**KEYS TO SUCCESS**

* **Eat a protein breakfast or Drink a shake for breakfast to start your day off right. Eat within an hour of waking up.**
  + Can do one scoop with ice and water in a shaker or blender.
  + You can do 8oz of unsweetened coconut water or almond water or rice water blended with frozen fruit (berries or peaches)
  + You can also add spinach for more nutrients (will barely taste)
* **Drop the top 7 high-Food Intolerance foods.**
  + Corn, Dairy, Eggs, Gluten, Peanuts, Soy, Sugar and Sugar Substitutes
* **Eat every 4-6 hours.**
  + Eat within an hour of waking up.
  + Don’t eat anything for the last 2 to 3 hours before bed.
  + Ex. Wake up at 6am and exercise, drink shake at 7am, eat lunch at 11, snack at 3pm, dinner at 7pm, sleep at 10:30
* **Eat a variety of healthy foods on your plate.**
  + 50% non-starchy vegetables and high-fiber, low-glycemic carbs
  + 25% clean, lean proteins
  + 25% healthy fats
* **Stay hydrated throughout the day.**
  + 16oz: upon wakening
  + 16oz: 30-60min before each meal
  + During a meal: limit to 4 – 8 oz, you don’t want to get in the way of your digestive enzymes (it dilutes your stomach acid). Start drinking water again 60 minutes after each meal.
  + 8oz: before bed
  + TOTAL: 64oz minimum. Drink more if you’re exercising heavily, are heavier, or are breastfeeding. You should be drinking approximately half your weight in ounces.
* **Eat plenty of fiber.**
  + Should have 50g per day
  + If you’re not getting that now, start at 10g and every other day work up 5g till you eventually get to 50g.
* **Slow down your meal times.**
  + It takes time for your brain to get the signal it is full.
  + Take smaller bites.
  + Serve yourself smaller portions.
  + Use smaller plates so it looks like you have more food.
  + Chew your food thoroughly (that is where digestion starts).
* **Plan your meals and prepare in advance.**
  + Take healthy snacks with you.
  + Keep a scoop of a shake and a shaker with you in case you ever need a healthy meal on the go (just add water and ice and shake it).
  + Avoid eating in restaurants when possible. When not possible, make wise choices on the food and proportions.
* **Pay attention when you're eating.**
  + Do not eat in front of the TV.
  + Do not eat in the car.
  + Sit down with friends and family at home to enjoy a meal.
* **Manage your stress.**
  + Stress is one of the major factors for weight gain.
  + Go to bed by 10:30pm.
  + Get at least 7 hours of sleep.
  + Pause, do your breathing.
  + Slow down.
  + Limit unnecessary stressors in your life.
  + Go for a walk, get a massage, read a book, journal, listen to music, laugh, or find something to be grateful for.
* **Retrain your breathing.**
  + Do 30 Pursed Lip Breaths at night before sleep and in the morning upon awakening.
    - Inhale for 2 seconds from your nose, exhale for 4 seconds from your lips. Lips are close together like you’re blowing out of a straw. Chest should not move with breathing, using the diaphragm. Your stomach will expand when you inhale and go back down when you exhale.
  + Can perform them anytime throughout the day anywhere you are.
* **Get your recommended exercise in weekly.**
  + **Minimum:**
    - 3 Circuits of 15-30 minutes in the morning
    - 2 Days of 30 minutes of resistance training (full body),
    - 3 Days of 30-60 minutes of cardio sometime in the day.

***You already have the raw material for success and achievement. You have what it takes to achieve greatness in anything you desire. Within you is the potential for extraordinary accomplishments. No one is better suited for success than you. Yet, you are the one who must make it happen. You are the one who must make the commitment, and do whatever it takes, to achieve the greatness of which you are capable.”***- Ralph Marston

**3 STEP PLAN FOR SUCCESS:**

* **Visualize** exactly what you want to experience in your life.
* Have absolute **total faith** you will experience it.
* Take **consistent unwavering action** to ensure you experience it.

## VISION-FOCUS-ACTION:

* **Vision is where you need to go.** Where you want to go. What you plan to create. What is your goal? What is your intention that you want to create at the end of your season/month/year/life? Whether it is to lose weight, lean up, improve your health, increase your energy, win a championship or be the best at your profession, you must decide what you want to invest your time toward obtaining.
* **Focus is the tools that will empower you to reach your vision or goal.** It centers your energy and creates the best environment to take action toward your goal. Some tools for focus include staying in a grateful and positive mindset, repeating your affirmation in your head until it becomes your reality, recognizing your successes, and being proud that you are taking action to turn your dreams into your reality.
* **Action is how you will accomplish your vision**. What steps are you going to take today? Even one step, one action, will lead you forward. Recognize the critically important few actions that you must take, can commit to those few things every single day.

**TO SUM IT UP:**

* Paint a picture of what you want.
* Endeavor to live the life you’re imagining.
* Move and act with confidence in advancement.

**DISCIPLINE= WHEN YOU GIVE YOURSELF A COMMAND AND FOLLOW IT. LET’S GO!!!**