

1. Bio of Neveen Dominic Canada's Weight Loss Diva

Neveen Dominic is a renowned full-service transformation coach who has helped people struggling with obesity and in the verge of developing diabetes and other illnesses lose weight .

She earned herself the title of Canada's Weight Loss Diva when she lost 115 pounds in 18 months. Neveen achieved this through a revolutionary five-dimensional shift which she created and has since used to help her clients achieve the same 100% success results.

Her passion is making a positive impact by increasing the quality of life for her clients through a healthy mindset, mental and emotional well-being, positive energy and vibration, nutrition, and exercise.

Neveen has built a healthy community and a safe haven for members to work on themselves while getting support from her and other members of the community. She offers free coaching services to members of her community at 8 am during her daily Rise-N-Grind challenge at New Horizon Mall. Registration for membership into Neveen's community is free via her website www.canadasweightlossdiva.com.

Neveen is also a fashion entrepreneur who uses her diverse skills to build confidence in her clients. She is a licensed hairstylist and a certified makeup artist with ITEC advanced certification which allows her to practice makeup application as a licensed professional worldwide. She also owns a signature cosmetics company, Neveen Dominic Cosmetics, and her waist trainer, Move, helps clients with getting a flat tummy and enhances performance during exercises.

Beyond physical transformations, Neveen boosts her clients' confidence through personal and image branding services. She visually positions her clients for confidence and personal brand identity. Her clients are also taught critical transformational foundations and life-long strategies to maintain their results. She also empowers them with photo shoot to celebrate their new look and coach's them to walk down the runway during fashion shows at her events. Neveen believes in authentic relationships and reviews and uses her clients as influencers for her brand.

Neveen graduated with honors from SAIT with a business administration diploma, majoring in marketing and management. She is certified in nutrition science by Stanford Medicine and is a certified personal and group fitness trainer.

2. Mindset and Attitude

POSITIVE WORTHY
BEAUTIFUL
CONFIDENT
VALUED CAPABLE
LOVED SELF LOVE
SELF CARE FIT
HEALTHY



3. My Why



How much weight do you want to lose?



Why do you want to lose this weight



How much better will your life be with this weight off?\

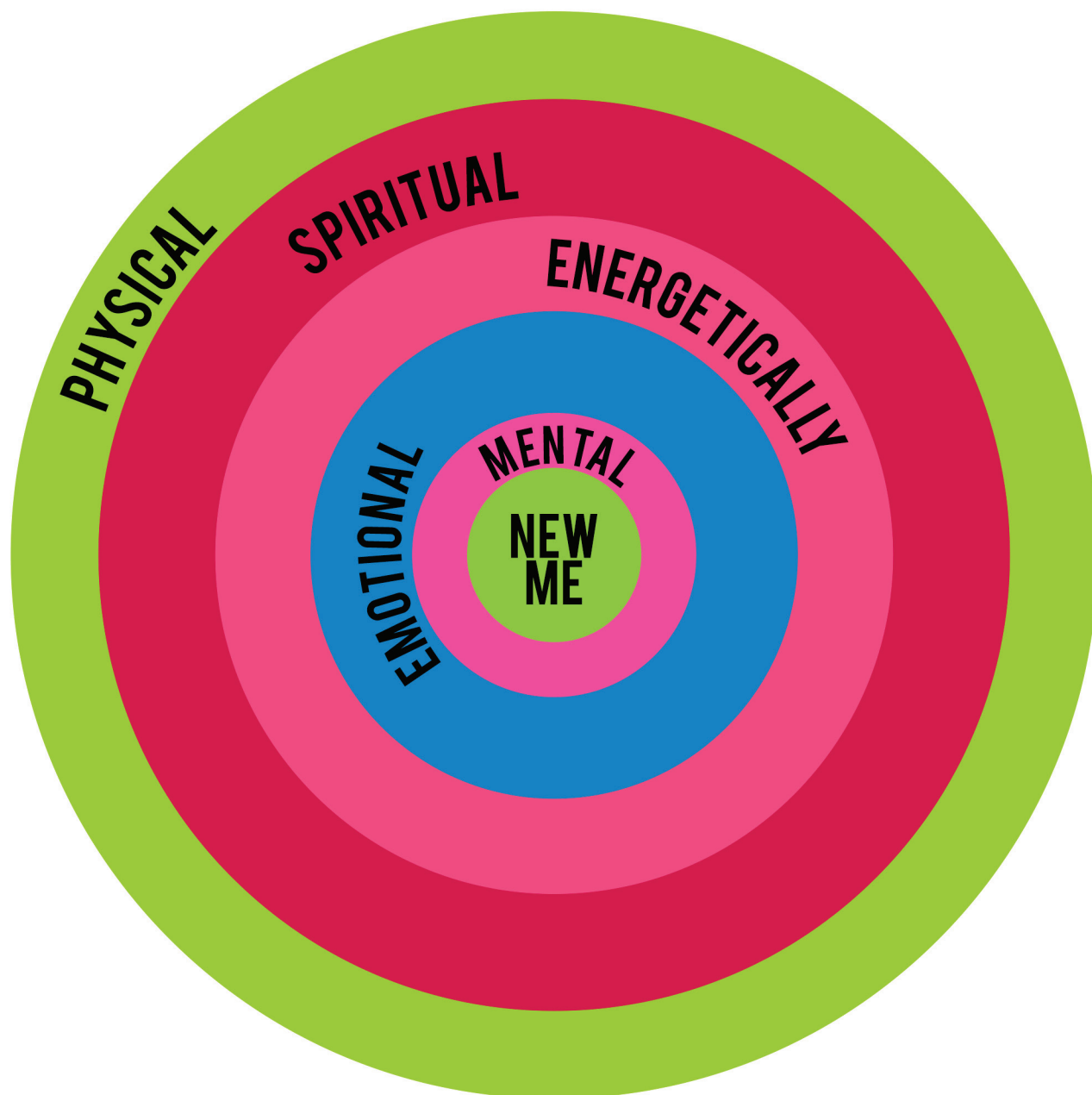


How difficult would life be if you keep the weight or add more weight?



If I can help you lose this weight and keep it off how committed are you?

4. Weight Loss Diva, Neveen Dominic 5 Dimensional Shifts



Mental

Taking care of your mental health is a daily commitment. This diary will help you keep daily track of your feelings and overall well-being. Days that you are feeling well, write down your feelings, talk to someone safe, read a book, listen to a podcast or music, watch a movie, go for a walk, sleep, or do any of your favourite activities to self care. If you are still feeling overwhelmed with negative thoughts take some deep breath and take things one second at a time.

Emotional

Emotions come from the heart. Without a heart there is no life; therefore, emotions are critical to your quality of life. They are like the weather and change quickly and often. You can control them with your decisions. When you decide in your mind to be happy as your final choice, your heart might still want to be sad or overwhelmed with negative emotions. You can start shifting your heart by tapping into your gratitude and moving things around. Motion generates emotions. When it comes to food it is important to build a positive relationship between the mind and the heart through compromising. This will impact results and overall health of the body.

Energy

We are responsible for the energy we bring to any environment, make it a good one everyday. When you operate in a high energy frequency you cancel negative energy in any negative environment. As you work hard on your positivity, always protect your energy from toxic sources. Our community is a safe haven for encouragement and support. Be an asset to the community by support others and enjoy encouragement and support for everyone in the community.

Spiritual

Love and believe in yourself. If you don't then why should anyone else. Learn to be your own best friend. Having faith in yourself activates your can-do-spirit. You have seen countless others do it. It's your turn now. There is no magic wands or potions. This takes total dedication, commitment, resilience, and accountability. Your why is important to your motivation and the spirit of this transformation. Always reference to your why as it changes.

Physical

Physical transformation consists mainly of nutrition. It is 100% nutrition. Working out is good for stress relief, increase in blood circulation and toning. If you have been going to the gym and not seeing results, the answer is your nutrition. You literally are what you eat. We don't believe in any restrictive diets or discrimination against any micro or macro nutrients. Your need to eat balanced meals and drink 2-4 litres of water per day. Water is very essential to daily cleaning and detoxing. 30-45 minutes workout or walks are effective with minimum of 2 rest days per week. Always listen to your gut and your body.

5. My Pledge

I pledge to myself and promise to change and be a better me in the following area:

Mentally

Emotionally

Energetically

Spiritually

Physically

6. Results

Challenge:

Before picture

Date: _____

Weight: _____

Neck

Chest

Left arm

Right arm

Waist

Hip

Left thigh

Right thigh

Repeat for after metrics

Results

Weight:

Inches:

Dress size:

