

Patricia Diesel interview

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English Version

1. You work as life coach, writer and organizing expert – how do you manage to balance these roles?

I don't see it as me having to "balance" these areas out. Actually I see it quite the opposite. Having these different functions for my business model helps me stay in touch with my creative side, therefore it actually helps keep me balanced.

2. What would you advise to theones that find it hard to balance work and life?

I get asked this question often. And I haven't deviated from my thoughts about this. I still believe it comes down to prioritizing what's really important in your life and taking a serious look at what you value.

3. After facing a health crisis, you struggled to get your lifeback together. In the end, you managed to do that and even improved your health. What did you learn from that experience?

The experience helped me to understand in a richer sense the resiliency of the human spirit and my faith in God. I also believe that time waits for no one. Do what you love and love what you do pretty much sums it up.

4. Now, you are using that knowledge to help the others get the life they want. Would you say that is your life's purpose? What would you advise to anyone struggling with major life decisions or someone who is still trying to find his purpose?

It's always been in my DNA to help people so I think this experience only solidified that for me. Making life decisions is not always easy – if it was, people wouldn't struggle so much. I think they key to finding your purpose is to first look at what would bring you joy and happiness without the worry of how you are going to achieve it . Try not to get hung up on all the "How am I's?" Then from there you can begin to focus on the problem solving aspect – i.e., the solution.

5. Even though we want to change our life and feel there's more to it, we often don't know where to star.What is instrumental for achieving the change we want to see?

It's a good idea to look at the people you admire for inspiration. I think this keeps you motivated. Then securing a mentor/coach for yourself is a really great idea. Support is critical for success – this is how we learn.

6. What are the main things/problems that can hold us back and obstruct our efforts?

Self-sabotage is real. And if we look at it closely we usually see fear staring back at us. The core of the fear is usually a story from an experience we had that triggered a negative emotion that told us a belief about ourselves that we bought into. This unfortunately blocks many people from pursuing their dreams. Re-examining that story from a fresh perspective provides deeper insight to make the positive change one desires.

7. Clutter can be a sign of deeper problem - with cluttered environment often come cluttered mind and unhealthy body. What would one organizing expert advise, how to cope with that and start taking control of your own life? **De-cluttering one's life is always a healthy choice.**

It's a process of letting things go that are potentially holding you back from moving forward in life. This can be physical things in our environment as well as the people we associate ourselves with. Sometimes we need to take a good hard look at our surroundings that can be giving us clues to our emotional and physical well-being.

8. In your work, you emphasize three important elements - mind, body and environment – and you also mention them in your new book, Organically Yours. How should we approach/manage these three aspects in order to transform our life?

Body: Start with the process of elimination. Slowly take away foods that are not supporting your health and introduce new foods that will build up your body. Any physical activity you can do is helpful in maintaining a strong immune system.

Mind: Make the switch from the "I can't" mentality to "How can I?". This puts the emphasis on problem solving rather than focusing on your emotional dilemma.

Environment: If you don't love it, if it doesn't represent the essence of who you are, if it doesn't feel good, let it go. Your living space should be conducive to the lifestyle you truly desire. An organized space is a healthy space.

9. Aside from sharing your personal journey back to health, your new book also guides the readers through a comprehensive organic approach to wellness. What does this approach include? **The title, *Organically Yours*, was derived from my intention to naturally and openly share my story with the hope that in some small way I may help people. The other part of this approach was that I do believe eating Organic foods is a healthier choice.**
10. Eating organic and living clean can be hard decision to stick with. What would you recommend as some useful starting tips?

Gradual change is best in this situation. Intentional eating is where you would want to begin. Start out with foods that you know you will provide the nutrition and building blocks to a healthier you – but also foods that you like – so you’re not fighting the cause. Experiment with different vegetables and fruits. Perhaps even once a week just challenge yourself to eat raw vegetables so you can take advantage of the health benefits it offers, such as alkalizing your body and reducing inflammation. If you do have foods that you know are your weak spot, but are not healthy for you, don’t feel guilty about it and don’t let it deter you from your good efforts.

11. In your opinion, what can we expect in the future of wellness? What emerging wellness trends should we keep an eye on? **That’s a great question. I know “wellness” is getting a lot of attention these days and I am happy to see that awakening and the education being brought to the corporate sector. Wellness is not just about diet – it’s the entire holistic package and approach – which I believe is the body, mind and environment. I would like to see this make more of an impact for our future.**