



## Feel fantastic for life



Knowledge is *not* power. Knowledge is *potential* power. Here is the “*feel fantastic for life*” formula but knowing it will not be enough unless you follow through.

This article is divided into categories followed by simple steps and tips. But first and foremost: use common sense.

### Health

Change your weight. If you carry extra weight, make an effort to change it and keep it off. If you are a:

- **Night Eater:** Limit eating after dinner to a fruit or yogurt. After you eat your last snack for the day, brush and floss your teeth. That way you will not want to go through the same process again!
- **Binge Eater:** Plan something fun to do at binge times. Also, prepare and portion snacks ahead of time, thus when the time comes to eat something, all you will need to do will simply be to take your prepared snack and not have to look in the fridge or go through all the items in the “magic” cupboard.
- **Overeater:** Increase vegetables and fruits to keep you full, and drink lots of fluids. Further, mentally condition yourself to feel differently about what you eat and convince yourself that you are full.
- **Sweet eater:** Eat a fruit before each sweet food. Don’t deprive yourself of sweets because you will end up bingeing, but eat a sweet food only if you totally need it. Simply seeing it is not a good enough reason to make you eat it.
- **Use willpower:** it's easy. If for example you see a chocolate, don’t focus on the minute pleasure you are going to get by eating it. Focus on the long-term pain you will experience by eating it i.e. not being able to wear the outfit you have seen at your favourite shop and looking like a million bucks!
- **Avoid fad diets.** They give "diets" a bad name as they let you down long-term. They simply don’t work permanently and you want a permanent change. You definitely don’t want the “yo-yo” diet syndrome. You want to change your weight for ever! Thus, fad diets are not for you.

## **Fitness**

- Keep active every day.
- If you find it boring, vary it.
- Do stretches while watching television, working on the computer, or while at a business meeting (nobody will see you stretching your legs under the table!)
- Read a book while on the stationary bike, or plan your schedule for the next day. It's the perfect time to do some time management and to figure out the best answer to your business concerns.
- Listen to music while on the treadmill and feel yourself moving up in the ladder of success. Visualize yourself being at the very top and being the best you can be.

## **Image**

When you feel good about yourself, it's easier to eat well and be active

Improve the way you look and feel by:

- Walking tall: have you ever seen a loser or a depressed person walking tall? NO! Only successful and happy people walk tall.
- Taking an extra five minutes a day to care about how you look: the way you look will change the way you feel.
- Smiling: your facial expressions (there are over 80 muscles on the face alone!) determine the way you feel. Try it! When you are really angry or frustrated by a situation, try smiling. How long do you think you can stay angry with a smile on your face? 5 seconds, tops!
- Being positive: don't sabotage your own success. If something goes wrong, in your life, in your business, in your relationship with people, then remember that "failure" can be your best friend. (The word "failure" is put in quotes as there really is no failure – there is only a wrong way about doing something. Thus you need to be flexible. If you have taken a wrong path/ decision somewhere, now is the time to change it and move on with more experience. Success in life is the result of good judgement. Good judgement is the result of experience. Experience is the result of bad judgement!)
- Living each day with passion and saying nice things to people every day.