

## CAMPBELL OVERVIEW YOUR HEART PACK

Hey there! First up, thanks for being here, and having the courage to seek deeper into improving your greatest gift; that is EMPATHY I want to ensure this Exclusive Free Coaching gift is one which is special and worth every moment for you. That is why I've put time towards creating an immersive 3-Day Comprehensive Video and Coaching Course, of everything I wish I knew earlier.

### Why Do I Care?

I Coach and see empaths, and sensitive types being taken advantage of, falling into codependency and allowing their crushed hearts lead to mental health difficulties, which sometimes go as far as becoming a new, untrue identity; which is super destructive when you're aiming to call in a version of yourself, that's ready to live your dreams. It's also part of my story, as you'll see in the course videos; having suffered through countless Mental Health Scares, Red Flags, and Lack of Self-Awareness which led me to People who were toxic, environments that tore me into depression, and self-dialogues that resulted in debilitating anxiety. Turning me into a helpless, hyper-sensitive, and vulnerable person; only good for making my suffering worse, and falling into hating the world, and myself for that matter, which certainly wasn't authentically me. Sometimes you have to take a step back in life to take a leap forward, but these steps back can be avoided, as they lead you to lose precious time, energy, and sacrifice a lot in life.

> My Heart truly wants to steer you away from a deeper hole you may be creating for yourself. So let's instead make this the perfect place to turn your Empathy into Strength, by using techniques and tools that are proven to work - and were also my Go-To's for climbing out of a self-loathing pit in my life. (P.S. Always remember some adversity is the Universe's way of providing the invaluable lessons, to learn, change, and most importantly, grow!)

> So, together, let's make that change! To begin, let's kick you off with the Coaching Pack; Download this as a Tool to work through with the course, or complete digitally. These activities are just one piece of the formula that will sculpt you into the person you deserve to love, and attract the love you desire.

# Welcome to the Course!



**1. PERSONAL MISSION STATEMENT 2. VALUES EXERCISE 3. CIRCLE OF DIGNITY 4.LIFE INVENTORY JOURNAL 5. HIGH-LOW GOALS** AND MORE...









### 1. VALUE MAPPING

### DAY 1

### 2. SEEING IDEALS

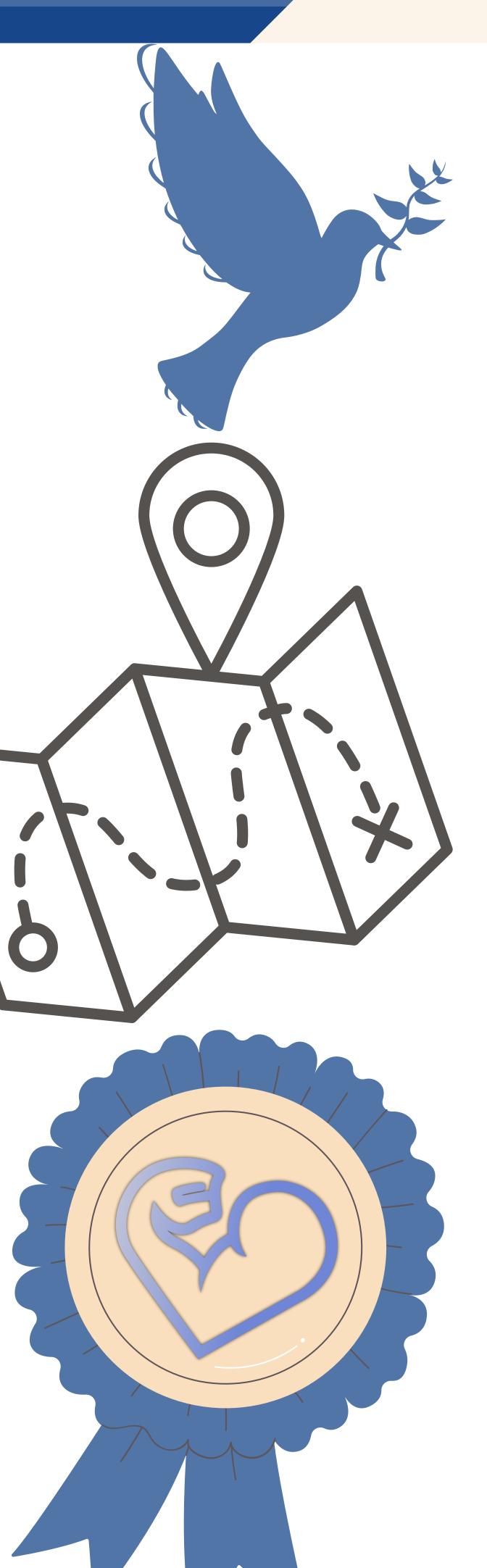
### DAY 3

### **3. TRAFFIC TEST**

### DAY 3



1. Determine your core values. From the list below, choose and write down every core value that resonates with you. So not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think a value you posses that is not on the list, be sure to write it down as well.



Abundance Acceptance Accountability Achievement Advancement Adventure Advocacy Ambition Appreciation Attractiveness Autonomy Balance Being the Best Benevolence Boldness Brilliance Calmness Caring Challenge Charity Cheerfulness Cleverness Community Commitment Compassion Cooperation Collaboration Consistency Contribution Creativity Credibility Curiosity

Daring Decisiveness Dedication Dependability Diversity Empathy Encouragement Enthusiasm Ethics Excellence Expressiveness Fairness Family Friendships Flexibility Freedom Fun Generosity Grace Growth Flexibility Happiness Health Honesty Humility Humor Inclusiveness Independence Individuality Innovation Inspiration Intelligence

Intuition Joy Kindness Knowledge Leadership Learning Love Loyalty Making a Difference Mindfulness Motivation Optimism **Open-Mindedness** Originality Passion Performance Personal Development Proactive Professionalism Quality Recognition Risk Taking Safety Security Service Spirituality Stability Peace Perfection Playfulness Popularity Power

Preparedness Proactivity Professionalism Punctuality Recognition Relationships Reliability Resilience Resourcefulness Responsibility Responsiveness Security Self-Control Selflessness Simplicity Stability Success Teamwork Thankfulness Thoughtfulness Traditionalism Trustworthiness Understanding Uniqueness Usefulness Versatility Vision Warmth Wealth Well-Being Wisdom Zeal





2. Group all similar values together from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of 5 groupings. If you have more than 5 groupings, drop those least important. See example below.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace

Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference **Open-Mindedness** Trustworthiness Relationships

3. Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the examples below - the label chosen for the group is bolded.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace

Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference **Open-Mindedness** Trustworthiness Relationships

## A WHIRLWIND OF MEANINGFUL WORDS NOW, RIGHT? LET'S BRING IT DOWN TO JUST 5!

Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness

Balance Health Personal Development Spirituality Well-being

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Balance Health **Personal Development** Spirituality Well-being

## "BE PRECISE. OVER COMPLICATING DESTROYS MEANING"

Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness

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you already are!

Get right to it, with the steps below. You can also cut out and stick your plaque on the fridge to remind you!

### TIP 1) FIND THE PATTERNS

Any values or traits that seem to appear more than once. No need for them to be exact fits, but values that resonate with one another. (A Value exercise is onthe next page to help)

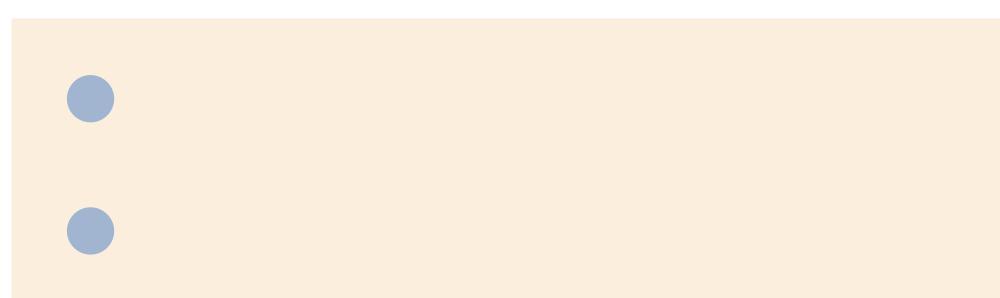
## TIP 2) FIND A BALANCE

When choosing your key words and values within your statement, find a balance between the "masculine" and "feminine" spectrum (Reference to all the positive traits below) Here are some: Strong and Vulnerable, Funny and Grounded, Intellectual and Relatable. **SELF-ASSURED GOAL ORIENTATED** HUMBLE COMPASSIONATE AUTHORATITIVE AMBITIOUS ATTENTIVE SENSITIVE EMPATHETIC CERTAIN ACTIVE TACTFUL THOUGHTFUL COURAGEOUS CARING FUNNY LOVE

## MASCULINE

## TIP 3) LET IT BE

Using words like "BE", you are a living example of the following key verbs. The more powerful and provoking the words, or emotions the better!



HERE'S SOME HUNKY EXAMPLES STATEMENTS ARE ALWAYS A WORK IN I'VE HELPED CREATE WITH **PROGRESS. LIFE CHANGES, AND WITH IT SO DO OTHER CLIENTS:** VALUES. YOU'LL ALSO FIND WAYS TO MAKE IT **KEY TRAITS/VALUES AND INSPO:** MORE STREAMLINED AS YOU LIVE ON! SIMPLICITY IS USUALLY BEST HERE.

### Now to create you your very own PERSONAL MISSION STATEMENT, one that will define you even in the deepest, darkest times and remind you of who you truly are and strive to be every single day. This will help to align your actions throughout the day to succeed in being the person you strive to be, and reaffirming what

## PERSONAL MISSION STATEMENT

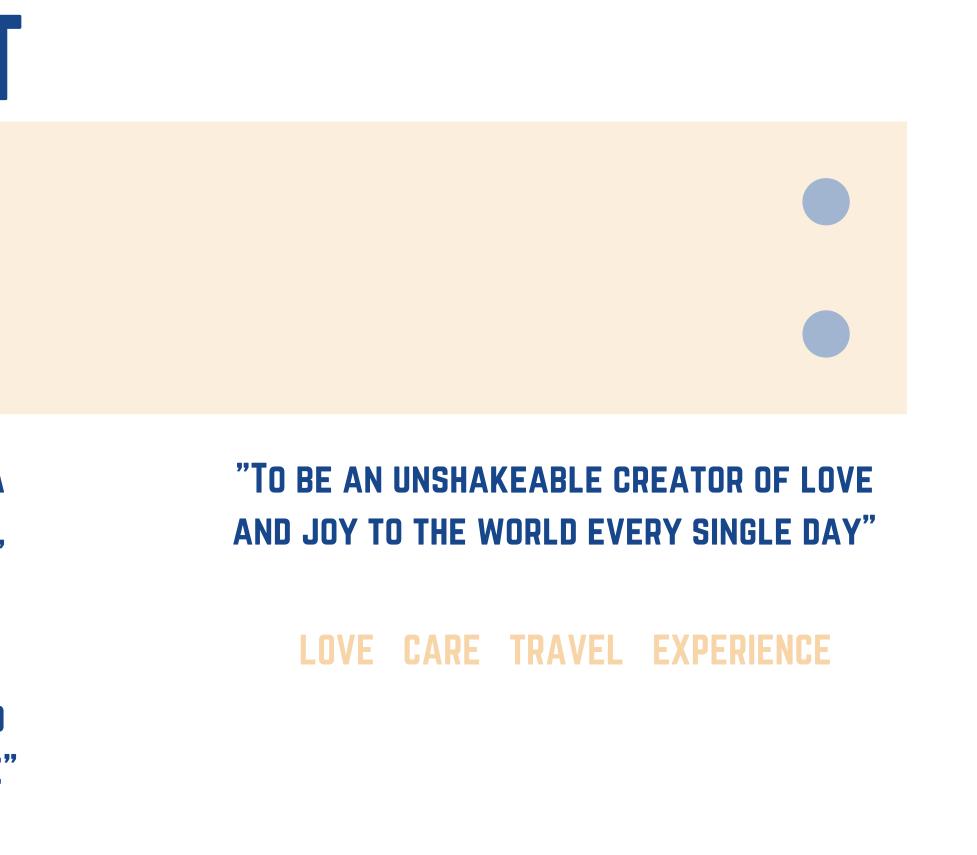
**"TO BE AN INDEPENDENT WOMAN WHO HAS A** HIGH STANDARD. BE HUMBLE, BE A BLESSING, BE BOLD"

INTEGRTIY, AGILITY, COMPASSION

**"TO LOVE, BE KIND, BE CARING, AND SPREAD POSITIVITY WITH STRONG, CALM CONFIDENCE**"

PEACE KINDNESS HELPING OTHERS

### NISSUN STATEM PERSUNAL





Here, you'll dive deep into acknowledging the positive traits within yourself. It is extremely important we do this as we as instinctual human beings tend to focus on the negatives, as it's the protective mechanism within the brain that seeks to protect us from danger that could come of our incompetence or insecurities. Let's eliminate them once and for all...

### WHAT DO YOU LOVE TO DO - WHAT SETS YOU ON FIRE?

### IN 5 WORDS, DESCRIBE WHAT YOUR FAMILY AND **CLOSEST FRIENDS WOULD THINK OF YOU?**

From these lists, create boundaries - or process of elimination to the leaks, and make room for your light-setters. Use this matrix in line with the Energy Leak Plugging Exercise.

### **IDENTITY CLARITY MATRIX**



### WHERE DO YOU KNOW CREATES ENERGY LEAKS, **CONFIDENCE ISSUES, AND MAKE YOU FEEL INFERIOR?**



### WHAT ARE YOU GREAT AT - AND KNOW YOU'RE GREAT AT?





For your TYPICAL DAY Write down everything you do, from washing the dishes, taking the dog for a walk, and your day-job tasks. In another column, create an "Enjoyment" score out of 10, in the final column, "Can I let this go?" Yes/No. We have NEEDS and WANTS, but some of those NEEDS may be predicated by the external world, an unaligned job that would replace you even if you died, cleaning up your social schedule for people you dislike, or needing to look a certain way because your parents projected upon you?!

### Your daily tasks

Keep in mind, whether you truly NEED to do something. Anything that ranks 6 and below, needs to seriously be considered a cut-off, replacement or outsourcing.

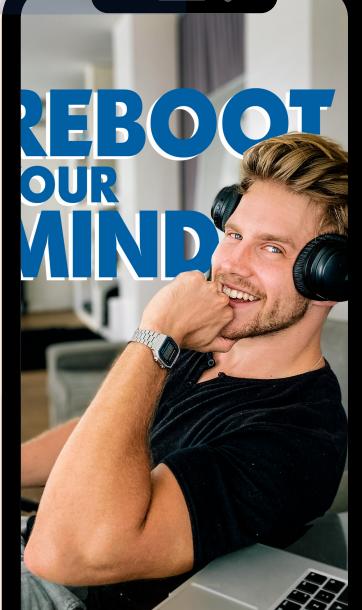
If you're struggling to identify areas, or tasks that are causing unncessary energy leaking I can certainly tailor a strategy for plugging them on a Life Reboot Call.

## ENERGY LEAK PLUGGING



a or need?	Can you let it go? Y/N
	REBO











## **5 VALUES/ACTIONS THAT GO STRONGLY AGAINST YOURS**

# WHAT DO YOU WANT TO CALL INTO YOUR LIFE?

WHAT IS YOUR KEY RESPONSE(S) TO WHEN SOMEONE GOES AGAINST YOUR VALUES?

### STILL FEELING LOST? ALLOW YOUR GREATEST TEACHERS TO WHAT YOU VALUE BE THE TIMES WHICH INDUCE UNCOMFORT/URGE TO ESCAPE

Use what you already believe, know and had feedback on to formulate your TOP 5 Values. These must be very strong, can be mutual **HELP HUNK** • and need not be independent; but must align with you seeking out an easier, more fulfilling life. Find the antonyms to these values (the opposites) to get clear on what to pursue, say yes and no to, and who to give time and energy. ( Use examples of values/people/actions that go strongly against your core values; in the outer space.

> Print this diagram out as a reminder, along with your Mission Statement, how to direct your valuable time and energy; and when to instigate morale and just actions against what you feel injustice.

### CIRCLE OF DIGNITY **SET UNBREAKABLE BOUNDARIES** TAKE THE TEST (LINKED)

## **5 VALUES THAT YOU STRONGLY BELIEVE IN**

REFER BACK TO HONEST CONVERSATIONS WITH 3 TRUSTED RELATIONS, YOUR STRENGTHS, AND WHAT MAKES YOU COME ALIVE;





# SELF AWARENESS



# 

STEP 1) In the Life Categories on the following page, in your current state, right here and now, rank on a scale of 1 - 10 how you feel about each area of your life as it currently stands. 1 = Ashamed - Complete Failure 10 = Fantastic - Couldn't be happier **STEP 2)** Choose ONE of the bottom TWO Focus Areas to improve **STEP 3)** Set 10 Goals - Make sure at least 3 goals set to improve key priority, remaining 7 can't have negative impact **STEP 4)** Create 11th "Help Hunk" Push Goal (More Time / More Money / More Accountability) **STEP 5)**INVENTORY - Things you need more of/less of to make "Help Hunk" Push Goal (HHPG) possible **STEP 6)** Take at least 3, 10 minute tasks related to the "HHPG" - See this every morning **STEP 7)** Schedule your day to fit these in, while including 3 Gratitudes with your Momentum Journal

josh@thehealthhunk.com for any burning questions



Watch this Youtube Video for a further walkthrough

# **LIFE INVENTORY JOURNAL** "He/She who's life has a why, can bare almost any how"

# ACCOUNTABLITY DIARY





1. Life Review 2. Focus Area 3. Set Goals 4. Push Goal 5. Inventory 6. Three Tasks

# FOCUS AREA

## **PHYSICAL HEALTH MENTAL WELLBEING** ENVIRONMENT HOBBIES/JOY/RESTORATION ROMANCE FRIENDS/FAMILY FINANCES PURPOSE/CAREER **SPIRITUALITY SELF-GROWTH**

## HELP HUNK PUSH GOAL INVENTO

I Need to do More of...

I Need to do Less of...

## DAILY 10 MIN TASKS

- 1.
- 2.
- 3.

Watch the HUNK HACKS INSTAGRAM HIGHLIGHTS for in-depth video walkthrou

SCORE /10	Pick Lowest Scori (Focal Areas)
RY	Help Hunk Push
	11.
	ACC

ugh	Set 10 Goals (Focal Areas must have 3x each)
	1.
ng 2	2.
	3.
	4.
	5.
	6.
	7.
Goal	8.
	9.
	10.

# OUNTABLITY DIARY



# IFE INVENTORY PT.2 HIGH-LOW CAN YOU GO?

## **PHYSICAL HEALTH**

## **DIETING/NUTRITION**

## **MENTAL WELLBEING**

## **PURPOSE/CAREER**

## HOBBIES/JOY/RESTORATION

### **CURRENT POSITION**

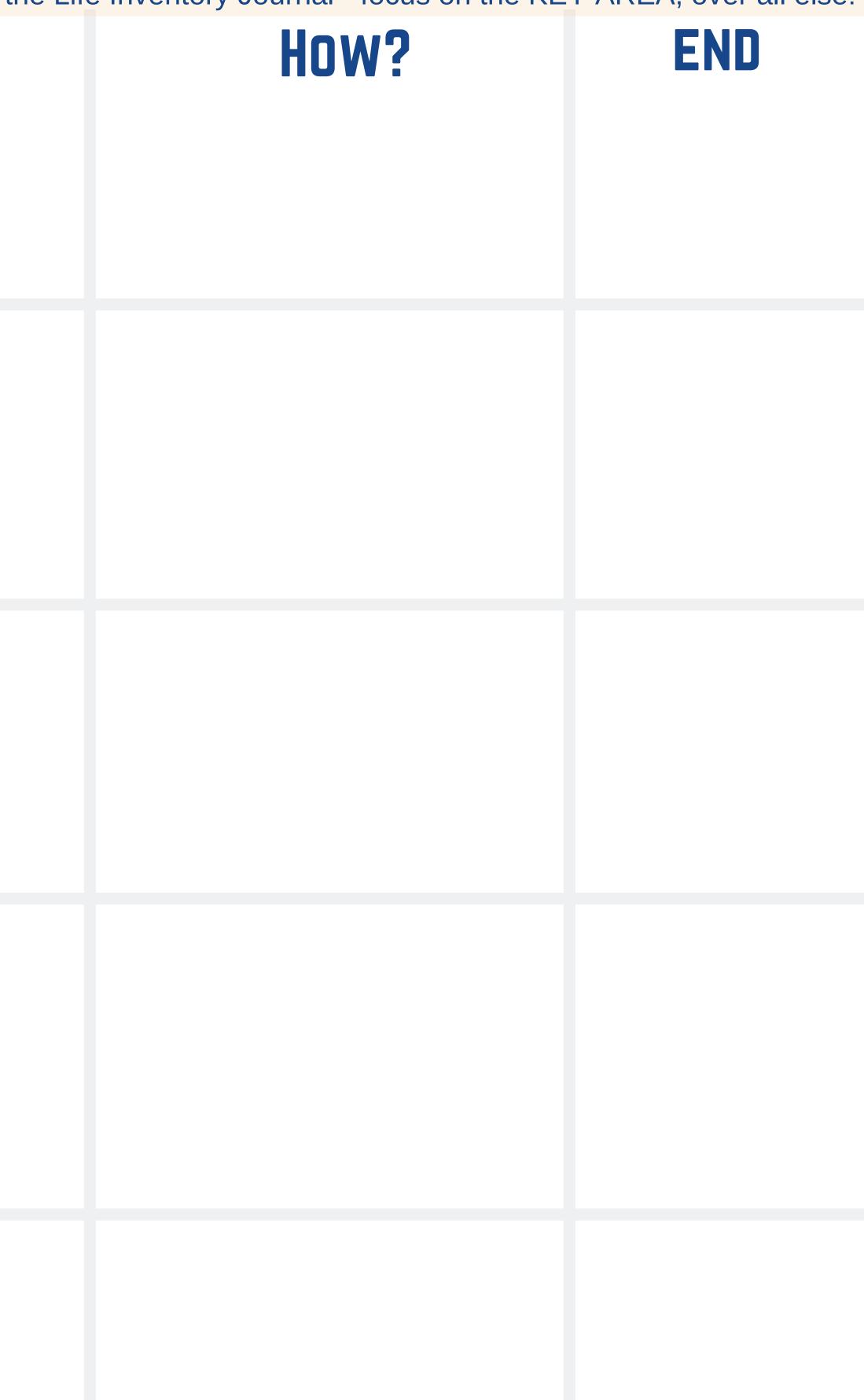
Bin strict, happiness-killing and unsustainable Goal Setting. Enter High-Low goals.

A place proven to have you 80% more likely to continue on your journey to your end-goal, rather than the 50% who would set rigid targets, falling victim to the dreaded expectation gap. (Explained further in the 30 Day Find Your Fit course) Set goals for yourself based on the Life Inventory Journal - focus on the KEY AREA, over all else!

**MIN-MAX TARGET** 



- Let's revolutionise your progress and sustianbaility to hit even the wildest targets .



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n the Life Inventory Journal - focus on the KEY	AREA, over all else!
How?	END

# HIGH-LOW GOALS