

Success Habits

3 Gratitude's or a Random act of kindness

Trains brain to scan the world for positive and things to be thankful for.

Daily Journal

Allows brain to re-live positive experiences. Allows you to see patterns & clues to beneficial behaviour. Track goals.

Meditation

Trains brain to focus to the task at hand.

Visualize

(What you think about, you bring about)
Intentionally create your day and future.

Affirmation with E.F.T.

A one sentence affirmation containing qualities you most want.

Review Values

List your values and principals that are most important to you.

Clarify Goals

List achievable steps/outline and timeframes on way to result/outcome.

Daily Health Habits

Floss Teeth or Oil Pulling

Prevent Gum Disease. Risk for heart disease among people with gum disease is double that of people who don't have gum disease & you are 3 x more likely to have a stroke.

Exercise or Brisk-Walking 30 mins

Lowers risk of heart-disease, cancer, stroke, type II diabetes. Burns calories, Improves posture, Lowers blood pressure, promotes better sleep, Increases levels of oxygen in your body, Improves mental performance & mood, Reduces anxiety & stress, Boosts immune system, Slows the aging process. Lose weight.

Deep-Breathing

The more oxygen you put into your lungs, the more energy you will have.

Dry Skin Brushing (Brush in direction of heart in counter-clockwise, circular strokes, starting at feet, shower afterwards)

Helps rid body of toxins, cellulite, dead skin layers, strengthen immune system, stimulates lymph glands, better body performance, increases cell renewal, improves blood circulation, makes skin look younger.

Daily Diet Habits

Apple-a-Day

Healthy heart fibre, virtually no fat, decrease risk of colon & lung cancer, prevents tooth decay, gum disease and urinary tract infections, lowers bad cholesterol.

Drink Green Tea

Burns more fat, boosts metabolism, loaded with Antioxidants (protection from cancer + other diseases), controls appetite.

8 glasses of water

Converts food into energy, carries nutrients throughout body, regulates body temperature, hydrates body, good for heart, burns calories.

Eat Oatmeal

Reduces heart disease, sustained energy all day, filling.

Fatty Fish (Tuna, Mackerel, Salmon)

Omega-3 fatty acids which stabilize blood sugar, decreases risk of coronary artery disease, increases mental function, lowers bad cholesterol.



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Page 1 of 2.

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Daily Diet Habits (cont)

Flaxseed

Healthy, trim body. Lowers cholesterol, contains essential Omega 3-6 Fatty Acids, contains soluble & insoluble fibre, prevent cancer, immune and inflammatory disorders, boosts metabolism.

Soy

Reduces breast, colon & prostate cancer, stronger bones, lowers cholesterol, decreases fat stores, lowers insulin levels, increases lean-muscle mass, improves energy levels, contains anti-cancer agent.

Nuts (Almonds, macadamia, cashews, pecans)

Contains healthy omega fatty acids, less heart disease than those who stay away from them, lowers risk of heart attack by 50%, pecans control cholesterol levels.

Food with vibrant colour pigments

Prevents heart attack, cancer, stroke, diabetes, full of potent antioxidants.

Garlic

Protects body, lowers blood pressure, lowers bad cholesterol, powerful anti-oxidant, natural potent anti-biotic.

Supplements

Vitamin E (100 units)

Antioxidant, prevents stroke, cancer, heart disease.

Multi-Vitamin Tablet

Prevent cancer, cardiovascular disease, osteoporosis.

Coenzyme Q10 (no more than 60mls)

Healthy heart, increased energy, found in every cell of body, powerful anti-oxidant, helps cells produce more energy.

Pro-Biotics (Friendly bacteria)

Enhances immune response, decrease cholesterol, better digestion.

Selenium (essential trace-mineral)

Powerful anti-oxidant, protect cells against free radicals, reduce risk of cancer.

Lecithin (powder/capsules)

Burns fat faster, protects cells from oxidation, provides liver support, lowers blood cholesterol, protects against heart attack & stroke.

Other Supplements

Apple-Cider Vinegar

(Raw/Organic/Undistilled) Provides body with potassium, enzymes & other vitamins for healthy digestive & circulatory system, normalizes weight, improves digestion, removes toxins, relieves muscle stiffness, natural anti-biotic, helps keep skin, tissues and joints youthful, fights arthritis, removes crystals and toxins from joints, tissues and organs.

Grape Seed Extract

Powerful anti-oxidant, neutralize free radicals, prevent cancer, heart disease, premature aging, look younger, live longer. 50 x more powerful than Vit E, 20 x more powerful than Vit C. Reduce skin aging, increase capillary strength, enhance cardiovascular function, strengthen heart, stimulate hair growth, reduce bad cholesterol.



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