



ULTIMATE WELLBEING
Will van Zyl

**Feel your body
Free your mind
& Live your life**

“All you need is already within you...”

Will van Zyl

Start with How...

Step 1 of 3 in the life embodiment process;
How I want my life to be.

How do I want MY LIFE to be

"Your feelings are your internal compass to keep you on track in living life HOW you want it to be."

Will van Zyl 2021

Humans are feeling, emotive, social beings...before we are thinking, intellectual, doing creatures.

Modern life has us living in our rational brains, though, with very few people knowing how to truly engage their bodies and feel. Very seldom do we take the time to contemplate what this means for HOW we want our lives to be.

We move through life largely unconsciously governed by feelings...from within the body...that predispose us to thoughts and actions of one type (safety oriented) or another (risk and fear oriented); sometimes subtly...sometimes violently.

Those familiar feelings (rage, joy, anxiety, anticipation, etc.) are a coming together of the sensations our bodies generate AND our psychological, neurophysiological and socially conditioned response to these sensations and emotions...

These bodily sensations are designed to inform us of what is happening in our environment (inner world and outer world)..., BUT they respond to our thoughts (imagination and memory) in the same way as they would a 'real world' occurring experience.

So, if we are largely unconsciously (even preconsciously) guided through life by feeling...and these feelings can be triggered by our thoughts as well as actual, occurring events, it makes sense to learn how to engage these feelings more consciously and constructively...

It makes even more sense to take the time to use this powerful gift of feeling to imagine and describe the life we want...to embody it as intent and to stay true to this intent as we live life HOW we want it.

"HOW I want MY LIFE to be" is a guided, intuitive process to place feeling and intent at the heart of HOW we live, WHAT we choose as important in our lives and WHY we make the decisions we do.

"HOW I want MY LIFE to be" is about becoming clear on our true purpose (WHY) and using feeling...our in-built compass...to help navigate the journey to fully expressing this in all we do.

We start with HOW...





Visioning –
“See the
HOW”



Clarify
the
“HOW”

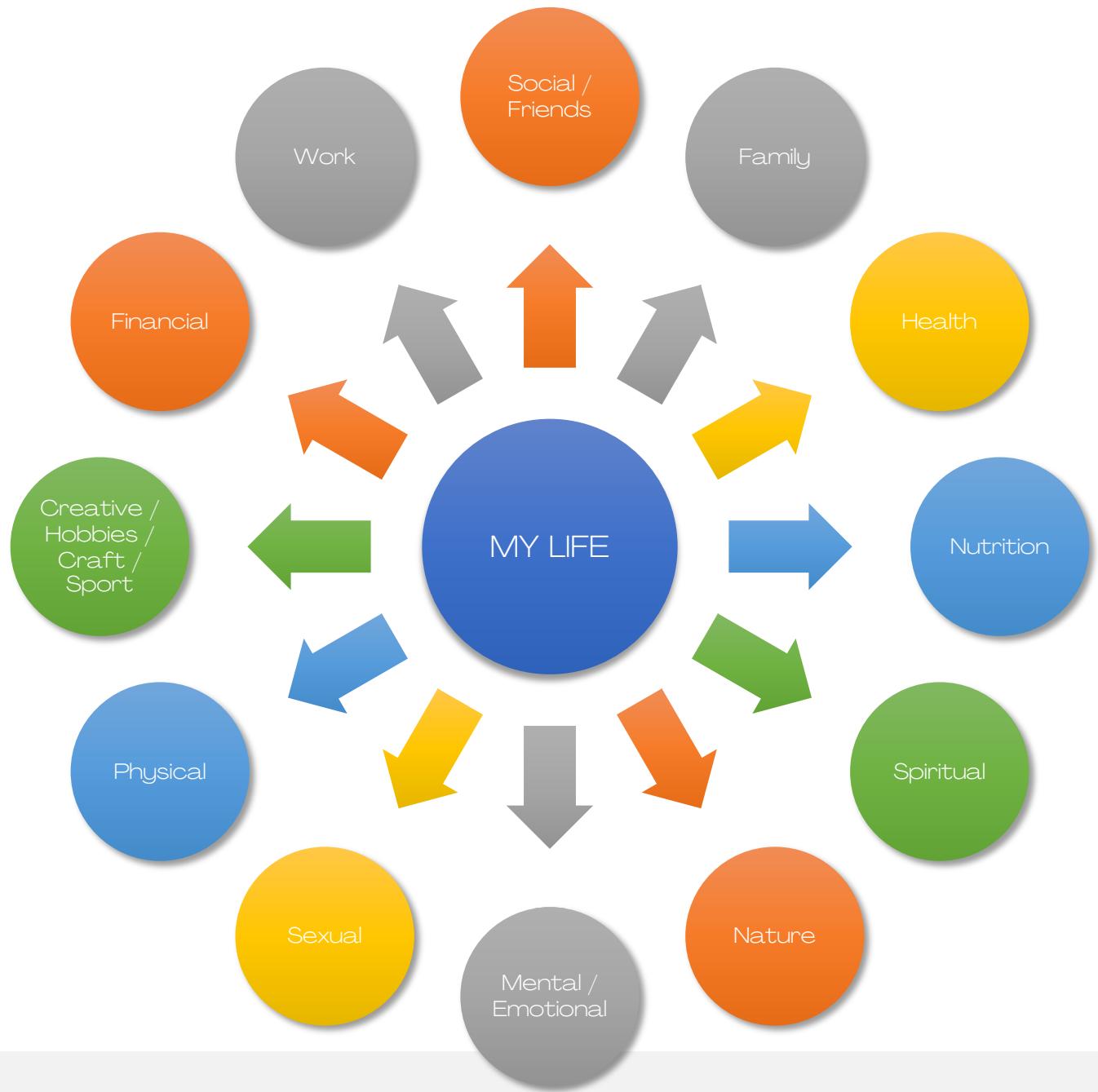
- Take the time to imagine HOW you want life...and write down the 2 or 3 sentences that call this out clearly in "NOW" language. Your VISION for LIFE...HOW you want it...
- Not always possible to do as the first step, this could become your second step...If you struggle, come back to this after the Clarifying stage
- E.g. "My life is adventurous, healthy, social and financially stable / sufficient. I am living a life of meaning and of service / help to others. My family is at the center of it. Any work I choose and decisions I make have how we love, grow and thrive at its core."
- Top tip: Create a mood board using images, colour, key words, 'things' that give a sense of HOW..., but always write it out as a statement at the heart of this board.

- Choose the most obvious and possibly, initially, important dimensions** of your life and use simple descriptive words to clarify HOW you want these to be. Descriptive words are adjectives and adverbs. Short phrases can be used.
- Top tip: don't overthink this step. Write down what comes to you as it arrives.
- E.g. Work – meaningful, invigorating, outdoors, with people, of service, helpful, financially rewarding, a means to an end.

Start with HOW

Before the What and the Why...

What are you choosing, prioritising, doing?



Dimensions of Life

This list is an illustration of the dimensions that may make up your life

It is intended nudge you to **DEFINE YOUR LIST** of most important dimensions...

Focus on one affects all the others.



Will van Zyl

Will places wellbeing at the center of his life. He is a husband and father of three teenagers, enjoys the outdoors and can often be found stand up paddling, swimming glacier lakes (any cold water) or strolling through mountains with close friends.

Will can often be heard saying

“Feel your body to free your mind...”

He works as a trauma-informed Wellbeing and Performance Coach; holding a post graduate certification from Bristol Business School (UWE). He is a registered coach with the EMCC (European Mentoring and Coaching Council)

After a career as a transformation leader, consultant and coach spanning almost 25 years, 3 continents and multiple sectors, Will has created the **Ultimate Wellbeing and Ultimate Performance and Resilience** frameworks to redefine wellbeing; placing it at the heart of a fulfilled life, rewarding life.

Will is trained in TRE (Tension and Trauma Releasing Exercises), Shiatsu massage and Behavioral Change Counselling using Motivational Interviewing.

He teaches yoga and is one if the highest rated Wim Hof Method Instructors (level 2) in the UK.

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