

Frequent Health



You BE You. You DO You! – YBY-YDY

You Be You, Linda Kranz, 2013

*“When little Adri sets out to explore the ocean, he has no idea how colourful the world is. He quickly discovers that there are all kinds of fish in the deep blue sea—big and tiny, smooth and spiny, colourful and plain, different and the same. In this companion book to the best-selling **Only One You**, Kranz uses her famous rockfish to convey the message of beauty in difference in a vibrant and engaging way that will get kids hooked. Now in board book for younger children.”* <https://www.amazon.com/You-Be-Linda-Kranz/dp/1589797477>

You Do You

1. The act of doing what one believes is the right decision, being oneself.
2. A response when somebody constantly asks for suggestions but doesn't actually need or listen to them.

Person: "Dude, I just dropped, like, 20 bucks on a scooter.

Person: "Cool, you do you."

Person: "But I really think I should get Subway."

Person: "You do You, man."

<https://www.urbandictionary.com/define.php?term=You%20do%20You>

Only One You, Linda Kranz, 2006

“There's only one you in this great big world. Make it a better place. Adri's mama and papa share some of the wisdom they have gained through the years with their eager son. Their words, simple and powerful, are meant to comfort and guide him as he goes about exploring the world. This exquisitely illustrated book explodes with colour and honest insights. Kranz's uniquely painted rockfish, set against vibrant blue seas, make an unforgettable and truly special impression. Only One You will inspire parents and children of all ages as they swim through the sea of life.” https://www.amazon.com/Only-One-You-Linda-Kranz/dp/0873589017/ref=sr_1_1?dchild=1&keywords=Only+One+You&qid=1614001489&s=books&sr=1-1

You Be You

“Our vision is simple: to empower every child to believe that they matter, irrespective of their race, class or gender.” <https://www.youbeyou.co.uk/>

Frequent Health



Get your wants down. Your preferences. Your choices or change/tweak some. Your personality and all it stands for. Your niche. Your strengths (and your weaknesses.) How you want things. When? Where? With whom and how often? Analysing on what makes you tick and how can show up as your best, when you want to. What and who gives you energy and who/what are the contrary? And find your tribe who are not exactly the same, but that you like hanging out with and vice versa. Working with and for.

How do you want to do with Social Media? Private? Activist? Which platforms? How do you do gossip? Which values do you believe in/stand for? How do you vent frustrations? What do you appreciate and not? What do you tolerate and not in others? How personal, open, and private or closed are you? Do you keep your promises, are you considered accountable, show up on time, is trustworthy with confidential stuff? The integrity, honesty, responsibility, and reliability part? Mature or childish – or both? Fun or a bore? Deep thinker or more of a surface surfer? Live is a party or a fight and a constant war? Are you productive, creative, and successful or barely hanging in there, just day by day?

What are your visions? Dreams? Plans? What sets you on fire? What drives you? Love or fear? Does your behaviours, habits, and health support your life?

Brené Brown's book – The Gifts of Imperfection: *“Belonging is the innate human desire to be part of something larger than us. We often try to acquire it by fitting in and by seeking approval, which are not only hollow substitutes for belonging, but often barriers to it. Because true belonging only happens when are present our authentic imperfect selves to the world.”*

Do you are to show up with all your imperfections, on your worse days and the perfect ones, and show compassion to yourself and the rest of us who also miss some things in ourselves and our lives? Do you walk the walk and talk the talk?

The Road not Taken, Robert Frost – one of my favourite poems, ever

<https://www.poetryfoundation.org/poems/44272/the-road-not-taken>

Inge-Mo, ICF Associate Certified Coach, ACC; specialiserad inom:

- Certifierad Hälsocoach
- Diplomerad Kost- och Näringsrådgivare
- Certifierad handledare i **Sorgbearbetning**
- Studerar till: **Certified Solution Focused BRIEF Coaching, DK**
- Studerar till: **Certified PQ Coach – Mental Fitness, USA**

Driven, empatisk, inlyssnande och mån om klienten. En skriftlig överenskommelse samt egenskrivna återanvändningsbara dokument enligt klientens behov ingår alltid. Boka tid eller hör av dig om du har frågor 😊

