

5 Steps

**TO PUT YOUR  
HEALTH AT THE  
HEART OF YOUR  
DAY!**

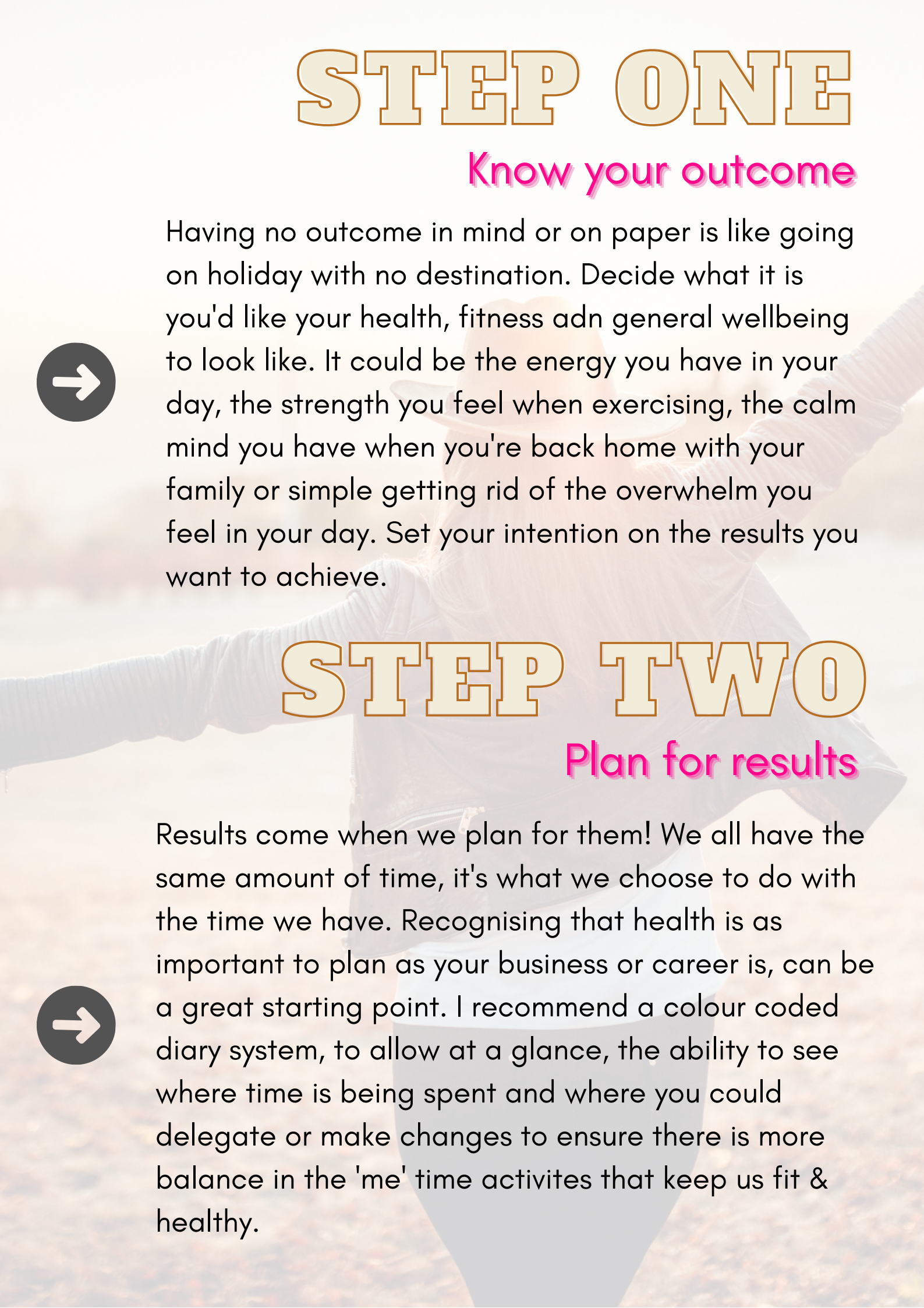


**EMPOWER YOUR ENERGY FOR LIFESTYLE**



# STEP ONE

## Know your outcome



Having no outcome in mind or on paper is like going on holiday with no destination. Decide what it is you'd like your health, fitness and general wellbeing to look like. It could be the energy you have in your day, the strength you feel when exercising, the calm mind you have when you're back home with your family or simply getting rid of the overwhelm you feel in your day. Set your intention on the results you want to achieve.

# STEP TWO

## Plan for results

Results come when we plan for them! We all have the same amount of time, it's what we choose to do with the time we have. Recognising that health is as important to plan as your business or career is, can be a great starting point. I recommend a colour coded diary system, to allow at a glance, the ability to see where time is being spent and where you could delegate or make changes to ensure there is more balance in the 'me' time activities that keep us fit & healthy.



# STEP THREE

## Create routines

When we create routines we are essentially planning our success. These routines are very much linked to habits. Compartmentalising time to do activities for either work or play is much more effective at ensuring it gets done, rather than darting from one thing to another or even multitasking. By using 'block time', we focus more clearly and become faster and more efficient at getting more done in less time without feeling 'frazzled'.

# STEP FOUR

## Embrace flexibility

Inevitably there will always be things that 'come up' that may throw us off course. Flexibility is paramount in order that we're not de-railed by the things we can't control. Being flexible is remaining calm and operating from our intellectual brain with rational thoughts, creatively figuring out how to make a positive impact on the situation. Every day is a new chance to progress and grow. The more we're able to bend with ease, the less likely we are to break.



# STEP FIVE

## Take consistent action



Being consistent & taking action daily will increase momentum and therefore allow us to create habits that our 'auto pilot' handles with ease, freeing up our mind to focus on new tasks. It's not what we do once or twice a week when we remember, it's what we do consistency that is shaping our outcomes and results.

# QUICK WINS!



**BODY** - Add movement into your day, whether it's a break from your desk or a walk outside.

**BRAIN** - Reframe limiting beliefs, simply find the alternative one that serves you.



**NUTRITION** - Reduce or cut out refined sugars in foods and drinks.

**NURTURE** - Stop in the moment and practise breathing - enhancing awareness of how you feel.

WANT TO GET  
STARTED!

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