

A top-down view of a desk with a lit candle in a white holder, a spiral notebook, a pair of glasses, and a green plant. The candle is lit, and the notebook is open. The text is overlaid on the image.

10 Steps for Wellness Success!

Your Journey Starts Now!



INTRO Page

10 Steps for Wellness Success!

Your Journey Starts Now!

1. Wake Up Early
2. Work Ethic
3. LISTEN!
4. Body Posture
5. Consistency
6. Positive Attitude
7. *Connect* with People
8. PASSION
9. Preparation
10. Meditation

1: Wake Up Early!

Waking up early not only jump-starts your metabolism, research from the University of Toronto shows morning risers report higher levels of happiness! And, Harvard Biologist Christoph Randler discovered early risers are more proactive!

So TRU Tips for Wake Up;

- TRU Hydro Drink: [LINK?](#)
- Move your Body!
- Meditate before the usual noise happens
- Pick the thing you avoid most to start with, and move on it!

2: Work Ethic

Work Ethic doesn't have to be hard!
And it's really not about pleasing someone else; it actually makes YOU feel greater satisfaction from what you're doing because you're fully engaged! And it improves your performance whether at work, in a relationship, or for your own WELL BEING! 😊
And a bad work ethic can sabotage you emotionally, leaving you feeling bad, and destroying your reputation.

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3: LISTEN...

Listening actively is a skill... But is so key to your happiness and success in all endeavors! You've heard it before "Communication is King" and listening is more than half the equation- it doesn't come naturally to most, so you have to make it intentional;

WHY?

- It builds trust-shows you care
- Helps eliminate conflict!
- Increases productivity
- Enhances business and love relationships
- Encourages empathy...

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4: Body Posture

Your posture speaks volumes and changes your energy! Harvard study showed that even standing for 2 minutes in a "Power Pose" increases testosterone by up to 20%! This is huge, and needed in both men AND woman for a healthy active life! SO strike a pose, or better yet get into our **Personal Posture Program** and start feeling like a super hero!

Link here

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5: Consistency

Like anything we want to accomplish, you know it- Consistency is the key! So here's a hack to make it happen; You **MUST** find a *compelling* reason why you're doing what you're trying to accomplish. And don't make it shallow- it HAS to have an emotional connection, feel it inside- to be compelling enough so when it's cold out, or you don't feel like it, or you "don't have time", that connection to the emotional feeling will drive you to stay with it! Really, it works!!

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6: Positive Attitude

OK how does this work and feel real when life is sometimes at best a challenge or more?!

Well, 2 things;

The Law of Attraction-"where focus goes, energy flows" It's a LAW!

So if you want positive energy like Joy, Calm, Love, etc., then you have to generate that yourself- how?

Focus on it, breath it, and most important learn how to mediate...

2- Believe it or not- Fake it til you make it! This really works too 😊

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7: *Connect with People*

Connection is more important now, than ever before... Loneliness is now epidemic, afflicting human beings in work or personal spaces. So when we truly connect, not just a shallow hello, we share our energy, and receive it back- all is circular... Now you are not alone, but a part of the bigger fabric... And the sense of belonging to something greater than ones self is an essential element of a healthy human... So be courageous, and connect. ♥

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8: PASSION

My favorite... And it's so much more than the typical thoughts around passion... It is an energy that comes from the depths of your soul... It creates a fire and vitality for life! It makes you feel purpose, connected to others, and attached to a higher purpose, whatever that means for you... And though it is the driving force of success, it is more a journey of personal excellence. This is why it's so important to find your PASSION!

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9: Preparation

Reduce stress!

Yes, because if you prepare, you can see *how* you are going to achieve something then it becomes less daunting. So take a step back and ask yourself how can I best prepare?

Benjamin Franklin said,

"By failing to prepare, you are preparing to fail"...

Plus some of the benefits are;

- Enhances Self Discipline
- Enhances Strategic Thinking
- Increases our Flexibility
- Develops our Resilience

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10: Meditation

"Meditation changes everything"

-Dr Mark Harman

I'm sure you've heard enough about it so time to try it! But from a science stand point, it calms the nervous system giving you a *positive* hormonal cascade, improves sleep, lowers blood pressure, helps gut health, and a plethora of other health benefits! Apps to start; GoMinder and CALM If you already have a practice good on ya! Now go deeper, longer, and live in that higher plane...

The world needs it.

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Bonus: GRATITUDE

Thank you so much for joining me in this discovery of yourself on the path to TRU Wellness!

I am truly grateful you took the time to take in some gems I've learned on my own journey- Giving is the gift...

And hope you'll join us in the TRU Center Wellness Community!

From my heart to yours, be well.

Alicia

TRU Center – Movement & Wellness

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