

MELISSA PEARSON COACHING | CONSULTING

Take the Wheel of Your Health

Stop guessing. Get answers.
Start feeling like yourself again.

**YOU DESERVE TO
FEEL BETTER**

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You Deserve to Feel Better

The mindset piece. Read this one first, or read it when the checklist feels hard to actually use. This is the part everyone skips, and it's the part that decides whether any of the rest works.

This piece shares personal experience and coaching perspectives. It is not medical or mental health advice. If you're struggling with your mental health or medical issues, please reach out to a qualified professional.

How you got here (and what it takes to move beyond it)

Let me guess how the last few years have gone.

You've taken care of things. The family, the job, the crisis of the month, the people who needed you. You've been the reliable one, the strong one, the one who handles it. And somewhere in all that handling, you quietly slid to the bottom of your own list. The appointments you didn't book. The symptoms you pushed through. The tiredness that you normalized.

Here's the question worth sitting with: Where did you learn to do that?

Because you did learn it. Nobody is born believing their needs come last. Somewhere along the way, something taught you that.

Maybe it was growing up in a home where you had to be the easy one, the helper, the one who didn't add problems.

Maybe it was years of keeping the peace with people who took more than they gave.

Maybe it was praise: you got noticed and valued for showing up for everyone else, so you kept doing it, and it slowly became who you are.

People pleasing, self-neglect, running on empty and calling it normal... these aren't personality traits. They're conditioning. Patterns you learned because at some point, they kept you safe or they made you feel loved or they were roles you were forced to assume.

If you just read that and thought "okay, that's me"... good. That recognition is the whole doorway. Because here's what I need you to hear next, and I need you to hear it completely:

**It can absolutely be changed. You can turn this around any time you decide to.
End of story!**

Not any time your schedule clears. Not any time you feel ready. Any time you decide.

Belief is the driver of all things

Here is what I know to be true, and it's the foundation everything I teach stands on: what you believe directly becomes what you do, and what you do becomes your results. Every single time.

Everything you have right now, your health, your habits, your energy, the way you let doctors talk to you, the way you let LIFE talk to you, is the result of what you currently believe.

If you believe you're someone who can't stick with things, you'll act like that person, and your results will agree with you.

If you believe feeling exhausted is just what this stage of life is, you'll never book the appointment, and that belief gets to stay right.

And here's the part nobody teaches us: **the only meaning anything has is the meaning you give it.** Understanding this will change your life.

A number on the scale that won't move can mean "I'm broken," or it can mean "something needs adjusting, and it's on me to find out what."

A treatment that didn't work can mean "nothing will ever work for me," or it can mean "not that one, so what's next."

A dismissive doctor can mean "I guess that's my answer," or it can mean "that door closed, so I'll find another one."

Same facts. Different beliefs. Completely different life.

You get to decide what you believe. That's the honest truth, and one people forget all the time.

How to Actually Change a Belief

It's simpler than you think. Not effortless ... simpler. It involves three steps:

1. Identify what you currently believe.

Listen for the sentences your brain says on autopilot or brain dump what you are thinking about something. "I don't have time for myself." "It's probably nothing." "I've always been this way." "I don't want to be difficult." Catch one and write it down. You can't change what you don't recognize and become aware of.

2. Challenge it.

Ask the question I ask about almost everything: **is that actually true?** Or does it just feel familiar? Is it actually true that you don't have time for one appointment, or is it true that you've never put one on the list? Is it actually true that asking questions makes you difficult, or is that something you learned to believe a long time ago? Then ask the follow-up question: What else could be true?

3. Practice the new belief until it's rewired.

This is where the work lives, and it's smaller than it sounds. You choose the truer belief ("my health deserves a spot on my own list") and you act from it, consistently, for long enough that your brain collects new evidence and lays down a new default. Repetition is how the old pattern got built. Repetition is how the new one gets built. The process that built the old belief is the same one that builds the new. The difference is you're the one running it this time.

Now, fair warning about step three: your brain will fight you, and I want you to know exactly why so it doesn't win.

Your brain's job is to keep you safe and comfortable. And to your brain, change equals danger, discomfort, or both... so it avoids change at all costs. Thus, why we need to know this and manage our brains instead of letting them manage us.

The moment you start changing, it turns on what I call the Drama Channel: full-volume stories about how hard this will be, how selfish you're being, how it probably won't work anyway. Hear me on this, because I will die on this hill: **the drama is not the truth. Your brain makes change sound far harder than it actually is.** The change itself is usually one appointment, one question, one small act of putting yourself back on the list.

But again if you don't manage the drama channel and turn it off, it will run the show and you don't want that. That is likely what has kept you stuck up to now.

The Four Ingredients (The Results Code ©)

When I look at every result I've ever gotten, including releasing more than 150 pounds and rebuilding my health from the ground up, the same four ingredients are there every time. I call it The Results Code:

1. **Desire.** You genuinely want it. Not should-want it... actually want it. Wanting to feel good in your own body counts. Wanting your energy back counts. If you don't have enough want, it will be hard to get results.
2. **Decision.** The moment you stop negotiating with yourself and decide. Not "I'll try." Decide you are doing it! It takes a decision.
3. **Belief.** The driver. The ingredient everyone skips, and the reason the other three keep collapsing. It's why this piece of the system exists. You don't have to believe it 100% yet, but you have to believe it is possible for you and how you do that is look at others with the results you want and know this... if it is possible for them, then it is possible for you too.
4. **Persistent Action.** Small, repeated, imperfect action, done for a long enough period of time to see the results. Not the quick fix, not the shiny thing... the right work, sustained consistently over a period of time.

Desire	Decision	Belief	Persistent Action
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When results aren't happening, one of these four is missing, and it's usually belief.

Now you know where to look!

One more thing (*and I mean it*)

Somewhere along the line, we normalized feeling crappy.
Exhausted is normal.
Foggy is normal.
Surviving on caffeine and pushing through pain is practically a badge of honour.
So people walk around at fifty percent for years and genuinely forget that better exists.

It doesn't have to be that way. You deserve to feel better. In fact, you deserve to feel your BEST, and I don't say that as a nicety... I say it as a fact you've likely forgotten.

The tiredness you've accepted, the symptoms you've minimized, the way you've talked yourself out of taking up space in a doctor's office, the way you have rationalized that this is just the way it is ... none of that is the truth about what's available to you. It's just the programming you have accepted as truth.

So here's what I recommend...

Catch one belief this week. Just one.
Ask if it's actually true.

Then take one action the old belief would never have let you take. Booking the appointment counts. Printing the checklist counts.

You weren't born believing you came last. You learned it. Which means you can unlearn it, and the unlearning can start today, because you have new knowledge now and you're the one holding the wheel now.

If this piece stirred something in you, this is exactly the work I do and write about every week. My weekly email goes deeper than anything else I put out and you are now on that list so stay tuned.

And if you want to go seriously deep on rebuilding your self-belief, something called the Self Belief Portfolio is coming soon, and it was built for exactly this.

You are more capable than you know and more worth it than you believe. Never forget that!