



Develop Habits for Success

7 Strategies for your success



1) Meditate Every Day

Start with 10 minutes, and work it up.

Benefits of meditation include:

- Reduced stress
- Improved concentration
- Better decision making
- A healthier lifestyle
- Increased self-awareness
- Increased happiness and acceptance
- Improved cardiovascular and immune health
- **How's that for motivation to meditate?!**
- If you don't have 10 minutes, you don't have control over your life. You can make the time!



Free Meditation Resources:

- • [Kelly Howell: Guided Relaxation](#)
- • You Tube: Multiple Free Meditations can be found
- • [The Free Mindfulness Project](#)
- • www.freemeditation.com
- • <https://www.mindful.org/audio>
- **Meditation Phone Apps:**
- • [The Mindfulness App](#)
- • Calm App (www.calm.com)
- • Headspace (www.headspace.com)



2) Eat Healthy and Train your Body

Start your day off with proper nutrition. Learn to reduce and eliminate sugar. You will experience, mental clarity, calmness, more energy and happiness.

- Develop a workout and clean eating program, Seek a trainer/coach to help
- Include yoga and or Chi Kung in your program
- Be consistent, get past the first few weeks and develop the habit
- Learn what works for your body type and blood type. (if you are always feeling bloated you are likely intolerant to the foods you are eating)
- Get a in a group of like minded people, find support and get away from the Naysayers
- Find something active that you love to do and do it!



3) Train your Mind

Find time each day to train your mind, read books that inspire, teach you, and make you laugh, and cry!

- Go here: <http://www.albertafamilywellness.org> and do the Brain Story Course, watch the Resiliency video. Learn about how your mind works and how your DNA, Family, Caregivers, have shaped who you are and why you do the things you do.
- Get a Mentor, find someone who has done the thing you want to do and ask questions!
- Limit your time on Social Media and spend quality time with your friends and family, talking face to face, playing games and engaging



4) Set Measurable Goals

Include in your goal setting: Family, Personal, Bizness, local and global.

- Set Measurable goals, hold yourself accountable, and use a group and or mentor to help keep you on track.
- Set timelines. And check in points
- Take time before you set your goals to meditate, clear your mind and have fun with the process of creation.
- If it doesn't resonate with you, let it go and come back to it at a later date and reevaluate: Old information, New eyes.
- Put your goals where you can see them daily. Update as needed.
- Join our 100 day program to help keep you on track



5) Have an attitude of gratitude

What we think about on a constant basis becomes our reality. The thoughts you have now, are shaping your future. This is a measurable fact. Be mindful of your thoughts.

- If you don't know how or where to begin, look within. Find time to be in a quiet space and reflect on your own thoughts and behaviour.
- Remove the negative Vampires from your life. Your time is too valuable to be given away to those who are not worthy of it.
- Journal Daily, and read what you have written each week, reflect and adjust your behavior as needed.
- Seek help, get a coach/mentor and positive people to support.
- Start and end your day with this, believe in the process.



6) Take Massive Action

After you Meditate, read, workout, eat healthy and set your goals, you must take massive action. You cannot rely on others to create the life you want. YOU must take the steps to make this happen. Take responsibility for where you are today.

- If you need help, seek it. Get a coach/mentor
- Take action right away, don't overthink it or you will find excuses not to do the thing.
- If you are stuck, reevaluate: ask yourself simple questions: Did I eat well today? Am I listening to the wrong people, get the facts, stay calm and make your decisions from a point of clarity.
- Ready... GO!



7) Be true to your words

Be honest and true to your words. Be of good character and not only will others see this, you will feel this within yourself. This will give you confidence and respect.

- Do what you say and say what you do, back your words with your actions.
- Don't worry if you have to adjust, be honest about it.
- If you give a promise, stick to it, abide by it.
- Give respect, and honor where others are at.

“If you propose to speak always ask yourself – is it true, is it necessary, is it kind?”

Gautama Buddha



Join us for your Next 100 Days Get inspired, Be inspired!

If you enjoy these principles, if you want to learn more, then join us for your Next 100 Days on a focus attention and intention to your life.

- Physical, Nutritional and mindfulness training.
- 100 Days of focused Attention and Intention to your life.
- Coaches/Mentors to help you along the way.
- Positive support and community .
- Proven track record.
- Simple methods to help create the life you want.

www.evolutionpersonaltrainingcalgary.com

www.coultermartialartsacademy.com