

# 7 THINGS *you must know* TO FEEL FABULOUS TODAY



one

## Personal development / positive mindset

Take Charge of your Life!

At some point, everyone wants to improve or change things in their lives. A personal development plan can help you reach the goals you have been dreaming about.

Whether you want to take on new challenges, enhance your work performance or change unhealthy habits, creating a personal development plan is a great way to ensure success.

1. Decide what you want to change
2. Write down your goals
3. Make sure your goals are achievable
4. Seek out a mentor / get support / download motivational mp3's or mp4's to watch or listen to whilst commuting or exercising!
5. Believe in yourself, commit to your plan, visualize your goal, get to work!



two

## Eat clean and plan your meals / shopping

Meal planning makes a big difference when it comes to sticking to a dietary change. 5 minutes spent planning can prevent you from falling off the wagon!

Benefits of planning your meals for the week are: Save money, Eat Real Food, Eliminate Food Wastage, Less Stress, Save Time, Add Variety.

Benefits of a shopping list: I have my shopping list in Excel, and regular items I purchase are on this list. That way, it saves time & is easy to check your list what you need, and then add on any extras for the week! It's fast, and a great way to keep the shopping bill down, and not end up buying things you don't need, stops temptations!



# three

## Exercise – Fitting in Fitness!

- Aim for 30 minutes per day.
- 10 / 10 / 10 = According to the latest science, multiple short sessions of exercise provide the same health and fitness benefits as a one uninterrupted workout. Fit your fitness into nooks and crannies of time! Aim for a minimum of three short 10 minute sessions of exercise per day... No more excuses of no time!

Easier Than You Think... Treat these 10 minutes like you would a regular workout. Take one to two minutes to warm up and get the muscles ready, including stretching. Follow with at least seven minutes of exercise at a medium or high intensity. Then make sure to include a 60-second cool down.

Since it's brief, it's important to work at a fairly high intensity to obtain all of the benefits. Work at raising your heart and respiration rates. Just like regular workouts, try to include cardio, strength training and flexibility work in your shortened routine. Either knock out all three during the 10 minutes, or plan a 10-minute segment for each area.

It only takes 30 minutes a day, broken up into manageable chunks of 10. Start with a quick exercise when you wake up. The second session? A lunch break is possibly the perfect time to re-energize and get the blood flowing again. The last 10-minute blitz could come in the evening, even while you are watching TV.



It's an ideal way to involve the family as well. Go for a power walk after dinner with your spouse or ride bikes with the kids. It is all about convenience; if you try, you can fit exercise into your schedule no matter where you are. Do it at home or at work, outside or in the living room. Start building exercise spurts into your daily routine and you'll start feeling better.

- exercise bonus = Feel good hormones
- when you exercise, your body releases endorphins that make you feel fabulous!
- help lift mood through improved fitness
- help improve sleeping patterns
- increase energy levels
- help block negative thoughts or distract people from daily worries
- help people feel less alone if they exercise with others.

# four

## Write things down

Be organized, organize your day night before, run your day or day will run you!

By making a list will make you more organized, productive and efficient. But did you know that there are actual health benefits to list making too?

- **Reduce Anxiety:** How many times have you said... "I have a million things to do – how am I going to get it all accomplished?" A list will help to ease those fears. As soon as you start writing things down on paper and get it out of your head — your stress levels will drop.
- **Improve Focus:** Using your list as a roadmap will help you to keep your eye on the prize. Having a tool to keep your focus will help you in all aspects of your life. You'll find that soon you are getting much more done throughout the day and have time to do the things you really love.
- **Increase Self Esteem:** One of my favorite things to do is to cross some thing off my list. Once you do this you will feel an amazing sense of accomplishment. This boost of self esteem really helps to keep you motivated and productive.
- **Organize Your Thoughts:** get your thoughts down on paper. Write a list and think about all the steps that will help you accomplish your goal - If you declutter your mind and write out a list your thoughts will be less jumbled in all areas of your life.
- **Bonus time:** You end up with more time for you, because you're more organized and get things done! And, more relaxed!



# five

## Make an appointment with yourself (me time) - no matter what

As overscheduled as our lives are these days, it can be quite a challenge to find time for yourself.

There are a few things you can do, such as using your lunch hour effectively, waking up a little earlier than everyone else when it's quiet, and temporarily disconnecting from your gadgets.

But if you've tried these tricks and still can't seem to find any time to schedule for yourself, then you may need to take a hard look at your schedule and your priorities. Schedule time in your diary for YOU!

Some ideas your can do for yourself: get your nails done regularly, schedule a budget blow-dry at a local salon, book a massage once a fortnight, or just run a bath, read a book, or schedule two nights a week to get to bed early for you!

When you start doing something for yourself, you feel good about yourself! It feels strange at first, but you deserve it!



six

## Outsource where possible

Time v's money / money v's time...  
If you're completely over-whelmed, how can you use your time more wisely??

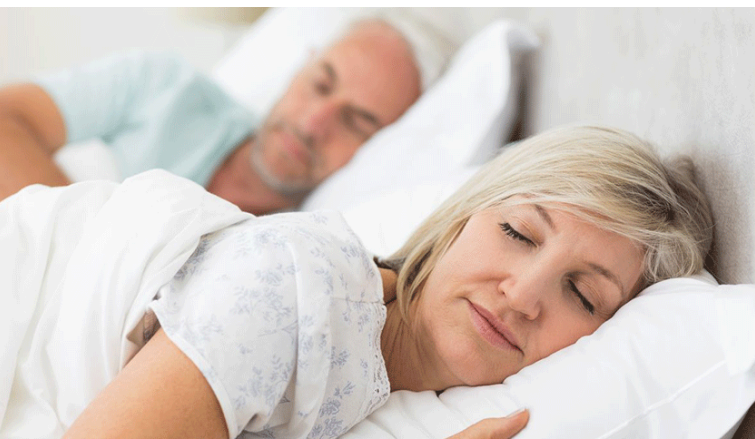
By outsource chores by hiring a cleaner or a gardener can end up saving so much time and energy that the cost is well worth it - as long as you use your newly freed-up time wisely!

seven

## Get 7-8 hours sleep a night

Sleep helps manage your appetite  
Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more....

Lack of sleep can make you put on weight by drastically slowing your metabolism down, according to a study by scientists at Uppsala University in Sweden. The researchers suggested getting plenty of sleep might prevent weight gain.



And, here's number 8.....  
if you're totally serious about losing weight, looking better & feeling fabulous...

eight



visit [www.FeelFabulous.Today](http://www.FeelFabulous.Today)  
and request a consultant call you  
to have a chat about how you can  
you start feeling fabulous today!

Our Feel Fabulous Programme:

- Helps to Controls & Normalizes your appetite, so you don't feel hungry
- Reduces centimetres and the appearance of dimply skin
- You can still eat a regular meal a day with the family, so you don't even feel like you're on a diet (and your family doesn't feel like they're on your diet with you!)
- Nutritionally balanced, so you get all the nutrition you need daily
- Helps boost energy and vitality
- And, the best part is the price, it's only \$3.90 per meal supplement!

You also receive:

- Personal one on one support, with your own Coach
- Online Support through Facebook support, which includes daily healthy meal ideas, healthy snacks, mini exercise plans you can easily do at home, motivation, and daily smoothie recipes!
- Meal Plans

IT WORKS!

