

MY PRIORITIES

- 1) _____
- 2) _____
- 3) _____

Health must be kept up at **all times** in order to fulfill the above goals.
Health consists of:

- 1) Diet - Mostly **high calorie** foods
 - a) Eat excess carb calories, a wide nutrition profile, and raw foods
 - b) Avoid known negatives such as spicy, salty, fatty foods, and oils.
- 2) Hydration - All day
 - a) After **waking**, before **meals**, around **exercise**, and before bed.
Aim for clear pee ~10 times a day!
- 3) Sleep - **Early nights**
 - a) If work prevents them then nap or have make-up days. Window should be open for fresh/clean air!
- 4) Exercise - Pump your lymphatic system **everyday**
 - a) Devote time, even just walking for 20-30 minutes.
 - b) Work out **at least** once a week. Challenge yourself.
- 5) Sun/Fresh Air
 - a) Time in **nature** is important. **Relax**, be green.
- 6) Positive attitude/outlook - Attitude of gratitude
 - a) Things are what **you** make of them. Anything is only positive if **you** think it is. **Be happy**, smile!
 - b) When in doubt: open windows, stretch out, and inhale deeply.
Oxygen will help wash the worries away.