MY PRIORITIES

1) _____

2) _____

3) _____

Health must ALWAYS be maintained for the above goals. Health consists of:

1) ***Diet – Mostly high calorie foods!***
   a) High Carb Low Fat, whole foods, wide nutrition profile, raw if possible.
   b) Avoid known irritants such as oil, excess salt, spiciness, allergens, etc.
2) ***Hydration – All day!***
   a) Upon waking, before every meal, all around exercise, and before bed.
   b) Some people do not feel thirst, they confuse it for hunger. Try drinking water until your "hunger" begins to feel different, like true desire for food.
   c) Aim for clear pee ~10 times a day! Post a urine chart in your bathroom.
3) Sleep – Early nights!
   a) Sleep helps in regulating hormones & digestion plus provides energy.
   b) Shut off electronics up to an hour before bed. Have a pre-bed routine which includes calming practices like aromatherapy, tart cherry juice, etc.
   c) Fresh air is important! Have a window open or cracked for best results.
4) Exercise – Daily lymph pumps! Challenge yourself!! :)
   a) Devote consistent time, even if just for walking 20-30 minutes per day.
   b) Work out at least once per week, doing more activity than normal for you.
5) ***Environment – Sun & Fresh Air + Clean & Tidy Workspaces***
   a) Enjoy the Nature around you! Trees produce hormones which make us feel more relaxed. Being outdoors allows us to feel less overwhelmed.
   b) Keeping areas clean and organized help us to feel safe and productive.
6) ***Mindset – Positivity & Gratitude***
   a) Be thankful for what you already have! Most of us are very fortunate, even if bad things exist, they are likely the minority and can be fixed.
   b) Anything is only what *you* make of it. Things are only going well if *you* believe they are. Be happy, take a deep breath, smile!
   c) Practice self-care techniques such as meditation, EFT, and journaling.