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How to Get Out Of The Fog

A Blueprint To Get Back On Track Through Self-Discipline

Tatiana Slezak

Foreword

Tatiana has truly written a self-help book for the masses: this isn't just for people wanting guidance 'out of the fog' but a precursor to it, a preventative measure, as well as a firm helping hand through the fog (should you find yourself in need of guidance).

It's no surprise that if you don't take care of your mental and physical health first, your body will break down at the most inconvenient time. *How to Get Out of the Fog* gives you the tools you need to protect and strengthen your health, well-being, energy, stability — to build and maintain the life you desire.

Likewise, it's your saving grace to 'get out of the fog' through gentle direction and facilitating a safe space with anecdotes and perspective shifts for you to find your own clarity.

If you're already on a self-help journey, the book offers well-designed practices which are a great way to revisit themes you may have already covered and ensure you're optimising your self-growth journey.

How to Get Out of the Fog is uniquely written, thoughtfully and strategically presented — striking the right balance of soul-searching and practical advice for sustainable change and ongoing development.

A book that leads with heart, sprinkled with tough love and genuine intentions to help you grow.

A book I wish I had read many years ago!

Thank you for sharing this with the world, Tatiana.

Angelica Kopec

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Acknowledgement

The creation of this book would not have been possible without the unwavering support and encouragement from the many wonderful people in my life. I am deeply grateful for my children, Nadia and Kaya, who served as my constant source of inspiration. Nadia helped me every step of the way with her business savvy and even contributed ideas for the book's title and cover design. Kaya, meanwhile, brought light to my days with her sparkling spirit and constant support.

I am also thankful for my husband, Sebastian, who provided invaluable assistance with editing and stood by me during moments of doubt. My friends Eulalia, Basia and Coco deserve a special mention for their honest feedback on the early drafts of the book. Additionally, I want to extend my gratitude to Frances for her attention to detail in giving the book its final touch.

I would like to extend a special thank you to Angelica Kopec for her beautiful foreword. Her words of wisdom and encouragement are truly inspiring, and I am honoured to have her support. It was worth the wait, and I hope her insights and reflections will enrich your reading experience.

I am also grateful for the encouragement and support from my friends and clients, who kept asking about the book and sending positive energy my way. This journey has been a profound one, and I could never have imagined the impact it would have. Finally, I want to express my appreciation for my mother's wisdom, which has helped shape me into the person I am today, and my sister Ania's self-discipline and unwavering encouragement.

In conclusion, I extend my heartfelt thanks to everyone who has been a part of this journey. Your support, belief in me, and contributions to the book are immeasurable and deeply appreciated. I am truly grateful for each and every one of you.

Introduction and My Story

The self-care journey is not about perfection; it's about progress. Take small steps, be kind to yourself, and most importantly, never give up.

— (Author)

I'm excited to share my journey and the tools and techniques that have helped boost my self-discipline and self-care. This book is about inspiring you to take charge of your life and make positive changes that'll lead to a happier and more fulfilling existence.

I won't sugarcoat it; it hasn't always been easy. I've had my fair share of challenges and setbacks, but through hard work and persistence, I've been able to make lasting changes and improve my overall well-being. And let me tell you, it's been worth it!

I've always been passionate about health and well-being, especially as a mom of two and a wife. I wanted to find ways to help others take care of themselves, both physically and emotionally. That's why I trained as a bioresonance practitioner and a Healy specialist and even started my own business.

By sharing my story, my hope is that I can inspire you to make positive changes in your life and pursue your own path to wellness. It's not always going to be easy, but worth it.

If you're reading this, chances are you're looking for ways to take better care of yourself and live a happier, more fulfilling life. You might be searching for ways to reduce stress, boost your energy, or just feel more at ease with yourself and the world around you.

This book is all about the practices and principles of self-care, self-love, and self-discipline. We'll dive into strategies and techniques for taking care of ourselves, developing self-love and self-acceptance, and cultivating self-discipline and motivation. We'll also talk about the challenges and benefits of these practices and how to apply them in our everyday lives.

Self-love, self-care, and self-discipline are crucial for a happy and fulfilling life. My goal with this book is to inspire you to prioritise these practices in your life.

I cannot tell exactly when the self-care journey started for me, but definitely moving to Australia was one of the reasons contemplated more on the subject. I know from personal experience that moving to a new country can be a real challenge. I've faced my fair share of difficulties. One of the biggest ones was adjusting to life in a country where I didn't speak the language as fluently as I thought I did. And let me tell you, the Aussie accent can be tough!

Even though I had studied English at school, speaking it daily was a completely different experience. It was frustrating at times, but I knew it was a temporary challenge and that I would improve with time and practice. Another challenge I faced was homesickness. I missed my friends and family back in Poland (as I still do), and being so far away was hard. I had to find ways to stay connected like video chatting or sending letters and packages. (Though it still wasn't and isn't the same as seeing them in person.)

Adjusting to a new country also meant adapting to different cultural norms and expectations. It took some time for me to get used to these differences initially. However, I found that the more I learned about Australian culture, the easier it became to navigate daily life.

But you know what? Even though it was tough, it was also incredibly rewarding. And that's why I want to share my experiences with you. I hope that this book will inspire you to make the most of every challenge that comes your way and help you grow into a stronger person, just like it did for me.

Whether you're just starting your journey towards self-care, self-love, and self-discipline or looking to deepen your practice, this book is for you. I trust that the information and insights within these pages will inspire and empower you to make positive changes and cultivate a greater sense of well-being and happiness. So, let's get started!

And don't forget, if you have any feedback or questions, reach out to me on my Instagram account (@iamtatianaslezak) or my website (www.howtogetoutofthefog.com).

I wrote "How to Get Out of the Fog" to give ideas on how to break free from foggy feelings and get back on track. We'll dive into what self-discipline is and why, in my opinion, it's the key to getting out of the fog.

Chapter 1

Power of Intention

The power of intention is the seed that grows into reality.

Plant it with care and cultivate it with discipline.

— (Author)

Are you looking to build some self-discipline in your life? Setting intentions is a great way to do that. When you set intentions, you're setting goals for yourself and committing to working towards them. Having a clear intention can be an incredibly powerful tool that can help you stay focused and motivated, especially when you're feeling uncertain or faced with challenges. When you have an intention, it's like a compass that guides you in the right direction, even when the fog is thick.

To make sure you're setting effective intentions it's important to think about why you want to do this. Understand your motivations and goals for building self-discipline. Ask yourself what your goals are and what you hope to achieve. Understanding why you want to build self-discipline can make your intentions more meaningful.

Another important tip is to write down your intentions. Writing them down makes them more concrete and helps you to stay more focused on your goals. It also provides a reference point to refer back to when you're feeling unmotivated or unsure about your progress.

It isn't just about self-discipline. You can set intentions for all areas of your life, like relationships, careers, personal growth, and more. It's a way to align your actions with your values and priorities.

As a bioresonance practitioner, I use intention setting to focus my actions and achieve desired outcomes, whether before seeing a client, meeting with my team, or starting a writing project like this book. It helped clarify my purpose and make the writing process more focused and effective.

My intention for writing this book is to provide valuable insights, strategies and techniques for individuals to improve their overall well-being, reduce stress, and increase self-awareness. My 'why'

for this intention is that I want to empower people to prioritise their mental, emotional and physical health and inspire them to make self-care a regular habit in their daily life.

You can write intentions on various topics. Some examples might be:

- I want to lose weight to reduce my body fat percentage to 20% and improve my cholesterol levels.
- I want to save \$20,000 in my emergency fund and \$50,000 for a down payment on a house to provide stability for my family.
- I want to learn Spanish because I want to be able to hold a conversation in Spanish and read Spanish literature.
- I want to start daily meditation to reduce my stress levels by 20% in order to increase my focus and productivity.
- I want to read more self-help books because they can help me better understand myself and the world around me.
- I want to start a daily exercise routine because I want to run a 5K in under 30 minutes and deadlift double my body weight to improve my physical health and self-confidence.
- I want to volunteer regularly by spending at least 4 hours per month at a local soup kitchen or homeless shelter to give back to the community and help those in need.
- I want to improve my time management skills in order to increase my productivity by 25% and reduce my time spent on unnecessary tasks by 50%.

Setting intentions can be helpful in staying motivated and focused on your goals. I think that having a written intention is important. It's something you can refer back to which reminds you of why you started and helps you stay on track. For example, perhaps your intention is to exercise more. Should you ever feel unmotivated, revisiting your intention can remind you of the bigger picture and help you stay motivated to continue working towards your intended goal.

Setting an intention to read and engage with this book can help you stay focused and motivated to gain insights from the information provided. It can also help you apply what you learn to your own personal and professional growth. An example might be:

My intention for reading this book on self-discipline is to understand the key strategies and techniques for building self-discipline and incorporating them into my daily life. My 'why' for this intention is because I want to improve my ability to set and achieve goals, manage my time more effectively, and increase my productivity in both my personal and professional life.

At the end of this book, you will find an exercise to help you set intentions effectively. It's a tool for anyone looking to improve their self-discipline and self-care. I recommend and encourage you to take the time to work through the exercises.

Chapter 2

Read First, Apply Later

Knowing is not enough; we must apply.

Willing is not enough; we must do.

— Bruce Lee

Unless this is your first time reading a self-help book, I know what you might be thinking while browsing quickly through or looking at the Table of Contents: "I've read this stuff before." And you're probably right! A lot of the information in this guide can be found in other books too. But here's the thing: just knowing something doesn't mean you do it. We all know about eating a healthy diet, but how many of us do so? We all know the drill, that exercise is good for us, and we even know the exact moves we should be doing — but let's be real! How many of us are actually sweating it out regularly? We all know that sleep is crucial, and staring at our screens before bed is a no-no, but how many of us are putting our phones down before catching some z's? And this is just the tip of the iceberg.

That's why I want to present this information differently, in a way that's easy to understand and act upon. In today's world, access to information is easier than ever. With the internet at our fingertips, it's easy to get overwhelmed with the vast amount of information available, like the countless tutorials, tips, and how-tos on YouTube. Sifting through the noise, selecting the important bits, and turning that knowledge into action is the real skill.

You're most likely busy and have a lot going on. But I promise you, if you invest the time in reading this book and doing the exercises, it will be worth it, and you'll start to see real changes.

The ideas and concepts in this book are not just something I've researched but are ideas and methods that I use in my own life and my sessions, and I want to share them with you.