

**"Unlock the Power of Mind-Body Connection:
Dr. Clearfield's 8 Weekly Steps to Achieve Optimal Health."**

To help round your body, mind, and spirit, every week for eight weeks, we provide "homework". From setting achievable goals to rating your life happiness index, conducting a six-month vision exercise, and creating a five-year plan, my homework is designed to help you progress toward fulfilling your purpose in life.

The assignments come with action steps such as identifying family relationships, spiritual contributions, physical and nutritional goals, educational objectives, financial stability, and more. These assignments help you get closer to your desired outcome and give you the tools you need to stay on track and continue reaching your goals.

Each step builds on its predecessor. By completing your "homework," you are making tangible gains in the areas mentioned. You are also building a deep sense of self-awareness that will enable you to stay committed to your path for many years ahead.

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1. **Week One** - *Set Realistic Goals with Action Steps*: Identify and set achievable goals for improving family relationships, spiritual contributions, physical and nutritional goals, educational objectives, and financial stability.
2. **Week Two** - *Rate Your Life Happiness Index*: On a scale from 1 to 10 (10 being perfect), rate your life happiness index in the following categories: Diet, Exercise, Life Plan, Love of Work, Romance, and Finishing What You Start, Children, Family, Financial Planning, Music/Dance/Art, Hobbies, Adventure/Risk, Down Time/Relaxation, Giving Back/Charity Work and Gratitude.
3. **Week Three** - *The Big Question*: If we meet back in 6 months or 5 years, what would have to happen in your life for you to feel great about it? Think about what accomplishments, achievements, and goals you want to be proud of when we reunite. How can you start making progress towards these goals now?
4. **Week Four**-*Set Goals for the Next Week, Month, and Year: Creating goals in various categories can help keep you focused on different areas of your life that need attention. Consider setting goals related to Family relationships, Spiritual Contributions, Physical and Nutritional goals, Educational Objectives, and Financial Stability. Week four's exercise can be an effective way to plan and focus your energy toward achieving a desired outcome in each area.*
5. **Week Five**-*Your Bucket List*: What experiences do you want to have before moving on?
6. **Week Six**-*Six Month Vision*-Six weeks ago, when you did your Life Happiness Scale assessment, you were in a different place in life. Your goals and aspirations seemed impossible to achieve. Yet here we are. Write a letter to yourself describing the changes that have occurred since we started this program and where you hope to be six months from today. Seal the letter and put it in a safe place or with a trusted friend. Open it on the 6-month anniversary of this writing.
7. **Week Seven**-*Five Year Vision*-Write a letter to yourself. How have the parts on your Life Happiness Scale Changed? What do they look like now? Address an Envelope and Place It in A Safe Place. Review it in 5 Years to Compare Your Desires with Your Reality.
8. **Week Eight**-Next Generation Goals:
 - a. Write Down 5 new goals to pursue in the next eight weeks, months, and years
 - b. Identity 2 Actions You Have Learned to Support Others
 - c. Identify Three New Patterns That Will Help You Stay on Track and Continue Reaching Your Goals

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Week 1

Goals

Family/Relationship		Action Steps
1.		
2.		
3.		
Spiritual/Contribution		Action Steps
1.		
2.		
3.		
Physical/Nutrition		Action Steps
1.		
2.		
3.		

Education	Action Steps
1.	
2.	
3.	

Financial	Action Steps
1.	
2.	
3.	

Diet

- 1. Choose Diet Plan (Recommend Gluten free for all, Paleo, Keto, Mediterranean, AIP)**
- 2. Semaglutide 0.25 mg SQ**
- 3. Eat Cold Northern fish (wild salmon, kippers, once per week).**

Supplements

- 1. AMPK Metabolic Enhancer 1/d**
- 2. Methylated B Vitamins (B6, B12, Folic Acid)**

Exercise

- 1. HIIT at Least 10 minutes without stopping 5 days a week**
- 2. 8-minute Abs, Buns, Legs, Arms, Stretch (Do 2/day-Free on YouTube)**
- 3. Moment of Gratitude-Name one thing you are grateful for today.**

Dr. C's Eight Steps-Week 2
Life Happiness Index (LHI) (On a scale of 1-10)

Category	Start	Week 4	Week 8	Week 12
Diet				
Exercise				
Life Plan				
Love of Work				
Romance				
Finishing What You Start				
Children				
Family				
Financial Planning				
Music, Dance, Art				
Hobbies				
Adventure				
Risk				
Down Time				
Giving Back				
Gratitude				

LHI Total
Weight
BMI
Heart Rate
BP

Diet

1. Review Diet Choices-Paleo, Keto, Mediterranean, or AIP recommended
2. Semaglutide 0.25 mg SQ
3. Remove Oils except for olive oil, coconut oil, and artificial coloring

Add a protein supplement.

4. Review gluten-free principles- no white bread, sugar, or flour.
5. Substitute Green Tea for at least one cup of coffee a day
6. Eat Cold Northern fish (Wild salmon, kippers, once per week).

Supplements

1. AMPK 1/d
2. Methylated B Vitamins (B6, B12, Folic Acid)
3. 1 Flaxseed Oil Daily or 2 1000 mg. Fish Oil per day

Exercise- 1. HIIT at least 15 minutes without stopping 5 days a week, 2. 8-minute workouts 2/d

**Dr. C's Eight Steps-Week 4
Goals for the Next Week, Month, Year**

Family/Relationship	Action Steps
1. This year I will...	
2. This month I will...	
3. This week I will...	

Spiritual/Contribution

1. This year I will...
2. This Month I will...
3. This Week I Will...

Action Steps

Health/Physical/Nutrition	Action Steps
1.This year I will....	
2.This month I will...	
3 This week I will....	

<i>Intellectual/Educational</i>	<i>Action Steps</i>
1. This Year I will....	
2. This Month I will...	
3. This Week I will....	

Financial	Action Steps
1.This year I will....	
2.This month I will....	
3.This week I will.....	

Supplements

1. Review Diet Choices-Paleo, Keto, Mediterranean, or AIP recommended
2. Semaglutide 0.25 mg SQ
3. AMPK 1/d, Add Oxytocin or Tesofensine if weight loss slows
4. Methylated B Vitamins (B6, B12, Folic Acid)
5. 1 Flaxseed Oil Daily or 2 1000 mg. Fish Oil per day

Exercise

1. HIIT at least 25 minutes without stopping 5 days a week
2. Consider adding a stretching routine (Yoga, Tai Chi, etc.)
3. Continue two 8-minute workouts/day
4. Buy flowers

Other

1. Consider a no-news day.

**Dr. C's Eight Steps-Week 5
Bucket List**

What do you want to experience before you pass to the next Life Plane?

1	21
2	22
3	23
4	24
5	25
6	26
7	27
8	28
9	29
10	30
11	31
12	32
13	33
14	34
15	35
16	36
17	37
18	38
19	39
20	40

Supplements

- 1. Review Diet Choices-Paleo, Keto, Mediterranean, or AIP recommended**
- 2. Semaglutide 0.5 mg SQ**
- 3. AMPK 1/d, Add Oxytocin or Tesofensine if weight loss slows**
- 4. Methylated B Vitamins (B6, B12, Folic Acid)**
- 5. 1 Flaxseed Oil Daily or 2 1000 mg. Fish Oil per day**

Exercise

- 1. HIIT at least 30 minutes without stopping 5 days a week**
- 2. Consider adding a stretching routine (Yoga, Tai Chi, etc.)**
- 3. Continue two 8-minute workouts/day; add a third if possible**
- 4. Buy flowers**

Other

- 1. Enjoy an inspirational book or music**
- 2. Observe a moment of gratitude before meals**
- 3. Buy Flowers**

Dr. C's Eight Steps-Week 6

6 Month Vision

Write a letter to yourself. How have the parts on your Life Happiness Scale Changed? What do they look like now? Address an Envelope and Leave It With Our Office. We will send it to you in 6 months.

Supplements

- 1. Review Diet Choices-Paleo, Keto, Mediterranean, or AIP recommended**
- 2. Semaglutide 0.5 mg SQ**
- 3. AMPK 1/d, Add Oxytocin or Tesofensine if weight loss slows**
- 4. Methylated B Vitamins (B6, B12, Folic Acid)**
- 5. 1 Flaxseed Oil Daily or 2 1000 mg. Fish Oil per day**

Exercise

- 1. HIIT at least 30 minutes without stopping 5 days a week**
- 2. Consider adding a stretching routine (Yoga, Tai Chi, etc.)**
- 3. Continue two 8-minute workouts/day; add a third if possible**
- 4. Buy flowers**

Other

- 1. Enjoy an inspirational book or music**
- 2. Observe a moment of gratitude before meals**
- 3. Buy Flowers**

Other

- 1. List friends who are happier, more "alive," and more energetic. Spend time with one this week**
- 2. Visit a park, woods, or nature preserve.**

Dr. C's Eight Steps-Week 7

5-Year Vision

Write a letter to yourself. How have the parts on your Life Happiness Scale Changed? What do they look like now? Address an Envelope and Place It in A Safe Place. Review it in 5 Years to Compare Your Desires with Your Reality.

Action Steps

1. Review Your Goals from Week 1

5 Things you can do between now and next week to move you forward

1.

2.

3.

4.

5.

2. Identify 2 Actions That Hold You Back and Write Them Down

1.

2.

3. Identify Two New Patterns That Will Help You Reach Your Goal

1.

2.

Keep this Action list handy and review it daily.

Diet

- 1. Try a tonic herb; garlic, ginger, or green tea. Used regularly tonic herbs increase energy, vitality, and sexual vigor, improve skin and muscle tone and confer resistance to disease**

Supplements

- 1. Review Diet Choices-Paleo, Keto, Mediterranean, or AIP recommended**
- 2. Semaglutide 0.5 mg SQ**
- 3. AMPK 1/d, Add Oxytocin or Tesofensine if weight loss slows**
- 4. Methylated B Vitamins (B6, B12, Folic Acid)**
- 5. 1 Flaxseed Oil Daily or 2 1000 mg. Fish Oil per day**

Exercise

- 1. HIIT at least 30 minutes without stopping 5 days a week**
- 2. Consider adding a stretching routine (Yoga, Tai Chi etc.)**
- 3. Continue 2 8-minute workouts/day, add a third if possible**

Other

- 1. Enjoy an inspirational book or music**
- 2. Observe a moment of gratitude before meals**
- 3. Reach out and reconnect with someone from whom you are estranged**

Dr. C's Eight Steps-Week 8

Action Steps

- 1. Write Down 5 Things New Goals to Pursue in the next 8 weeks**
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
- 2. Identity 2 Actions You Have Learned to Support Others**
 - 1.
 - 2.
- 3. Identify Three New Patterns That Will Help You Stay on Track and Continue Reaching Your Goals**
 - 1.
 - 2.
 - 3.

Keep this Action list handy forever and review it often

Diet

- 1. Review all the changes you have made. We're here to help should you go off track.**

Supplements

- 1. Review Diet Choices-Paleo, Keto, Mediterranean, or AIP recommended**
- 2. Semaglutide 0.5 mg SQ**
- 3. AMPK 1/d, Add Oxytocin or Tesofensine if weight loss slows**
- 4. Methylated B Vitamins (B6, B12, Folic Acid)**
- 5. 1 Flaxseed Oil Daily or 2 1000 mg. Fish Oil per day**

Exercise

- 1. HIIT at least 30 minutes without stopping 5 days a week**
- 2. Consider adding a stretching routine (Yoga, Tai Chi, etc.)**
- 3. Continue 2 8-minute workouts/day, add a third if possible**
- 4. Buy flower**

Other

- 1. Reward yourself with some beautiful flowers. Buy some for others also.**
- 2. Spread the word: Dr. C's Medical Works!**