



the *Secret* to
SURVIVING
and *Thriving*

A personal guide to your
Inner Goddess and Rocky Spirit

by *Doreen Polizzi*

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THE SECRET TO SURVIVING AND THRIVING!

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Introduction

Welcome and Congratulations! You have taken a BIG step to discovering the inner secret of Surviving and Thriving.



I began a journey of self-discovery when I was only eleven years old, being mature and adult-like at such a young age. I quickly became the responsible child and assumed the role of family caretaker.

The caretaker is a strong family role that requires inner strength and resolve. When this becomes a way of life, you can easily feel burdened by it and eventually start to burn out. Unfortunately, that happens more often than not. You reach a complete state of burnout before you realize that you have to do something about it. Not only do family members—spouse, parents, children, and significant others—look to you as their caretaker, but you find this to be true in many other aspects of your daily life. You find yourself looking to the wrong people for comfort or friendship, and perhaps develop addictive behavior patterns that pull you into a deep state of depression and despair.

As a child and teenager, I always struggled with my weight, but always managed to keep up with my school work and responsibilities at home. We only went to the doctor if we were sick, certainly not for routine wellness visits. And who ever thought to check a child for a thyroid disorder. When I was 20 years old, I was diagnosed with hypothyroidism and began taking supplements for the condition. We did not know as much then about the effects of this illness on our bodies as we do now.

Reflecting back on when pain began to unravel my life, I was able to pinpoint the moment to a fall that happened at wedding when I was 22 years old. I fell to the floor hard when the photographer took my chair out from under me, just as I went to sit down after the catching the bridal bouquet. The pain was so intense that by the time I got home, I could barely walk. I ended up going to the hospital emergency room because I thought I had fractured something

in my back. Thus began a history of chronic, debilitating pain that I somehow ignored. I just thought it would go away—but it never did. Over the next several years, my weight went from bad to worse, as did my chronic back pain. I could not walk or stand for long periods of time. My lumbar-support office chair and food became good friends. I got married and went from family caretaker to head of household. I continued my work pace and commuted into Manhattan on a daily basis, putting in long hours.

I was 31 years-old when my dad was diagnosed with metastatic lung cancer. I did all I could to make his last days with us as comfortable as possible. I completely lost myself, so consumed with caring for my dad and helping other family members cope with the inevitable, that I failed to take care of myself. I became very sick, but suffered in silence. There were times when I could not even get up out of bed to face the day, but I knew I had to push myself.

Four months after my dad passed away, I underwent surgery for a partial thyroidectomy. A lump had grown significantly on the left side of my neck that was affecting my ability to swallow. My doctor recommended that the lump be removed since it was on my thyroid. I thought everything was fine until I received a phone call from him a few days after the surgery telling me the news was not good. I was diagnosed with stage two follicular carcinoma of the thyroid. The doctor said I needed to decide quickly how to proceed and urged me to take immediate action if I was going to beat this disease.

I opted to have another surgery for a complete thyroidectomy. Within a week, I underwent a second operation followed by subsequent treatment. I went back to the office within two weeks. That's how I coped—I was a workaholic. My addiction was work. I buried myself in my work. I healed physically, but my emotional scars lingered. As the years passed, so did my life, right before my eyes. I began to exercise excessively and achieved a goal weight, but I was not able to sustain the weight loss long term.

It was a never-ending battle with my weight. I struggled constantly. By the time I was forty years old, I found myself in so much pain it was completely unbearable. I could not stand, sit, or walk. The pain in my back and down my legs caused me to scream out in agony at times. I ultimately endured three major surgeries within a span of only eleven months for an ovarian tumor, followed by two back surgeries.

I eventually found a new job and returned to work in New York City. I even earned a personal training certification to train myself and get back to health and wellness, but yet something was preventing me from moving forward.

The events of 9/11 greatly impacted my life. I was lucky enough to escape without harm, but became unemployed when my company had to close its doors. It felt like I was wearing cement shoes in quick sand, and every step I tried to take forced me deeper into despair.

After finding a new job closer to home, I looked like a balloon ready to pop, with a big, round red face, belly fat pouring over the waist of my pants and pushing through the buttonholes of blouses. My blood pressure was just about through the roof. I knew something was not right. I weighed a whopping 315 pounds and had to have gastric bypass surgery for a bowel restriction and severe adhesions.

My health finally began to steadily improve. I was losing weight slowly and getting my energy level back up. One morning before going to work, I had just finished a great workout at the gym. I felt strong, empowered, and so thankful to be alive; I was also thinking of my Dad. I recalled his struggle and desire to live. I was grateful for my own courage and strength that I found in him. I opened my hands and raised my arms wide to give thanks to God. Tears filled my eyes and I began to cry. I felt such unbelievable strength and energy surging through me. At that very moment, I realized something incredible had happened. I found my spiritual connection that set me on a journey to discover my own power, passion, and purpose in life. Until then, a spiritual connection to God and my own self had been missing. I always believed in God as my source of higher power, but I was lacking a spiritual sense of oneness with God. This epiphany set me on a journey to bring about many wonderful changes and experiences in my life that I can now share with you. I am here to help you move from pain and sadness to joy and pleasure. I will teach you how to "Survive and Thrive."

If you remain stuck in the same place, day after day, feeling lost, unhappy, unhealthy, and unfulfilled, there is no better time than right now to learn how to live your best life. You can create a lifestyle plan that will help you live your best life ever.



Plan for Success

If you are a firm believer that everything happens for a reason, then you must surely know that you are reading this workbook right now because you are ready to make important changes in your life. By practicing a few daily principles, you can create powerful, positive changes that will lead to your success.

I have developed a simple “pie” method to help you uncover the areas in your life that affect your overall well-being. This personal workbook is designed to take you through a step-by-step plan to create a lifestyle just for you. Not only will your health improve, but many other aspects of your life will also change for the better.

As with any successful plan, you need to have a goal, a purpose, a reason you want to achieve it—your WHY. You know you want to feel better, but don’t know how to go about it. Explain why you want to feel better.

What is your WHY for wanting to do something in the first place?

A purpose, reason, or WHY is also known as a goal.

What is your goal?

Understanding your WHY gives you a reason to get going each day and strengthens your determination to persevere when the going gets tough. You will become clear on this as you go through this exercise.

STEP 1: In a few short words, write your goals, even if it is only one thing. Keep it simple, realistic, and to the point.

My goal is:

Now look at the goal or goals and note if it's a short-term goal(s) or a long-term goal(s) and separate them.

My short-term goal is:

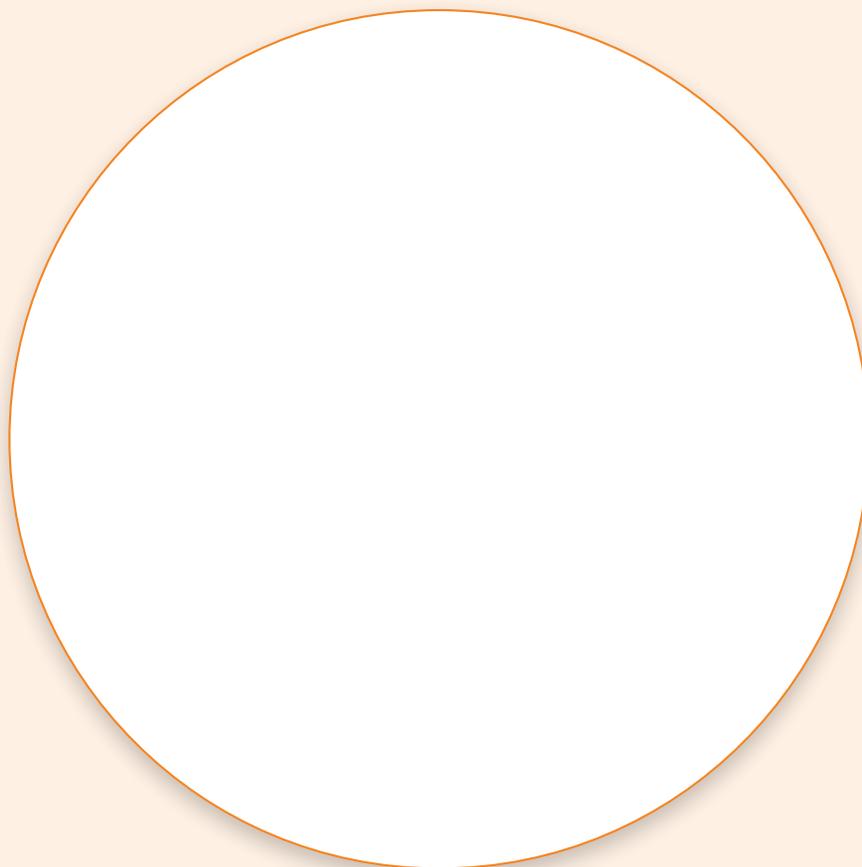
My long-term goal is:

STEP 3: How do you define “Balance”?

Let’s go through this exercise, looking at the whole pie. It is a visual exercise so that you can clearly see where you are. The objective here is to determine what your state is on four levels: Physical, Emotional, Mental and Spiritual.

What portion of the pie would you cut out that defines your physical health, such things as your weight/blood pressure/cholesterol; are you at risk or do you have diabetes, cancer, or heart disease? Draw a slice of pie that represents your overall health by drawing two lines to the center of the circle. Yes, like a slice of pizza or piece of pie! I happen to love pizza—it’s one of my favorite foods! Label that slice with a “P” for physical.

My Pie:



Now go back to the pie and look at the portion that is left. Draw the next slice of pie that represents your emotional state. Focus only on your positive emotions—love, joy, and happiness—the things that make you feel good on the inside. These feelings are the core of your inner self. Label that slice with an “E” for Emotional.

How big would that slice be? Go ahead—don’t be afraid to be honest. If it is just a sliver, it is telling you where you have more work to do. Are you catching on? The smaller a piece of pie is, requires that you give more attention to that area.

Your next slice of pie is the power of your mind, your awareness, and knowledge. How often do you learn something new? What do you read, study, or watch on TV? Do you like to learn new things? Are you engaging your mind to learn something new on a regular basis? Cut out the next slice of pie that represents your level of knowledge. This is your “know-how” center of the brain. Your brain and mental capacity are as important to exercise as the rest of your body. How big is the slice that you would cut to represent how much you use your brain to learn new things? Label this slice with an “M” for Mental.

The next slice of pie represents your spiritual faith or belief system. Do you have faith in yourself? Do you believe there is a power greater than you? Do you have faith that you can achieve anything you desire or put your mind to? Do you believe that we all have a higher power that can guide us to achieve anything we want? Go ahead—draw a slice of pie that represents your spiritual self or your faith. Label this slice with an “S” for Spiritual.

Look at the pie and the four sections; do you have any portion of the pie left over?

Yes _____ No _____

Most of us do have some pie left over because our normal state tends to be out of balance. When this happens, we fall off track and lose sight of our individual path to self-awareness and individual success.

Our path to success is to stay the course. This is how we achieve balance. When we balance ourselves physically, emotionally, mentally, and spiritually, we become unstoppable, powerful human beings.

I made my ultimate discovery of self-awareness while helping my brother, Felice Cantatore, write his book **Rocky Spirit – The Rocky Balboa Connection To Success**. Working with Felice was a pinnacle point in my life. I knew I was moving toward something extraordinary as I began to look at each of the core areas in my own life. I realized that what made me stay the course all those years was my perseverance! My brother wrote “I could feel her excitement right from the start. Doreen was thoroughly aware of my Rocky passion, and she understands drive, determination and goal-setting better than anybody I know. She’s been through a lot in her life, and I know she has that Rocky Spirit in her, too.” It was a complete revelation to realize that I had to persevere to find my balance within. You can learn more about the journey to finding your own inner Rocky Spirit by reading his book. It’s available on my website just click the Rocky Spirit link on my home page.

Now, let’s take a closer look at the four core areas of health and wellness as they apply to each individual.



Physical Wellness

Do you have an exercise regime that you can maintain on a regular basis? Is there something that you can commit to for 10-15 minutes a day? I can help you right at home with some daily exercises that you can do even sitting down that will help you to move your body. Movement is just as much a state of mind as it is of the body.

Can you do that? _____ What movement can you practice? _____

What about your weight? Yes, go step on the scale and write it down:

Now write down the weight you want to be and visualize yourself at your ideal weight:

Let's add some small steps that will help you achieve your goal effortlessly.

- Cut your portion sizes a little at a time so you do not feel deprived.
- Drink more water throughout the day.
- Exercise in short bursts. I can teach you a few exercises that can be done sitting in a chair using the IntenSati method. IntenSati combines affirmations with movement. **You can sign on to take a few Skype sessions with me and let me guide you as your very own private personal trainer.**

- Reduce the amount of sugar you consume on a daily basis; reduce or eliminate drinks and foods that are loaded with fats and sugar.
- Reduce the amount of simple carbohydrates in your diet: cake, cookies, and other sweets that set your metabolism in weight-gain mode.
- Too much sugar will create havoc in our bodies. It will spike insulin levels that can lead to diabetes. Opt for sugar-free alternatives. Check out recipes and weight-loss tips at www.SugarFreeGoddess.com for ways to have your cake and eat it too!

I highly recommend joining a support group to help you in your journey.

If you have medical issues such as diabetes, heart disease, or cancer, your first order of business is to think of yourself as being vibrant and full of good health! This a great tool to help you through a difficult diagnosis. How do I know? I've been there! When you think of yourself as being healthy and full of energy, you are more likely to have more energy. It's a proven fact that your thoughts really do help train the body.



Emotional Wellness:

Face your fear or hurt or whatever else that is holding you back! When you face your fear head on, you create an emotional reservoir, instead of a pit that you fall into and can't get out of. The emotional reservoir you create will provide long-term, loving support and guidance; it will feed your soul; and is the food for thought that powers the mind and body. When you love yourself and believe in yourself, people will see you in a different light. Stop looking at others to fill your emotional reservoir. Release yourself from that expectation. When we have a greater expectation of others than we do of ourselves, that's when we fall into the pit.

What do you fear?

What are you feeling hurt about?

Are you holding onto hurt from the past? If so, what?



Mental Wellness

When we inspire ourselves to learn something new, we activate the part of our brain that tends to lie dormant. Our brain needs to be challenged on a regular basis. It's a proven fact that mental awareness and mental health are closely related to one's ability to think. So think about something you want to challenge yourself to learn. Pick anything that will promote thought. Learn a new hobby, take a course or class that interests you. Many free classes are offered at your local library.

What would you like to learn how to do?

Do you have a hobby?

What inspires you?



Spiritual Wellness

Find what drives inner strength and increases your ability to understand just how powerful you are. Jot down a few things about yourself that you believe inspire you:

I Believe I AM:

I Believe I CAN:

Do you believe in a higher power? If so, elaborate on your belief.



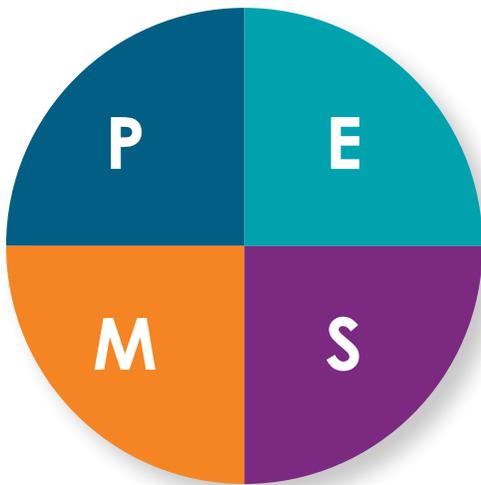
Conclusion

When you combine these four core areas of health and wellness within yourself, you are creating a powerful energy source that is **UNSTOPPABLE!** You are the master and creator of your destiny, and you are creating balance in your life with personal power, passion, purpose, and perseverance.

Check in with yourself periodically to see where you might be tipping the scale out of balance, and think about what you can do to re-adjust and bring yourself back into balance.

The more you come into balance with your core self, the more you will become an unstoppable energy source that can accomplish anything you desire in life.

Yes, you can have the whole pie!



To work with me, please check out the next page and click on the “Schedule a Discovery Session” button to schedule a free 20-minute assessment. Fill out the form and describe what it is that you want to achieve. Together we will go through your pie analysis to see what areas you need to focus on. It might be more in one area than another, or it can be all four areas depending on the analysis.

As your coach, my purpose is to guide you through a personal discovery to help you transform your life from mundane daily existence to loving life and finding joy in the simple pleasures in life. You will feel happier, healthier, and more vibrant than ever before. Surviving and Thriving will help you create your best life ever.



About Doreen



Doreen Polizzi is a certified IntenSati instructor, workshop leader and business professional with over 30-years of experience. She has channeled her energy and LIFE experience and has become an intuitive guide. Her soul's purpose is to help others get past illness, pain and even disease and learn how to live a more fulfilled life. Doreen combines a wealth of personal and professional experience as a writer, business mentor and instructor to help others cultivate a sense of well being and wholeness. She is the creator of the "pie" wellness method that will allow you to explore the core areas of health and wellness that will lead you to discover how to channel your mind, body and spirit to living a more fulfilled, happier life. Use the link below to join her in creating the life you want to live and learn how to Survive and Thrive.

To schedule a 20-minute consultation to discuss how I can help you go from PMS (Poor Me Syndrome) to PMSS (Positive Me Success Story), click the Discovery Session button below:

Schedule a **Discovery Session**

...or visit Doreen at www.doreenpolizzi.com.

...or e-mail her at doreen@doreenpolizzi.com.

Read more about **Rocky Spirit – The Rocky Balboa Connection To Success**, which has been called "A Masterpiece" by Burt Young, at www.rockyspirit.org.

Disclaimer: *The statements made here are not intended to cure or diagnose any medical condition. As with any plan, please check with your doctor before commencing any program or physical activity.*