



Andre
Obradovic

“With enthusiasm, energy and compassion Andre delivers a coaching program that is holistic and enables you to achieve the behaviors and attitudes required to have a calm and constructive life. He is curious and genuinely interested in what makes you “you” while bringing a wealth of health and wellness experience to immeasurably improve his client’s lives. By following Andre’s advice, I now eat more healthy, sleep more soundly and treat my relationships with more respect. The impact has been whole of life and I know that Andre is always available to talk through any issues that life inevitably throws our way. Highly recommended.”

- Jo, Strategy Executive



Your Ultimate Life Optimisation Guide – 3 Big Ideas

Why is understanding and addressing stress important?

If you want to live longer, you need to learn to defuse your stress. Scientific evidence proves that stress reduction bolsters longevity by directly impacting your DNA in a favourable way.

Inflammation is the true cause of heart disease. What causes inflammation? The culprits are: high carb diets, high insulin levels, processed foods, stress, smoking and alcohol.

Results from studies show that between 20 and 40 percent of sudden cardiac deaths are precipitated by acute emotional stressors.

Feeling unable to control important things in your life, or constantly being overwhelmed, causes increased stress.

Big Idea 1 – Optimise your sleep

Why is this important?

- + Good sleep reduces the chances of illness, such as cancer, diabetes, obesity and a range of metabolic disorders.
- + Great sleep enhances our creativity and improves complex problem solving.
- + There is a strong association between increased mental illness and sleep disruption.
- + More people die from lack of sleep than lack of food.
- + There is a significant link between Adrenal Fatigue and chronic bad sleep.
- + Good sleep helps you live longer.
- + Think about your sleep routine and what you can do to improve your quality of sleep.
- + Turn off electronics 1 hour before bed.
- + Buy an old fashioned alarm clock.
- + Dim the lights before bed.
- + Read a book (not electronic) in bed for 15-20 minutes.
- + Pay attention to getting 7.5-8 hours of sleep every night.
- + 20 minute naps during the day are good for you.

Big Idea 2 – Blood sugar regulation and the impact of chronic stress from what we eat

Why is this important?

- + Our body is meant to have only one teaspoon of sugar in our blood to maintain homeostasis = normality. This is how our bodies have developed.
- + One serve of Special K with skim milk is 12.3g of sugar. With 100g of strawberries it's 18g of sugar, or 3.5 teaspoons. Unfortunately, many believe this is a healthy breakfast.
- + If you are eating meals/snacks 3-6 times a day, you are unknowingly stressing your body – especially if you eat low fat foods, processed foods and lots of fruit.
- + Your pancreas constantly monitors and controls your blood sugar levels using hormones. The constant monitoring and adjustments that need to be made, which our bodies were never designed for, genetically cause massive stress and have a big impact on our health.
- + This impact leads to metabolic disorders like diabetes, obesity, and a wide range of other chronic health conditions.

Big Idea 3 – Choose your own mindset

Why is this important?

- + The way you think strongly dictates your success in life.
- + You choose how you react to people and situations.
- + Where you put your intention and thought is where you will go.
- + By developing a strong future self-image of how your life could be, you will achieve it.
- + No one else controls your destiny but you.
- + Watch your thoughts, they become words.
- + Watch your words, they become actions.
- + Watch your actions, they become habits.
- + Watch your habits, they become your character.
- + Watch your character, it becomes your destiny.
- + You choose your mindset and actions.

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www.andreobradovic.com/resources

Optimise Your Life – How to make it happen

What gives your life meaning and gives you personal satisfaction? What are the unique gifts and insights that you can contribute to your world? Your purpose will fuel your efforts and give you the drive to continue in the pursuit of your goals, no matter the challenges.

Start by writing How I Want to Be Remembered. List the qualities and characteristics for which you would like to be remembered, by your friends,

spouse, children, co-workers, the community, and even the world. If you have special relationships with other people or groups, such as a club or team, include them on the list, too. You will begin to uncover your true values and the sources of meaning in your life. Being clear about your purpose may be your single most important accomplishment and it is critical to making change happen.

Step 1

YOUR COMPELLING VISION – LIFE MEANING

- + Ask yourself, where do you want to be in the future?
- + What state do you want to be in?
- + What will your life be like in the future when you Optimise your Life.
- + Build a vision of your future life, what your days will be like, how will you feel when you get there.

Hints:

- Think about the timeline you refer to as the future. Is it short term or longer term? For myself I use a 5 year goal for a long term vision due to stage of life with children in University and age. You may have a shorter window of time to consider a career change, life change, health issue etc.
- Describe your state, some examples:
 - o "I wish to live in a healthy relationship and make great choices that enhance my health, my emotions and professional work"
 - o "By the time I am 55 I want to still be in love with my wife, to be free from any illness, be able to sleep 7.5 hrs each evening and wake-up energised, and enjoy my work"
 - o "Within 9 months I want to be able to be more connected to the community, spend more time with my family and care less about money and wealth, and be far more relaxed and calm with my life"

Step 2

WHAT DO YOU NEED TO CHANGE (NEW HABITS, NEW BELIEFS, NEW WAYS TO THINK)

- + What do you need to change?
- + What beliefs do you have that are not getting you to where you want to be?
- + What will happen when you make these changes?
- + How will you be different?
- + What are you willing to give up to get to your Optimised State?

Step 3

ACTION TAKING, MAKING CHANGE HAPPEN, OPTIMISE YOUR LIFE

- + What help do you need, tools, support, and people to help you? (Mantras, Images, Videos, Vision Board, Accountability, Calendars, References)
- + What are your goals, and how will you know when you hit them?
- + What is your daily, weekly accountability to keep you on task?
- + How will you celebrate your wins, who will you celebrate with?
- + To achieve your specific goals, write down exactly what you must do, keeping it short and sweet: whatever it is—then execute well.

You must be willing to look closely at your behaviours and lifestyle and then break the patterns that prevent you from reaching your goals

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