8 TO GREAT

TIPS TO THRIVE IN YOUR WELL-BEING

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1. START YOUR DAY WITH WELL-BEING

WHETHER YOU GET UP AND GO FOR A WALK; OR YOU TAKE TIME TO STRETCH OR MEDITATE - BEFORE YOU CHECK YOUR EMAIL, OR TAKE CARE OF ANYTHING ELSE, TAKE THE TIME TO TAKE CARE OF YOU! MAKING THE TIME IN THE MORNING PAVES THE WAY AND SETS THE TONE FOR THE REST OF YOUR DAY!

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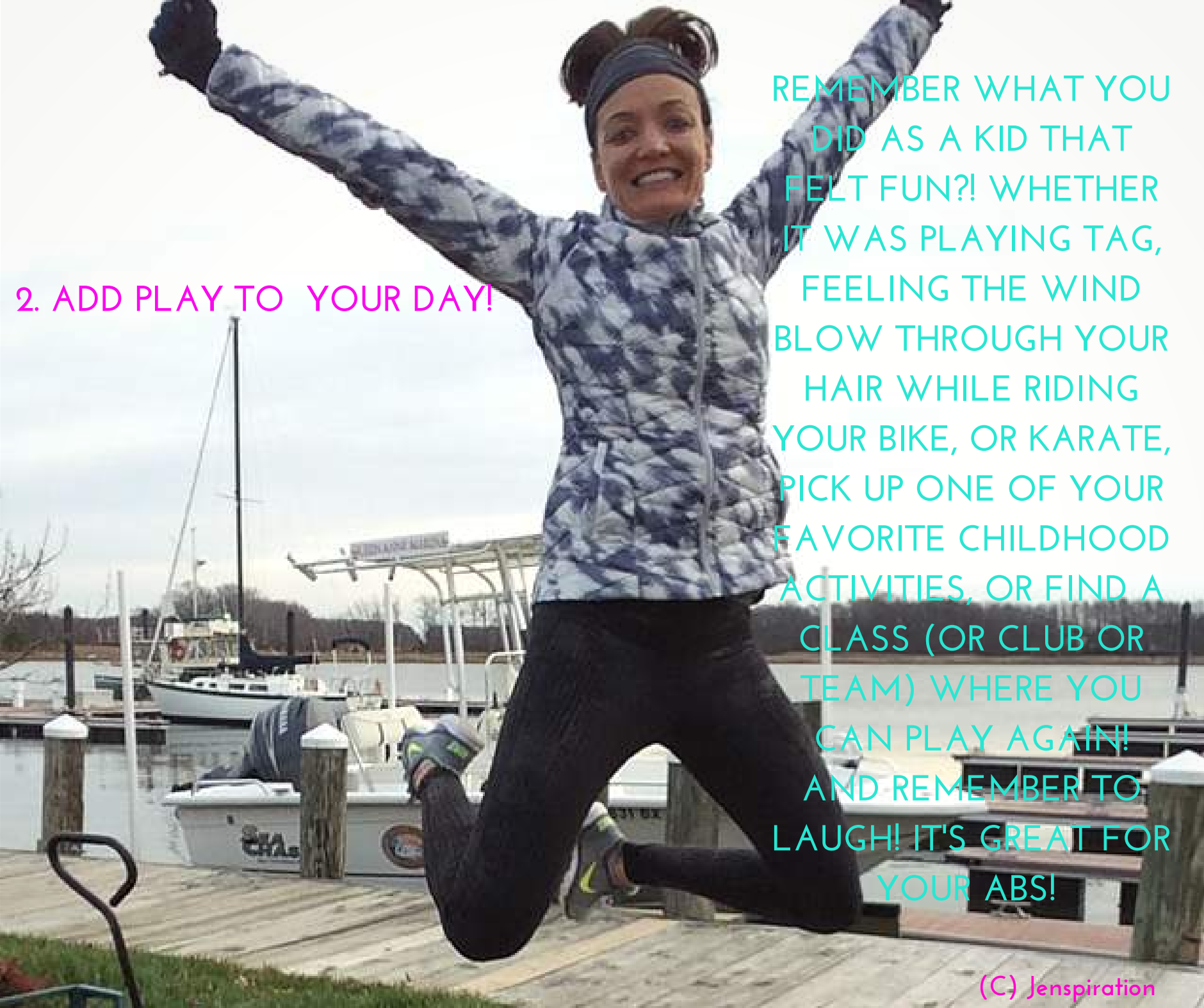
2. ADD PLAY TO YOUR DAY!
REMEMBER WHAT YOU DID AS A KID THAT FELT FUN?! WHETHER IT WAS PLAYING TAG, FEELING THE WIND BLOW THROUGH YOUR HAIR WHILE RIDING YOUR BIKE, OR KARATE, PICK UP ONE OF YOUR FAVORITE CHILDHOOD ACTIVITIES, OR FIND A CLASS (OR CLUB OR TEAM) WHERE YOU CAN PLAY AGAIN! AND REMEMBER TO LAUGH! IT'S GREAT FOR YOUR ABS!
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3. BE ACTIVE WITH A BUDDY

YOU'RE MORE LIKELY TO STICK WITH SOMETHING IF YOU HAVE A BUDDY THAT'S PLANNING TO MEET YOU! OR, IF YOU PREFER, DO YOGA WITH YOUR CAT, WALK YOUR DOG (OR VOLUNTEER AT A SHELTER TO WALK DOGS). VOLUNTEERING HELPS BOOST OVERALL WELL-BEING! DO GOOD: FEEL GOOD!

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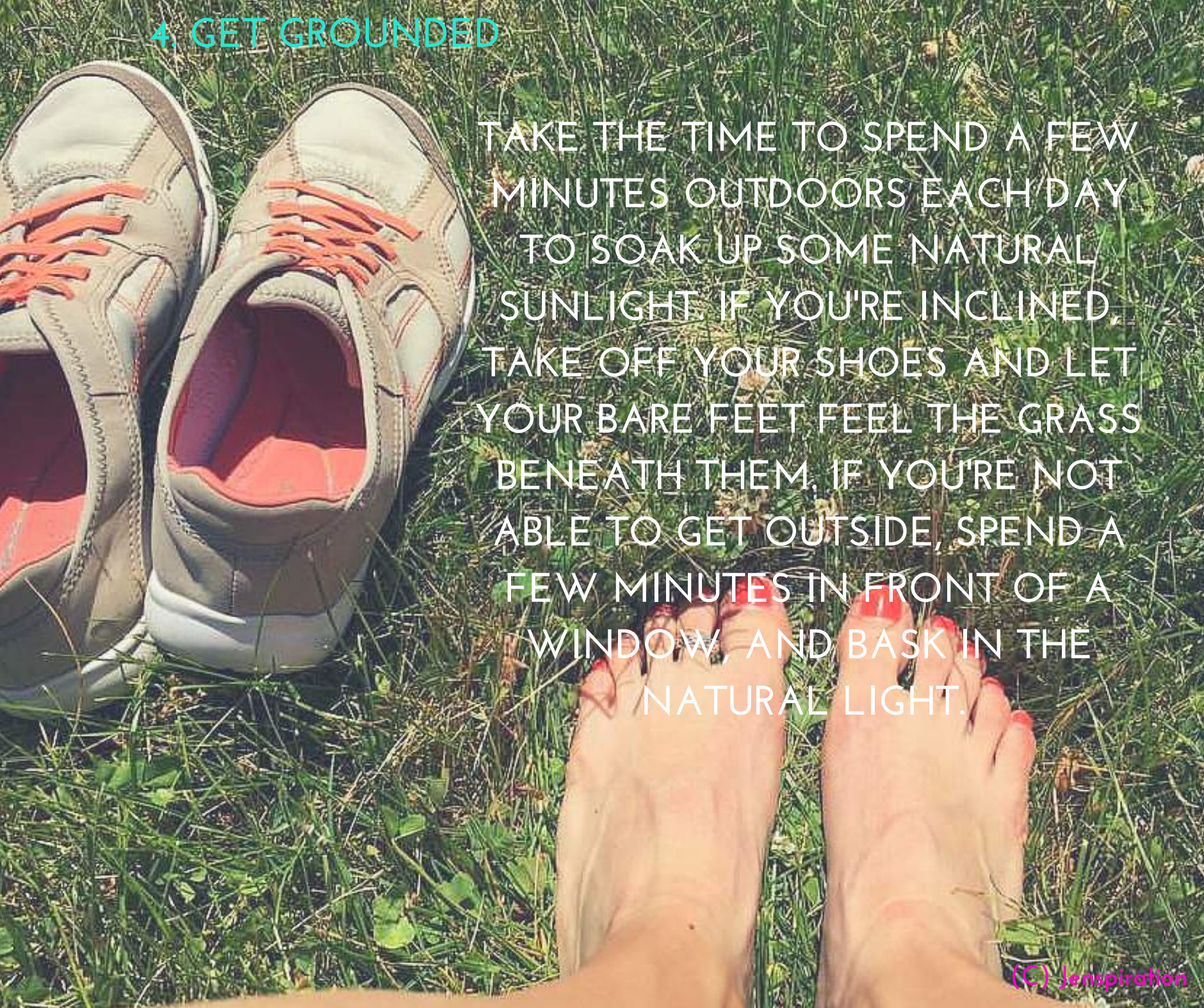

4. GET GROUNDED

TAKE THE TIME TO SPEND A FEW MINUTES OUTDOORS EACH DAY TO SOAK UP SOME NATURAL SUNLIGHT. IF YOU'RE INCLINED, TAKE OFF YOUR SHOES AND LET YOUR BARE FEET FEEL THE GRASS BENEATH THEM. IF YOU'RE NOT ABLE TO GET OUTSIDE, SPEND A FEW MINUTES IN FRONT OF A WINDOW, AND BASK IN THE NATURAL LIGHT.

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5. ATTITUDE OF GRATITUDE

WHAT WE FOCUS ON EXPANDS! FOCUS YOUR THOUGHTS ON WHAT YOU APPRECIATE; AND MORE OF WHAT YOU APPRECIATE WILL COME TO YOU! START A GRATITUDE JOURNAL TO WRITE DOWN 3 THINGS (OR MORE) THAT YOU'RE GRATEFUL FOR EACH DAY. OR, WHILE YOU'RE DRIVING OR WALKING, GIVE THANKS (SILENTLY OR OUT LOUD) FOR EVERYTHING THAT YOU SEE/EXPERIENCE!

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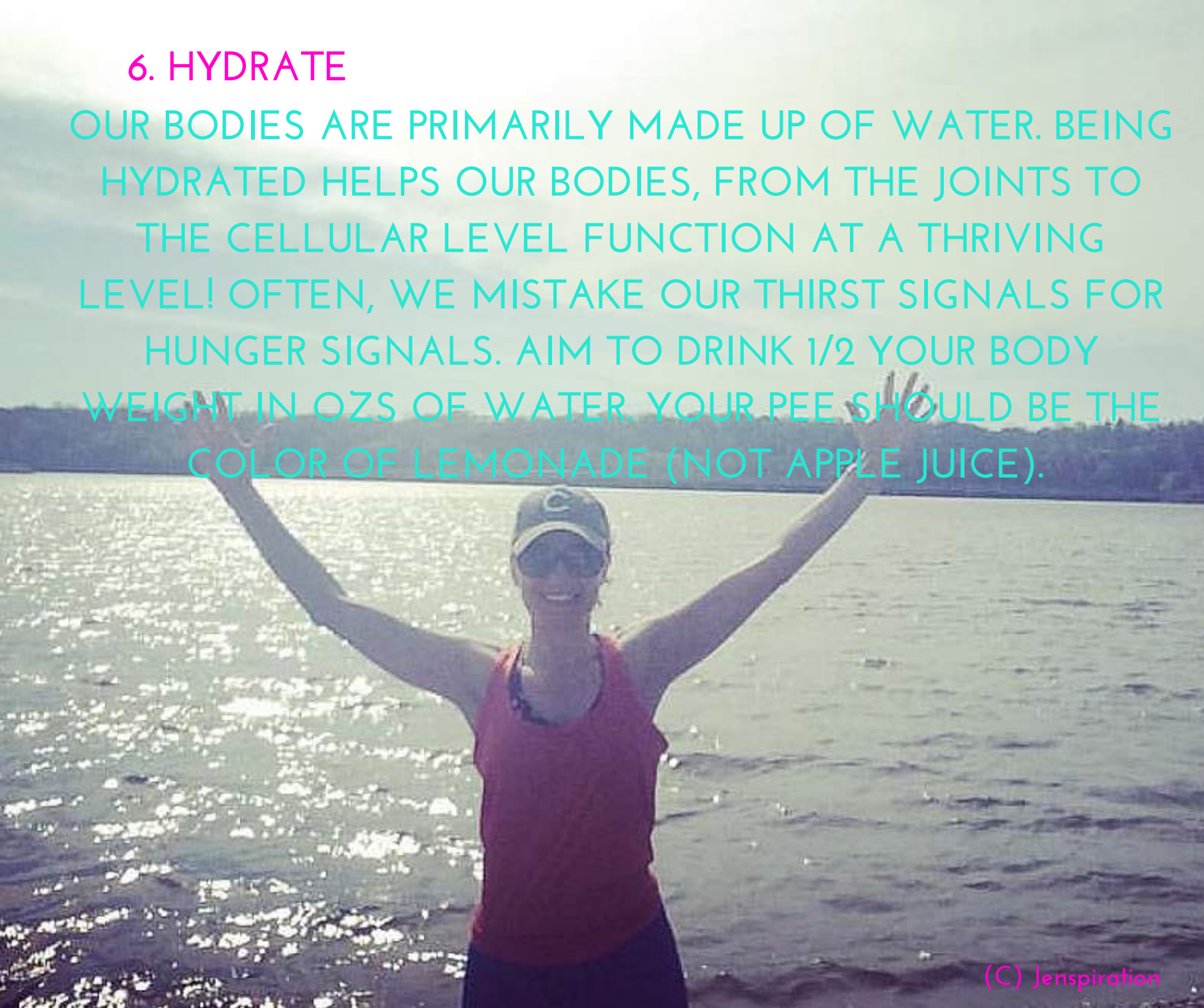
6. HYDRATE

OUR BODIES ARE PRIMARILY MADE UP OF WATER. BEING HYDRATED HELPS OUR BODIES, FROM THE JOINTS TO THE CELLULAR LEVEL FUNCTION AT A THRIVING LEVEL! OFTEN, WE MISTAKE OUR THIRST SIGNALS FOR HUNGER SIGNALS. AIM TO DRINK 1/2 YOUR BODY WEIGHT IN OZS OF WATER. YOUR PEE SHOULD BE THE COLOR OF LEMONADE (NOT APPLE JUICE).



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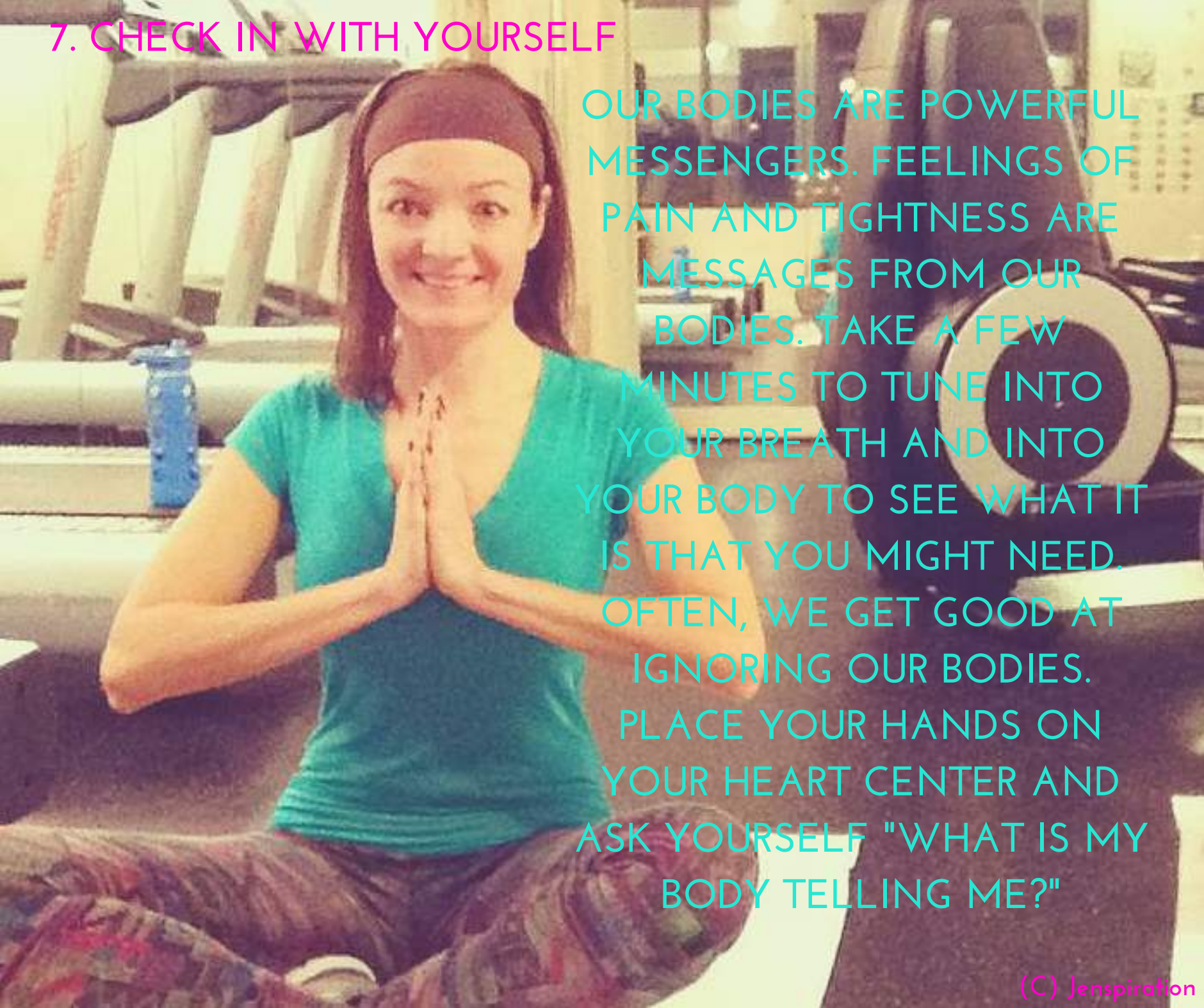

7. CHECK IN WITH YOURSELF

OUR BODIES ARE POWERFUL MESSENGERS. FEELINGS OF PAIN AND TIGHTNESS ARE MESSAGES FROM OUR BODIES. TAKE A FEW MINUTES TO TUNE INTO YOUR BREATH AND INTO YOUR BODY TO SEE WHAT IT IS THAT YOU MIGHT NEED. OFTEN, WE GET GOOD AT IGNORING OUR BODIES. PLACE YOUR HANDS ON YOUR HEART CENTER AND ASK YOURSELF "WHAT IS MY BODY TELLING ME?"

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8. REST AND RECHARGE

WHILE YOU'RE GETTING YOUR ZZZ'S, YOUR BODY IS REBUILDING - MENTALLY & PHYSICALLY. TURN OFF YOUR TV, CELL PHONE & TABLET 30 MINUTES PRIOR TO YOUR HEAD HITTING THE PILLOW. GETTING YOUR BEAUTY SLEEP BOOSTS YOUR PERFORMANCE AND HELPS YOUR BODY REGULATE YOUR METABOLISM, STRESS LEVELS, AND WEIGHT.

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8 TO GREAT

Pick one item to thrive in this week. Next week, add another. Keep it up for 8 weeks! It all doesn't have to be perfect. Try something out in each area and see how you feel!

1. Start your day with well-being
2. Add play to your day
3. Be active with a buddy or join a group
4. Get grounded
5. Shine with an attitude of gratitude
6. Hydrate
7. Check in with yourself
8. Rest & recharge

If you would like to help boost your thrive factor, connect with me! Online, face-to-face, and telephonic health coaching and personal training sessions and challenge groups available! www.jenspiration.com