

Stress Diet

This diet is designed to help you cope
with the stress that builds during the day.

Breakfast

1/2 grapefruit
1 slice whole wheat toast (dry)
8 oz. skim milk

Mid-Afternoon Snack

Rest of the Oreos in the package
2 pints Rocky Road Ice Cream
1 jar Hot Fudge Sauce
Nuts, Cherries, Whipped Cream

Lunch

4 oz. lean broiled chicken breast
1 cup steamed spinach
1 cup herb tea
1 Oreo cookie

Dinner

2 loaves Garlic Bread with cheese
Large Deluxe Pizza
4 cans or 1 large pitcher of Beer
3 Milky Way Candy Bars

Late Evening Snack

Entire frozen cheesecake
(eaten directly from freezer)

Rules for this Diet

If you eat something and no one sees you eat it,
it has no calories.

If you drink a diet soda with a candy bar, the
calories in the candy bar are cancelled out by
the diet soda.

When you eat with someone else, calories don't
count if you don't eat more than they do.

Food used for medicinal purposes never counts,
such as hot chocolate, brandy, toast and Sara
Lee Cheesecake.

Movie-related foods, such as Milk Duds, buttered
Popcorn, Junior Mints, Red Hots and Tootsie
Rolls, do not have additional calories because
they are part of the entire entertainment
package and not part of one's personal fuel.

If you fatten up everyone else around you, then
you look thinner.

Cookie pieces contain no calories. The process of
breakage causes calorie leakage.

Things licked off knives and spoons have no
calories if you are in the process of preparing
something. Examples: peanut butter on a
knife making a sandwich and ice cream on a
spoon making a sundae.

Foods that are the same color have the same
number of calories. Examples: spinach and
pistachio ice cream; mushrooms and white
chocolate.

Note: chocolate is a universal color and may be
substituted for any other food color.

Courtesy of:

Mack Arrington, Business and Personal Coach
Voice: 336-856-1600 • Email: thecoach@triad.rr.com

Survey: What do you Really REALLY Want Out of Life?

Things to Consider for Your Health, Wealth and Future.

Here are some areas where coaching has been helpful to other people. Circle the **Yes** if this might apply to you.

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| 1. I want to get clear about my goals and what I want out of life. | Yes |
| 2. I wish I had a plan or knew the steps I have take to reach my goals. | Yes |
| 3. I want my business to run better, more profitably, with less of my time, etc. | Yes |
| 4. I want or need to improve or change my business, job, work or career path. | Yes |
| 5. I want or need to get out of debt and/or have a lot more money. | Yes |
| 6. I want to have enough time to do everything without having to rush. | Yes |
| 7. I want more time with family, friends and people dear to me. | Yes |
| 8. I want to have better relationships with family, friends and people at work. | Yes |
| 9. I want to work on my health, exercise and the way I look. | Yes |
| 10. I want or need to stop "putting up" with things I don't like. | Yes |
| 11. I want or need to make changes in my life and/or get some things done. | Yes |
| 12. I want to be treated better. | Yes |
| 13. I want or need to communicate better. | Yes |
| 14. I want to have more fun and/or less stress. | Yes |
| 15. I want an environment that supports what I want to be, do and have. | Yes |

Total number of areas where coaching could be helpful to you too: _____

For any item you marked as **Yes**, a Personal Coach could be very effective towards getting what you want to make your life really count and your dreams come true. For a **complementary** coaching session to see if coaching is for you, contact Mack at the number or email below.

Answer These 5 Defining Questions

Your Coach Can Help Clarify and Refine if Needed

- 1) What do you Really, Really, Really, Really want?
The 4 Reallys stand for: What you desire, What you are willing to ask for, What you truly intend to create in your life and What you are passionate about.
- 2) Why do you want it?
- 3) What is holding you back (or has held you back) from getting there?
- 4) What will your life be like once you get there?
- 5) What personal qualities would someone need to possess to effortlessly create the outcomes you desire?
To identify your growth opportunities, rate yourself from 1-10 on these qualities.

Mack Arrington, Business and Personal Coach

Voice: 336-856-1600 • Email: thecoach@mackarrington.com • www.mackarrington.com