
JOURNEY BACK TO HEALTH

6 STEPS TO CONFIDENTLY GETTING YOUR LIFE BACK

THE WORKBOOK

“Happiness lies in the joy of achievement and the thrill of creative effort.”

—Franklin D. Roosevelt

Now that you have read the book it is time to put these steps into action. Each step on this journey brings us closer to health and increases longevity. Even if you are just trying to improve one small area in your life, all of these steps will still prove useful to you.

Please visit

SharissaBradley.com/extras to download a PDF copy of this workbook. It includes:

- Step 1: Find a doctor who will listen to you.
- Step 2: Experiment.
- Step 3: Heal.
- Step 4: Repair.
- Step 5: Rebuild.
- Step 6: LIVE!

THE 6 STEPS IN ACTION

Step 1. Find a doctor who will listen to you.

Finding a proper team of people to support you can ultimately be one of the most important things you can do. This first step includes not only finding a doctor but building a team around yourself to help you through any challenge. During low points in my journey I was always grateful to have a few lifelines to reach out to for relief. For example, if my body was aching or feeling weak I would lean on my chiropractor for adjustments, my acupuncturist for pain relief, or my naturopath for suggestions on healing. I recommend having a primary care doctor on your team to assist with referrals and to run questions by when you are getting alternating opinions from specialists. I like to consider my primary care doctor as the one who holds all the records together. This should be someone who will listen to your concerns and that you feel comfortable discussing results from other medical professionals with.

A few simple steps to take:

1. Ask your friends for recommendations
2. Call the office, to see if the staff is friendly and helpful (did they answer all your questions or rush you off the phone). Often, we can judge an office by who is running it. If they sound tired, overworked and grumpy, that may not be an optimal office for healing.
3. Remember you are hiring a professional to do a job for you, you are paying them and you should be entitled to ask questions and have answers without feeling rushed or ignored. When you are interviewing your doctors ask them if they will do the testing you want and ask them how much time the doctor allows to go over the test results. Also, you can ask if they schedule an appointment to go over test results. It is important to know what feels more comfortable to you. These questions can be used for any health professional and you should feel totally comfortable with each person you pick, if you don't then keep searching.
4. Again, this doesn't have to be strictly one person, this can be a whole team of people (connected to each other or not) who have your best interests at heart and truly want to see you well.

Step 2. Experiment.

Chances are, if you are struggling with your health in any way, you will want to know the answer to what is causing it. Our complicated bodies are constantly working to maintain a balanced position. There are blood tests now that can show exactly where your body is in comparison to normal ranges. I

recommend finding a doctor that does functional blood testing, which will allow you to see if there are any poor health trends that your body seems to be taking. I went through 6-months of being poked in the arm by every doctor who wanted to see my vitamin levels or this or that hormone before I finally landed on a functional medicine doctor who specializes in hormone imbalances. During my months of searching I was told that my thyroid was functioning fine even though it was being attacked by thyroid antibodies. It wasn't until I had my bloodwork done by this hormone doctor that we were able to see that even though some parts were functioning, very important aspects were not. It was then that I finally was able to fully support my thyroid gland. I recommend collecting some baseline data for yourself in the form of bloodwork, so that after your 3-month goal and check in, you can see the progress you've made.

As a side note, I also recommend that if you are not feeling better from your current treatment then you may want to keep looking for more answers. You may not have gotten to the root of the problem. It is common for us to treat the major symptoms without knowing what the actual cause is, but once we find it, the symptoms will reverse on their own.

Step 3. Heal.

After taking the necessary time to collect all the information about your current state of health it is time to start healing. Following the ideas in each chapter of this book will help you along your healing journey. Use the clean eating chapter to design the best eating lifestyle for you, use the chapter on sleep to heal your body most efficiently while you are resting, and use the chapter on mindset to help learn how to think about your body in the best ways. Healing can be a challenge and a process but it is never too late to start feeling better!

Step 4. Repair.

A damaged organ or tissue needs time to repair. Not unlike a physical wound that will puss and ooze until all the infection is cleared from the body. The damage on the internal organs will take time to repair and often repairing feels a lot like illness. Use the chapter on detox and elimination diets to help through the early stages of repair. Once your tissues have started to heal, you will start to experience much more symptom relief.

Step 5: Rebuild.

During the rebuilding phase it is important to pack in plenty of nutrients. You may even go above and beyond here by adding supplements, acupuncture, chiropractic care or any other healing modality

that suits your needs. During this phase the body is creating cleaning and stronger tissues all over your body. This is the time to really pack a punch with all the good things you can do for your body: de-stress, rest, good organic fruits and vegetables, added supplement support for specific organs, added digestive support, etc.

Step 6: LIVE.

The most important decision you will have to make on your journey will be if you are worth making these changes for. The best reason to choose a healthy lifestyle is to be able to live a long and healthy life. The more you enjoy the life around you, the more you will encourage others to do the same. By living this way you will help to inspire others to live their lives more healthily. We can take the blessing from poor health by teaching and sharing with others. The best way to do that is to lead by example.

These 6-steps may seem simple enough but I can tell you after 3 years of walking this healing path I often have to come back to these steps and go through the process over as I get deeper into the process. I often lean on the support of my team to allow me an outlet to talk out all my concerns and work out a plan together. For most of my life, I struggled with one health issue or another. I ignored or silenced them until the one day it all became too much. I often bumped around not knowing who to talk to or how to talk about the things I was going through. Once I found my team of people I finally felt like I could safely heal with support. I did months and months of blood work just to figure out that it was all unnecessary once I found the right person to do it all. During the healing phases I would fear that I was getting worse without knowing that it was all part of the healing process. I hope from this book and these steps that you will find your own answers and take back control of your health and life.

Establishing a Baseline

Before starting your journey, it is important to establish a baseline. This questionnaire will serve as a starting place. I do not like daily symptom journaling because I feel that it increases our awareness of disease rather than the awareness of all the good things that are changing. Once you fill this out I want you to forget about it for a few months as you are taking steps on your journey. Set a re-evaluation date for yourself to come back to this and see if any of these symptoms have gone away. Strangely, no matter how awful our bodies are feeling, the minute a pain goes away, you will forget what it was like to have it. It is important to write down the things you are experiencing now so that you can come back and see all of your progress later. You will see another health questionnaire at the end of this workbook to re-evaluate your health after a few months.

Baseline Health Questionnaire

Do you feel that you are basically healthy? YES or NO

What are your primary health concerns?

What are your health goals?

1 Month:

3 Months:

How do you see your health in 1 year?

How do you see your health in 10 years?

Have you had, or do you have any of the following (past 3 months)? (Please circle yes or no. If yes, indicate when.)

Current Weight: _____LBS

Goal Weight: _____LBS

Estimated date to reach goal: _____

- | | |
|------------------------------|-----------|
| Fever, chills, night sweats | YES or NO |
| Blood in bowel movements | YES or NO |
| Severe or frequent headaches | YES or NO |
| Diarrhea | YES or NO |
| Periods of unconsciousness | YES or NO |
| Constipation | YES or NO |

Alternating diarrhea and constipation	YES or NO
Frequent dizzy spells	YES or NO
Hearing trouble	YES or NO
Frequent indigestion or gas	YES or NO
Eye trouble	YES or NO
Ulcer of stomach	YES or NO
Do you feel anxious	YES or NO
Burning when you urinate	YES or NO
Depressed or irritable	YES or NO
Blood in urine	YES or NO
Trouble dealing with stress	YES or NO
Need to urinate frequently	YES or NO
Hay fever or sinus trouble	YES or NO
Urinate during the night	YES or NO
Goiter or thyroid trouble	YES or NO
Kidney or bladder stones	YES or NO
Asthma	YES or NO
Protein or albumin in urine	YES or NO
Cough	YES or NO
Trouble starting urine stream	YES or NO
Mucus in chest	YES or NO
Urinary infection	YES or NO
Bronchial area	YES or NO
Venereal disease or Herpes	YES or NO
Shortness of breath	YES or NO
Diabetes or sugar in urine	YES or NO
Coughed up blood	YES or NO
Hypoglycemia	YES or NO
High blood pressure	YES or NO
Arthritis, Bursitis	YES or NO
Heart trouble	YES or NO
Rheumatism	YES or NO

Nervous breakdown	YES or NO
Hepatitis, or mono	YES or NO
Skin rashes	YES or NO
Do you awaken at night?	YES or NO
Is your appetite good?	YES or NO
Out of breath	YES or NO
Do you exercise	YES or NO
Fast, irregular, or slow pulse	YES or NO
Pain in chest?	YES or NO
Do you sleep well?	YES or NO
Allergies	YES or NO
Do you feel rested when you wake up?	YES or NO
Varicose veins	YES or NO
Frequent colds or flu	YES or NO
Do you feel tired after eating?	YES or NO
Vomit blood	YES or NO
Tired or diminished energy	YES or NO
Recent change in bowel habits	YES or NO
Black bowel movements	YES or NO
Swollen lymph glands?	YES or NO

For Women Only:

How frequent are periods? _____

How long: _____

Excessive flow? YES or NO

Spotting between periods? YES or NO

Pain/cramps during period? YES or NO

Blood clots during periods? YES or NO

If yes, color? _____

Sharp pain in ovaries? YES or NO

If yes, which side? _____

Lumps in _____ Breast _____ armpit _____ groin area

For Men Only:

Lumps in groin area or just above and to the side of the penis	YES or NO
Has the quality of your orgasm, or force of release, diminished?	YES or NO
Troubles concerning erection or ejaculation?	YES or NO
Prostatitis?	YES or NO

Please use this space to write in any other important health considerations you may have. It is important, when setting a new goal, to remember what you healed from. If there's any other concerns not addressed above use this space like a journal entry. Write down anything you are experiencing now that you would like to heal or grow from.

Setting New Goals

Now that you know where you are starting, it is time to map out where you are headed. Changing your health, no matter what stage of life you are in, can be challenging. The hope with this appendix is to make your health journey simple! Through my coaching practice I have found that taking small actionable steps, toward a larger goal, each day creates lasting change. Unfortunately most diets and programs out there now require major changes right away. This style of change does work for some people, but for most of us it takes little changes over time to create much larger changes. For that reason, I have set up a three-month plan for most of my clients, and I want to share those steps with you here so you can do this on your own. The first step is to determine the starting point. (The Baseline Health Questionnaire will help to establish your baseline for current health.) Once you know where you are starting it is time to set a goal. If you could pick just one thing that bothers you the most about your health and overall well-being, what would it be (for example, autoimmunity, weight, migraines, chronic pain, inflammation, arthritis, mental health or anxiety, insomnia, mental fatigue or brain fog, or simply more energy)?

This will become the first main goal. Often when we fix one area to work on and really focus energy and attention to that area we find improvements in all areas that we are struggling with. It is also easier for your brain to focus on one goal rather than a whole list of challenges. Once you have your main goal it is time to break it into three smaller goals. In order to do this you have to work backward a bit from the main goal. For example, my biggest concern on my health journey was reversing the autoimmune attack on my thyroid and digestive tract. In order to do this I broke it up into much smaller goals, all with that larger goal in mind.

Example:

My main goal: Reverse autoimmune attack on organs.

Month 1 goal: Remove foods in my diet that are wreaking havoc on my health (gluten and dairy).

Month 2 goal: Add in supplements that support organs (thyroid and gastrointestinal support).

Month 3 goal: Start elimination diet.

Following this method made it easier for my brain to commit to the smaller goals. Rather than jumping into something I did not know very much about I was able to break it down into smaller steps and actually create a healing environment rather than one of overwhelming panic.

If your main goal is to lose weight your smaller goals might be:

Month 1: Walk 20 minutes three times per day.

Month 2: Make one nutrient-packed meal per day. (I love Whole30 recipes. There are millions online, and they would easily help reach your goal.)

Month 3: Increase activity to four to five times a week and eat two meals per day that fit with the new lifestyle plan.

Use your best judgment here to break your goal down into bite-size pieces. Remember from the chapter on habits (Chapter 3), it is much easier to change one thing at a time rather than to try to change everything you've done for the last 10 years in one day. If your goal is similar to mine and you'd like to work your way up to an elimination diet your goals might be:

Month 1: Eliminate grains.

Month 2: Eliminate dairy.

Month 3: Eliminate sugar.

At the end of the three months you can start the full elimination program, and it will be a much simpler transition without much in terms of detox.

Main Goal (health concern):

Month 1 Goal:

Month 2 Goal:

Month 3 Goal:

Next Step

With those goals in mind now it is time to find out exactly where you will need to make some

changes. I recommend using a food diary and tracking a few extra things for one week to see what habits and tendencies you already have. It is easy to go through the day on autopilot, and most of us do not even realize the habits that are in place for daily life. By keeping a record of all that you are doing, before you make a big change, you are able to see what patterns you have in place to start with. This will give you a good idea where to start with adjusting your life to meet your new health goals. For example, while keeping track of your meals, water intake, and sleep quality, you are likely to find that some areas of your life are not being taken care of properly. You may find that you actually skip a meal more often than you remember or sleep less hours in a week than you previously thought.

It is important first to find out where we are starting, not just with the health questionnaire, which tells us the symptoms we are having, but with your daily routine too. This way you learn how to make the best and most useful changes right from the beginning. Plus you can take this opportunity to learn a little more about yourself in the process. Here is the daily log for one week. I do not recommend more than this because I do not want it to become something you worry or obsess about doing. This is simply a tool to help you see exactly what line you are starting on.

Daily Log

Goal for the week:

MONDAY

Breakfast	Lunch	Dinner	Snack

Water intake (in ounces):

Sleep (in hours):

Sleep quality:

Notes on the day:

TUESDAY

Breakfast	Lunch	Dinner	Snack

Water intake (in ounces):

Sleep (in hours):

Sleep quality:

Notes on the day:

WEDNESDAY

Breakfast	Lunch	Dinner	Snack

Water intake (in ounces):

Sleep (in hours):

Sleep quality:

Notes on the day:

THURSDAY

Breakfast	Lunch	Dinner	Snack

Water intake (in ounces):

Sleep (in hours):

Sleep quality:

Notes on the day:

FRIDAY

Breakfast	Lunch	Dinner	Snack

Water intake (in ounces):

Sleep (in hours):

Sleep quality:

Notes on the day:

SATURDAY

Breakfast	Lunch	Dinner	Snack

Water intake (in ounces):

Sleep (in hours):

Sleep quality:

Notes on the day:

SUNDAY

Breakfast	Lunch	Dinner	Snack

Water intake (in ounces):

Sleep (in hours):

Sleep quality:

Notes on the day:

Creating Space for New Habits

Now that you have established where you are starting from with your diet, sleep, water intake, and symptoms, it is time to create space in your life to make these new goals a reality. Creating new lifestyle habits can be extremely rewarding to all aspects of our lives. Although it is one that I still struggle with, I have come up with a few tips for creating new routines. Up until just a few months ago I felt like I just bumped through life. I often referred to myself as a ping pong ball, being bounced from one end of the day to another. Each day felt like the same awful merry-go-round, and I couldn't quite seem to ever get a handle on it. I read several books on how to establish a routine, how to break and change habits, and how to live an intentional life. All that did was make me feel even worse because I could never stick to these "easy" rules that were laid out for me.

A few months ago, all of that changed. I decided that I wanted structure in my life and that I didn't want to be afraid of routines. This was a huge step for me. I hate being told where to be and what to do, anytime I tried to create a structure for myself I ended up feeling trapped and bound by it. This effect was the opposite of what I had intended for myself. Following the passing of my grandmother, the matriarch of my family, I was forced to stop and pay attention to my feelings and the things that brought me joy. I spent a lot of time quietly thinking about the activities that I did in my daily life that made me happy. In doing that I was able to cut back on a lot of things that I despised doing but felt like I owed other people my time. I cut back to what truly mattered. The death of those close to us will often make us question life. In my questioning I found that in order for me to be happy I had to spend a little time, every single day, focused on myself and my joy. I had to fill my own cup back up, each day, in order to be present for my family. I started by making lists (yes, there are actual lists in my house titled "Activities that Bring Me Joy") of the things that filled my cup back up. With that list, I took a few small items and created a morning routine with them. Before I started this, most days I'd go until 10 or 10:30 a.m. before eating my first meal, brushing my teeth, or doing any type of self-care. This haphazard start to the day would carry over through the rest of it. By the end of the day I was exhausted, feeling like absolutely nothing got accomplished even though I had little to no downtime.

On August 8, 2018, I committed myself to do 30 days straight of a morning routine. I couldn't follow the traditional model but I came up with something that worked for me. Because I have the most energy in the morning, it is helpful for me to get up and start moving right away. The first thing I do is make my bed. I cannot tell you why, but research shows that people who make their bed are more successful in their day and life. This is something I am doing for the first time in my life at 31 years old.

I hated making my bed. But it does seem to trigger something in my brain and I am able to start the day feeling like I have already accomplished something (even something as small as making your bed should absolutely be celebrated!). After I make my bed, I change into my clothes for the day, brush my teeth, and wash my face. I am taking care of me and my needs before anyone else's. Next, I take my dogs for a quick walk. While I am outside, enjoying the movement and fresh air, I set my intention for the day. I like to walk myself through the whole day—everything that I need to accomplish—and I see myself having success and being grateful at the end of the day. This whole process takes a total of about 15 to 20 minutes (depending on how many posts my dogs have to pee on). Somehow this little 15-minute change in my day has led to dramatic changes. I have more patience with my family, more love to share with others, and more energy to accomplish my goals. I didn't wake up any earlier and I didn't take an hour on a structured activity. Instead, I simply moved some of my normal activities to first thing in the morning and made my day that much more intentional. It is small changes like this that lead to huge improvements.

If you do not already have a routine that you follow for self-care, at some point during the day, maybe this is an area you can improve in your life. Who knows what could come of a 30-day challenge for yourself. Here is how you can do this for yourself:

Write a list of short activities (5–10 minutes max) that bring you joy and leave you feeling more energized when you get to do them.

Now look at that list and see if there are one or two things you can add to an everyday routine. This self-care time does not have to take place in the morning. This can be done at anytime of the day.

The most important part is to pick a time of day that you can take 15–20 minutes to complete your new routine.

Now for the challenge: Take the next 30 days to implement your new routine. The important thing is to get it done. If that means it happens later or earlier in the day, that is okay. For this first 30 days, the important thing is to make sure it happens! Mark off the days of the month as you successfully complete your new routine.

30 Day Self-Care Challenge

Time of Day Planned:

My Daily Self-Care Routine Includes:

My Routine Will Take _____ Minutes per Day

Mon	Tue	Wed	Thur	Fri	Sat	Sun

“I now see how owning our story and loving ourselves through the process is the bravest thing that we will ever do.”

—Brene Brown

3-MONTH CHECK-UP

Have you had, or do you have any of the following (past 3 months)? (Please circle yes or no. If yes, indicate when.)

Current Weight: _____ LBS

Goal Weight: _____ LBS

Estimated date to reach goal: _____

Fever, chills, night sweats	YES or NO
Blood in bowel movements	YES or NO
Severe or frequent headaches	YES or NO
Diarrhea	YES or NO
Periods of unconsciousness	YES or NO
Constipation	YES or NO
Complete or partial blindness	YES or NO
Alternating diarrhea and constipation	YES or NO
Frequent dizzy spells	YES or NO
Hearing trouble	YES or NO
Frequent indigestion or gas	YES or NO
Eye trouble	YES or NO
Ulcer of stomach	YES or NO
Do you feel anxious	YES or NO
Burning when you urinate	YES or NO
Depressed or irritable	YES or NO
Blood in urine	YES or NO
Trouble dealing with stress	YES or NO
Need to urinate frequently	YES or NO
Hay fever or sinus trouble	YES or NO
Urinate during the night	YES or NO
Goiter or thyroid trouble	YES or NO

Kidney or bladder stones	YES or NO
Asthma	YES or NO
Protein or albumin in urine	YES or NO
Cough	YES or NO
Trouble starting urine stream	YES or NO
Mucus in chest	YES or NO
Urinary infection	YES or NO
Bronchial area	YES or NO
Venereal disease or Herpes	YES or NO
Shortness of breath	YES or NO
Diabetes or sugar in urine	YES or NO
Coughed up blood	YES or NO
Hypoglycemia	YES or NO
High blood pressure	YES or NO
Arthritis, Bursitis	YES or NO
Heart trouble	YES or NO
Rheumatism	YES or NO
Jaundice	YES or NO
Nervous breakdown	YES or NO
Hepatitis, or mono	YES or NO
Skin rashes	YES or NO
Do you awaken at night?	YES or NO
Is your appetite good?	YES or NO
Out of breath	YES or NO
Do you exercise	YES or NO
Fast, irregular, or slow pulse	YES or NO
Pain in chest?	YES or NO
Do you sleep well?	YES or NO
Allergies	YES or NO
Do you feel rested when you wake up?	YES or NO
Varicose veins	YES or NO
Frequent colds or flu	YES or NO
Do you feel tired after eating?	YES or NO

Vomit blood	YES or NO
Tired or diminished energy	YES or NO
Recent change in bowel habits	YES or NO
Black bowel movements	YES or NO
Swollen lymph glands?	YES or NO

For Women Only:

How frequent are periods? _____

How long: _____

Excessive flow?	YES or NO
Spotting between periods?	YES or NO
Pain/cramps during period?	YES or NO
Blood clots during periods?	YES or NO
If yes, color? _____	
Sharp pain in ovaries?	YES or NO
If yes, which side? _____	

Lumps in _____ Breast _____ armpit _____ groin area

For Men Only:

Lumps in groin area or just above and to the side of the penis	YES or NO
Has the quality of your orgasm, or force of release, diminished?	YES or NO
Troubles concerning erection or ejaculation?	YES or NO
Prostatitis?	YES or NO

Your new goal can be more long term maybe set a 6 or 12 month goal next. Follow the same model and set a big goal for your health. Take a few minutes and break that goal down into smaller steps. Maybe this time your goal is to adopt a new lifestyle practice like the paleo diet. You could focus each month on creating new dishes to add to your family dinners. Once you have enough dinners in your arsenal you will have adopted a new lifestyle without making any major shifts. This way your body and brain will adapt and help you actually meet and keep your goals.

Main Goal:

1 Month Goal:

3 Month Goal:

6 Month Goal:

12 Month Goal:

Book Recommendations

If you are interested in learning more about any of the areas I talked about in my book you can learn directly from the places I did:

1. The Power of Habit. Charles Duhigg.
2. Mindset Switch. Tonya Rineer.
3. Eat The Yolks. Liz Wolfe.
4. The Paleo Cardiologist. Dr. Jack Wolfson.
5. The Paleo Approach. Sarah Ballantyne.
6. A Simple Guide to The Paleo Autoimmune Protocol. Eileen Laird
7. The Miracle Morning. Hal Elrod.
8. Literally everything written by Brene Brown
9. Awaken. Julie Santiago.
10. The Omnivore's Dilemma. Michael Pollan.
11. It Starts With Food. Dallas & Melissa Hartwig.
12. Incognito. The Secret Lives of The Brain. David Eagleman.