

You Are Here...??

Step 1. Where Is Here?

Knowing WHY you're here is the beginning to knowing where HERE is.

This requires a self assessment. Finding your imbalances can open your eyes to new revelations when it comes to your health and life.

Get clear on what you DO want. Find a role model and do what they did to get what they have. I.e., better athlete, find a super star and model them. Lose weight, find a proven program and mentor and stick with it. Better relationships, seek out a couple you admire and follow in their footsteps, and so on...

Step 2. Clear It Out

Do some spring cleaning in all areas of your life. Eg., your counters or kitchen table; your car; your purse or duffle bag; your garage; your basement; or 'spare' room.

Clutter takes up space in more than the tangible area it lays in...it clutters your mind and takes away your ability to focus.

Declutter your mind. Write out all of your plans, goals, to do's, etc. Dump them from your mind and keep them in a safe place for later use.

"A cluttered desk is a ..." So what then is an empty desk?

Step 3. Clear the Air (the Frigidaire)

Clean out the junk. Eliminate temptations and self sabotage.

Fill it with REAL food. If it doesn't rot or sprout, toss it out!

Step 4. Walk It Off (Exercise)

Did you know that walking, yes, just walking, is one of the best and fastest ways to trim those extra inches? (Thin Thighs in 30 days.)

Walking releases endorphins, can "reduce stress hormones and alleviate mild depression. Regular exercise, through the production of feel-good **endorphins**, can improve mood and self-esteem," according to WebMD.

Step 5. Be Accountable

Having an accountability partner or a coach, or mentor help you stay on track (we'll do more for others than ourself), gives you someone to bounce your thoughts and ideas off of, and helps you measure and track your success while keeping you engaged.

Step 6. Relax, Don't

Sweat the Small Stuff

It's ALL small stuff. Ask yourself, "Will this matter in 5 days, weeks, months, or years? Not likely. See things as they ARE, not worse.

Step 7. Change Your Thoughts, Change Your Life

Your thinker and Prover mind...

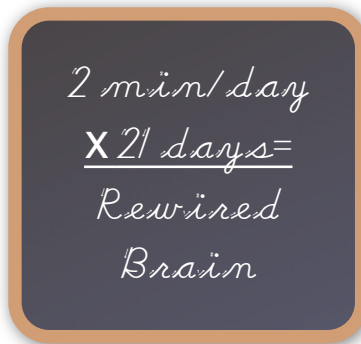
The 10/90 rule (a recent Harvard study): says that your external world accounts for 10% of your happiness. The other 90% is how you see your world. Shawn Achor, an American Happiness Researcher from Harvard, says, "...if we can change the lens, not only can we change the happiness, we can change every single business and educational outcome at the same time."

Do this by practicing one of these simple steps daily - 2 min/day for 21 days:

- 3 new things you're grateful for
- Journaling one new positive thing
- Meditating
- Exercise
- Random Acts of Kindness



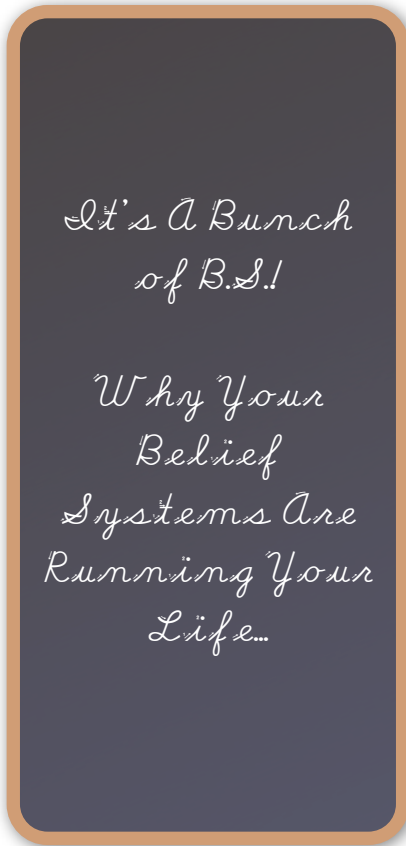
Mind Games



Did You Know...?

Shawn Achor, Happiness Researcher, Harvard says...

“If we can increase somebody’s level of positivity in the present, then their brain can now experience what we call a Happiness Advantage, which is your brain in the positive performs significantly better than it does in the negative, neutral or stressed. Your intelligence rises, your creativity rises, your energy level rises. Your brain on positive is 31% more productive than in negative, neutral or stressed. 37% better at sales.”



All personal breakthroughs begin with a change in beliefs.

Here are ten examples of empowering beliefs to try on:

- “1. The past does not equal the future.
2. There is always a way if I’m committed.
3. There are no failures, only outcomes—as long as I learn something I’m succeeding.
4. If I can’t, I must; if I must, I can.
5. Everything happens for a reason and a purpose that serves me.
6. I find great joy in little things... a smile... a flower... a sunset.
7. I give more of myself to others than anyone expects.
8. I create my own reality and am responsible for what I create.
9. If I’m confused, I’m about to learn something.
10. Every day above ground is a great day.” Tony Robbins

Top 10 things people want more of in life:

- #1 Want: Happiness
Challenge: “Not knowing what I want to do.”
 - #2 Want: Money
Challenge: “Not having enough to do what I want to do.”
 - #3 Want: Freedom
Challenge: “Have freedom to find my true purpose, or be lit up by the day-to-day at work.”
 - #4 Want: Peace
Challenge: “Lack of clarity about who I am and my purpose.”
 - #5 Want: Joy
Challenge: “How to find it at work.”
 - #6 Want: Balance
Challenge: “Balancing my need and desire for flexibility while earning enough money and having the benefits I want.”
 - #7 Want: Fulfillment
Challenge: “Utilizing my potential to best serve myself and others.”
 - #8 Want: Confidence
Challenge: “Feeling like I have something of value to offer.”
 - #9 Want: Stability
Challenge: “Not knowing what to do next to keep me afloat, now and later.”
 - #10 Want: Passion
Challenge: “Overcoming negative feelings due to career setbacks.”
- Kathy Caprino

Now it's time to take those first steps to better health and happiness!

Your treasured life awaits YOU!!