Remember that nature is our basic energiser. Get out into nature often, get outside, freedom oxygen and take in vitamin D

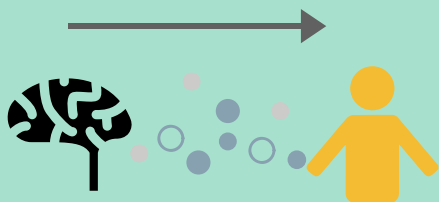




ARE YOU SUFFERING FROM A (LONG-TERM) INJURY



Injuries, accidents, blockages in your body are tremendously painful and annoying. Sometimes you have bad luck, and in certain situations you can indeed retrace what may be the cause. Therefore, the power of healing also lies in learning to understand and listen to what your body is saying. Are you listening to your own body?



Body and mind are connected. With what mindset do you exercise? Be aware that exercise is important to maintain an open mind and flowing body. Even in times of low energy, keeping moving is the key to recovery

Physical strength needs to be maintained. If you have an injury treat it with love and careful attention. Recovery and healing require patience and wisdom to return your body to healthy use



Listen to your heart. Injury time gives you the space to reconnect with your heart. Softening brings healing and healing to the places where it is needed. Be open to letting others help you. You don't have to do everything alone





ARE YOU ABLE TO CONTROL YOUR THOUGHTS



Every human being has 70,000 thoughts daily. These can come up in any moment and have varying degrees of negative presence. When the thoughts become to a high degree dark, negative and even suicidal or dangerous it is important to learn to master your own mind

Mastering the mind starts with the awareness that you are not your thoughts. They come and go. Meditating helps you to let your thoughts pass, among other things

Structuring your thoughts helps to systematically organize and control your own way of thinking and processing information

When you focus too much on negative thoughts, it can lead to depression. Therefore, be conscious of incorporating positive thoughts into your lifestyle daily

When negative thoughts can be traced back to unprocessed traumatic experiences it is enormously important that you seek professional help

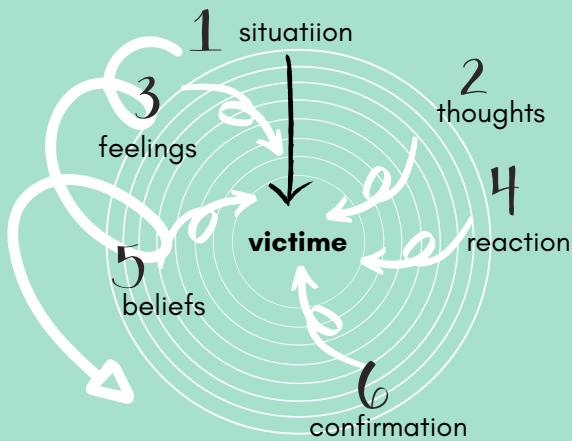




DO YOU HAVE LIMITING BELIEFS



Are you convinced of your own truth? What is this truth based on? Look closely at the situation and ask yourself how you relate to this situation. You experience a situation as difficult or not difficult. This is attuned to your own perceptions depending on the moment. It becomes difficult if you experience it as such. Why do you experience a situation as hindering?

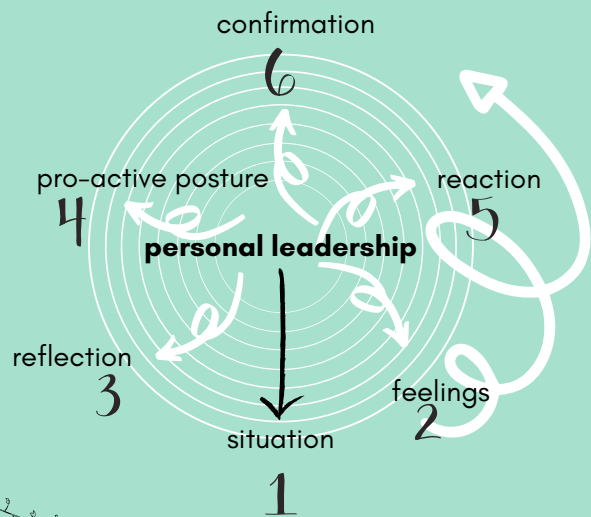


Downward spiral:

The belief is confirmed in the negative experience, feeling, thought. As a result, a situation happens to you and you don't know how to deal with it. You are a victim of what happens

Upward spiral:

The belief is confirmed in a positive experience, feeling and reflection. With a proactive attitude, you know how to respond or take action. You undertake personal leadership





YOU HAVE TROUBLE SETTING BOUNDARIES



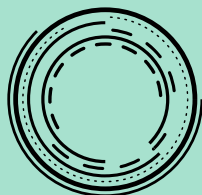
Where are your boundaries? Boundaries are learned as a child. For some this is learned consciously, for others it is discovered 'streetwise'. Being able to set boundaries is often associated with safety. What is your experience with safety? How do you take care of your own safety?



To feel is to know. If you don't feel safe in a situation, say stop or NO. Living by your own truth and feelings can be difficult. Where is the limit? And who defines that boundary, you or someone else?



Aligning with your own core values is essential! You may protect what you find valuable. If that is not so valuable to someone else, that is also ok. As long as your boundaries are not crossed



Saying no to another can often be a yes to yourself. Try not to be a "people pleaser. Take a mature attitude and stay true to yourself. Take your space and make time for yourself and your own values





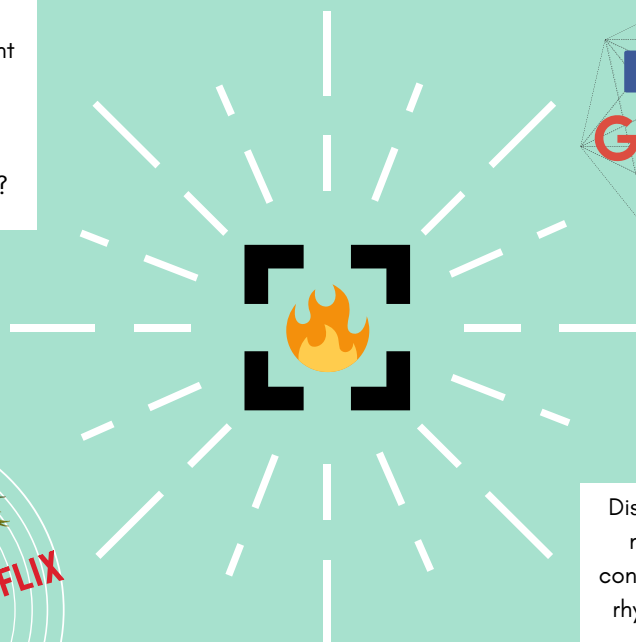
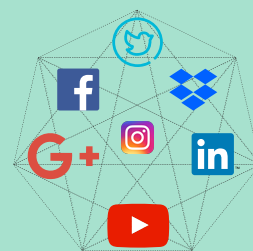
ARE YOU DISTRACTED SEVERAL TIMES A DAY



Distraction is fully present in our society, especially when you are not so present at all. Are you aware of what distraction is? Not getting around to what you actually want to do: procrastinating, putting off, sabotaging, numbing, shoving under the rug, getting out of the way, ignoring, displacing and ultimately, therefore, NOT doing. How do you become aware of your own sabotages?

Addiction and destructive behaviors are best minimized.

Here it is ultimately important to examine the cause
->why do you need it?
-> What makes you need self-destructive behavior?



Discipline is the source of managed sustainable control. Follow a consistent rhythm that is healthy for you.

In addition, balance this with loving attention to yourself. Focus on what is good for you

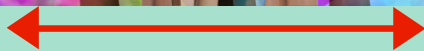




DO YOU DARE TO ASK FOR HELP IF NEEDED



Do you ever ask for help yourself? Do you dare to be vulnerable and receive the answer NO? Because that is also an answer and dealing with rejection and disappointment is extremely important in your learning process in order to dare to open up despite the answer. Do you want to do everything yourself and stay in control? Then ask yourself whether you can really let other people in. Doing things together brings you to a state of increased trust and connection.



Asking another for help does not mean you are burdening the other person. We live in a society where our "community" values are allowed to be used more.
#dare to ask#

Be honest with yourself.
Do you find asking for help annoying?
Or are you just too dependent on others?
On a scale of 0-10, how often do you ask for help in a week?

Do you feel that something is not right in your relationship, home or parenting situation. Do you dare to ask another for help? Be aware of the impact of unhealthy patterns that you continue. Break through unhealthy situations by asking for help





HOW DO YOU DEAL WITH EMOTIONAL RELEASE



- 'Where energy goes, energy flows' -

Are you taking responsibility for your energy? Emotional discharge is a basic need that you need to take care of. Are you angry, sad, happy, jealous or scared? How do you deal with these feelings? Living your life consciously means that you can discharge these emotions. By doing so, you do not burden another with your panic and drama or yourself with holding it in



You have 5 main emotions: happy, sad, fear, angry, jealousy. When you feel these you may listen to what it means. So do not immediately react to your emotion and project it onto another, but feel 'through' and place it

What happens to your emotions? What you experience and feel is valuable to share with the world in a creative sense. Have you been able to develop your own creative talents? Give it space and discover! As soon as you positively empower, you let the energy flow



Sports are a great outlet. Martial arts such as kickboxing help you to release controlled anger, overcome fear. Dancing gives you freedom and space. Singing gives you strength to share your truth and helps you process grief. Writing helps you to let go. Express everything that wants to come out of you. Painting reflects your imagination. The greatest artists and performers started this way too.

What are you doing?





DO YOU HAVE TROUBLE FORGIVING THE OTHER PERSON OR YOURSELF



Sometimes unpleasant or even traumatic things happen in your life. Can you forgive another, even if the act was terrible? Have you ever been extremely nasty to someone? Or have you found out that you are not loving towards yourself? How will you let go of these moments? Hiding them away and ignoring them does not give satisfaction.

What will?



Saying sorry to the right person when you know you were wrong shows maturity. It may feel awkward, yet you are helping yourself and the other person by doing so in any given moment

Mistakes do not exist. You experience learning lessons and may receive feedback as needed. Dare to address another's learning lessons as well



Asking for forgiveness is tremendously disarming. By doing so, you release unprocessed resentments. This one you don't want to cherish and carry. It puts a lock on yourself and your life. Free yourself and let it go

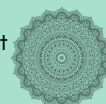


Holding grudges is like storing bitter fire in your body. It will burn and make you sick. Take responsibility for your own actions and process what has been done to you. This is also how you step out of your role as a victim. This also applies if you carry guilt



Write down on paper whom you would like to forgive or ask for forgiveness. This will provide a lot of relief. If you feel physical or mental pain, seek professional help straight away

During meditation answers come to you to get closer to your own core. Focus on love and light, let your thoughts and energy flow to the right place that you are grateful for





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CAN YOU BE GRATEFUL EVERY DAY



Expressing gratitude gives a sense of accomplishment. This feeling allows you to experience from your heart again how valuable life is. Through the drudgery of life, you can become impermanent in appreciating the most basic of basic needs. Are you grateful for your home? Are you grateful for a roof over your head, a warm bed, drinking water and a safety net in the Netherlands? Be aware of the small gifts, through this you create a life of abundance and step out of lack.

Through this you learn to live instead of survival



Everything you give attention to grows. Be aware of where you put your energy. Live instead of survive. Letting go of what doesn't work and thus putting new focus on what you want that will work



Being grateful for what you do have, even if you are in times of transformation and the world seems to be collapsing. Can you stand your ground when there is complete chaos? Keep trusting in yourself, the connection with the universe and have compassion



Are you grateful for learning lessons? See in each lesson the value through which you grow. They are growth processes through which you may live a more beautiful life. These lessons help you to step into your true potential



12

DO YOU LIVE PURPOSEFULLY & WITH A CLEAR INTENTION



How do you start your day? Waking up to the alarm clock and rushing out of bed, to have to rush to work stressed out? If so, please STOP this ritual.

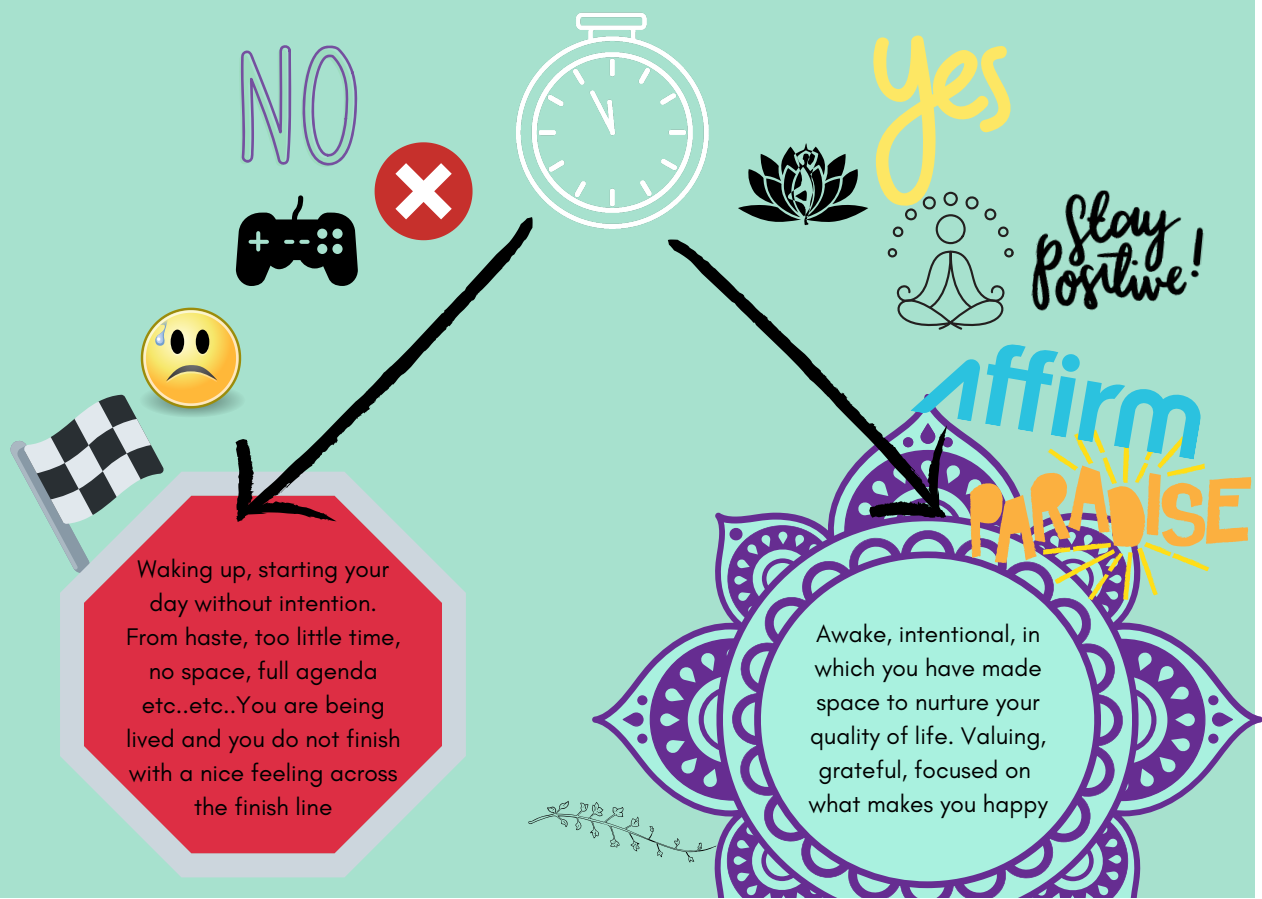
- Where energy goes, energy flows remember-

We all know these stress characteristics. In which you are swallowed up by the day.

The question is : 'do you want to live from trust, peace and love?'

Ok do you choose to survive from fear, lack, stress and hurry?'

Each day you get to choose what kind of day you begin

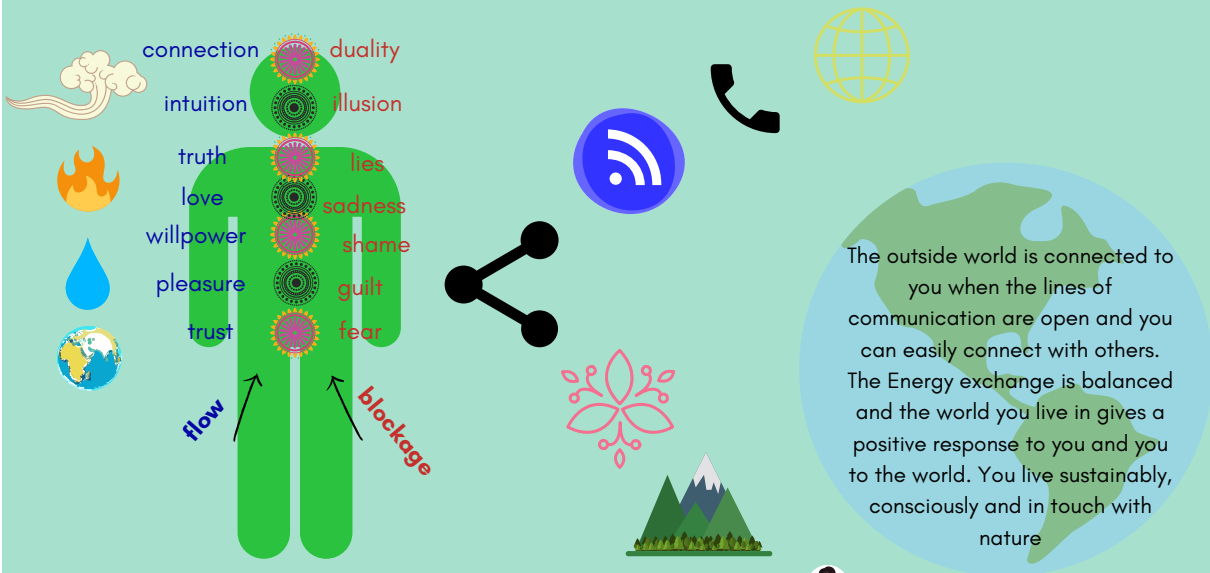


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YOU FEEL CONNECTION IN YOURSELF AND YOUR ENVIRONMENT



A spiritually conscious "being" is about connection. Being connected to your own body, mind, emotions, environment, family, friends, nature, our society and the world. Do you feel disconnected from the world? Is it sometimes difficult to make connections with other people? Then the question is, "What keeps you from being able to connect?"



The inner world takes place in your body and head. You consciously feel what kind of energy lives inside you. This energy consists of elements: earth (stability), water (emotions), fire (willpower) and air (creativity). From this self-awareness you make contact with your outer world. Connected with yourself and in contact with your environment





- LIVE IN BALANCE AND CHOOSE A PROGRAM FROM NICOLE COACHING -

The Holistic Health check has given you insights about the 4 energy levels. Conscious living requires conscious choices.

In which area would you like to be guided?

Nicole coaching offers various programs that you can follow individually or with a group.

Both physically and online. With a personal tuning you will receive exactly what you need to learn and practice a conscious lifestyle.

Invest in personal growth, healthy nutrition, a sustainable lifestyle, daily exercise and sports, mindful living, emotional balance, intentional living, gratitude, forgiveness and above all, allowing yourself to be yourself.

Would you like to get started now? Working towards a bright future?

For a personal conversation you can reach me at:

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Light & Love **Nicole Coaching**

