



## *5 Keys to the Spiral Healing Affect Guide Kellie's Alignment Strategy*

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# Wake up to what's Possible:

## Stop settling for a less than vibrant and healthy life!

Hello everyone. I'm excited to be here with you and to help you become empowered about what's actually possible with your health and that of your family.

**What I really believe:** We all can and do become empowered through the commitment to lifelong learning and the really strong desire to make necessary changes.

When we have goals and habits formed that align with our core being and then that align with our desire for change, we are then purpose driven.

When we're purpose driven, what we once perceived as something impossible to achieve, now becomes easier and more attainable.

**My ultimate goal** would be to help you through this process and for those that subconsciously are innately like me and truly desire to become healthier and constantly learn the things you don't yet know to keep you moving forward, let's jump in and live our best lives now.

It truly doesn't matter where you've been or where you're headed....we can all meet up on the path to living abundantly and not just existing.

I'm thrilled to share with you the 5 keys to the Spiral Healing Affect. With these 5 Simple Keys You will UNLOCK the Path towards your HEALTHY and VIBRANT life. Each key leads you forward and upward, they are SIMPLE and create the support to constantly drive you to where YOU KNOW you want to be... This SPIRAL HEALING AFFECT will:

- 1) STOP You from always falling back into the same old bad habits
- 2) Provide a STRONG Foundation and Structure to support you
- 3) Pushes you Upward and Move you Forward toward your vibrant health

If you think about a circle, there is no beginning and no end. We can always be spiraling downwards undoing all our good decision or moving upward towards becoming our best selves, which is one without disease, illness, being sick and tired or be like me and stay on the upward swing of being proactive.

**These Simple KEYS will TAKE you FORWARD and SUPPORT you every step of the WAY!**

## KEY #1: Be Willing

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1. Ask yourself, how is important on a scale from 1 to 5 is your health?

1 – Don't care

2 – Care a little

3 – Somewhere in the middle

4 – Concerned some – kind of important

5 – It's very important

What's your number? \_\_\_\_\_

What else is most important besides your health right now?

My Family

My Job (career)

My Relationship

Is it something else?

Do you feel sexy and vibrant right now?

In your job (career) do you feel you have optimal clarity?

Do you have the energy you'd like to run and play with your family?

What other areas of your life do you feel might be affected?

Do you see how all areas of your life are affected by your health?

I teach these steps with my clients, know that I'm here to help you and I've created something that I know will get you there.



## **KEY #2:** See the Truth

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Paint in your picture what it would be like to be healthy and happy. What would that look like for you?

Close your eyes and imagine what you look like. What does your skin look like, what does your face look like? What are you wearing?

Now, let's come back into yourself, what does it feel like to be healthy and vibrant?

What did you look like?

How did you feel?

Look around you right this very moment. Who do you want to share that vibrant health with?

Who do you have right now that can keep you really on track? If you have don't have anyone, I'm here right now. So many of my clients didn't have anyone, that's why I've created this program, that's going to keep you on track and keep you spiraling forward, and I'll talk more about that later.



## KEY #3: Letting Go

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What are the top 5 things that you know you should let go of?

Is it sugar, white flour, pastas, pop, something else?

In what way do you think these foods are affecting your life?

What are things that you could substitute for these foods, so as not to feel deprived?

Who do you have right now that can keep you really on track?

This is what I do for my clients. So many come to me and tell me that their significant other could care less or isn't supportive. This is a key reason for the creation of this program. I help people just like you keep moving forward and stuck to your goals.

## **KEY #4:** Trust Food Again

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When you eat the foods that you know you shouldn't be eating, how do you feel?

Are there other foods that you know give you problems, like bloated tummy, gas or indigestion? If so, what are they?

What have you done to stay away from these problem foods?



Now, what do you think you'll feel like once your body isn't giving you fits over the foods you have been eating?

Do you think you'll have more energy or something else?

We've all been taught that we shouldn't eat this or that, but not really the why behind it. This is exactly how I help my clients. Know why you're doing something and how to actually heal through the foods you eat.



## **KEY #5:** Ask Yourself Why

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Ask yourself why do you want optimal health?

Right now, I want you to stop and take a deep breath and think about this.

Write down your why.

Next, I want you to tell me why and what's stopping you?

Where are you stopping along the spiral, and I'm going to share with you how to jump over and keep going?

Because of my strong desire to help I have the tools, this is the spiral effect that will get you to where you be.

CONGRATULATIONS on completing the "5 KEYS TO THE SPIRAL HEALING GUIDE":  
Kellie's Alignment Strategy!

This Alignment Strategy isn't designed to use only solely. Although some of the points here are essential pieces to build with, this is a check point system where each point is put in place to support the others in order to position yourself for optimal health.

For more information on how to [ALIGN FOR HEALTH](#) schedule a free strategy session with me or email Kellie at [support@livelifeyearsyounger.com](mailto:support@livelifeyearsyounger.com)