

## 10 FREE TIPS TO IMPROVE YOUR LIFE

*These 10 tips below will help you to get started and will make a huge difference to your life... so let's go!*

[1] We all have a **STORY**. Something we tell ourselves over and over. For example, "I am sick." "I always lose." "I am big boned." "I am poor." "My problem is genetic and there is nothing I can do." and on and on it goes. **What is your story?** If your story is not supportive or empowering, tell yourself a new story... and keep telling yourself until you believe it. Change your story and change your life!

[2] Have **FUN** and find fun in life. Do something different that makes you laugh. Why? Well, when you feel happy and good about life and about yourself you are more powerful and attract great things and people into your life. More about laughter below...

### Laughter is Great for Your Health!

- Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies; and laughter boosts your immune system which improves your resistance to disease.
- Laughter relaxes your mind and your whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed and stress free.
- Laughter protects your heart. Laughter improves increases blood flow which can help to protect you against a heart attack and other cardiovascular problems.
- Laughter triggers the release of endorphins which are your body's natural feel-good chemicals. Endorphins promote an overall sense of well-being that can even relieve pain.

[3] Make an effort to see other people's points of view. Strive to be more **LIGHT-HEARTED** and don't take yourself so seriously.

[4] **WALK** 15 minutes and then stop and walk back home – every day!

### Walking is Good for You!

*"There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Strong scientific evidence now supports the many benefits to health of regular walking."*

Source: **Ramblers – At the Heart of Walking**

[5] Be **CONSISTENT** in whatever you do and know that consistency is the secret to success.

[6] Memorise this: **T->F->A->R** – **Thoughts** lead to **Feelings** (or emotions) which lead to **Actions** and your actions determine your **Results**. What are the dominant thoughts in your mind and/or what movies are you playing over and over?

[7] Make a **START** from wherever you are **right now**. Waiting for X to happen or waiting until you get X experience or X qualification before you take action often means that you set a pattern for yourself to always be NEARLY READY and end up doing nothing.

[8] See beyond **BEHAVIOUR**. I remember many years ago seeing a drawing of a crocodile chewing a man's leg and underneath it read: *"Be Kind To Unkind People Because They Need It The Most."*

[9] Drink more **WATER** – at least 4-5 tall glasses per day.

**Every Health Condition, Illness and Disease is Affected by Water**

*"Eliminating waste is another one of the essential health benefits of drinking water... All diseases are nothing more than different expressions of toxicity.*

Source: **Water Benefits Health**

[10] Take **ACTION** today because tomorrow never comes.

*Want more tips or need someone to keep you focused and moving forward?*

*Then contact Anthony & Sho via our website: [www.passion4life.org](http://www.passion4life.org)*

