# HEALING LIFE

A Practical Path to Finding a Healthy Lifestyle that Works for You!

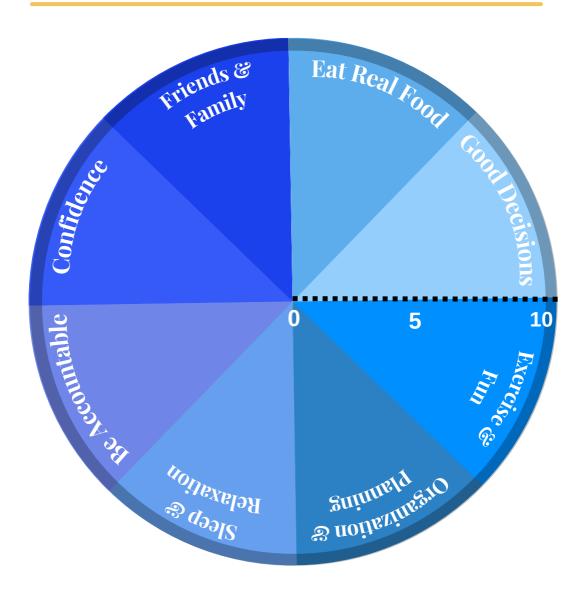
#### Workbook

A Resource of Living Healthy List

Copywrited Material



#### WHEEL OF HAPPINESS

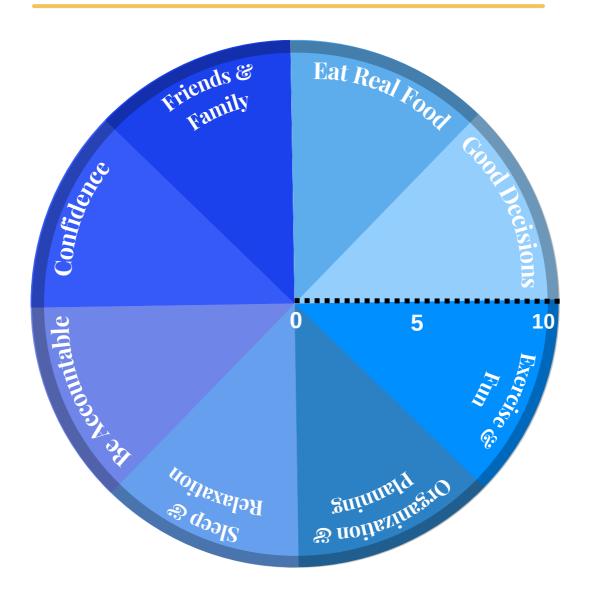


#### **DIRECTIONS**

- 1. Print out several copies & and review each happiness category
- 2.On a scale from o being the least happy to 10 being absolutely happy, mark where you currently feel you are in each category.
- 3. Draw a line connecting each dot. Is it a bump road or smooth sailing?
- 4. Review the areas in which you scored the lowest. Are there any surprises?
- 5. Choose two of the low categories. Write down 2 things you can do to improve your score.
- 6.Re-do thrival wheel every 3 months.

Healthy Living, Happy life!!!!

#### WHEEL OF HAPPINESS

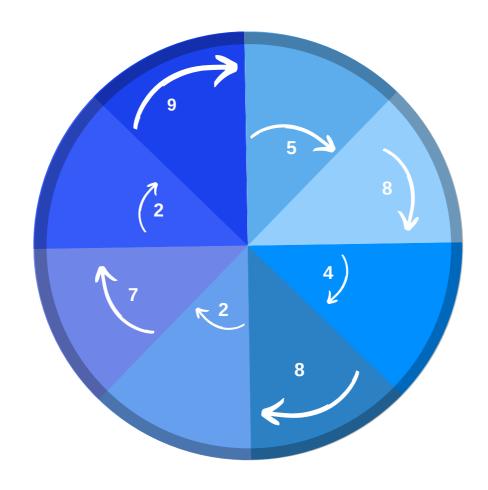


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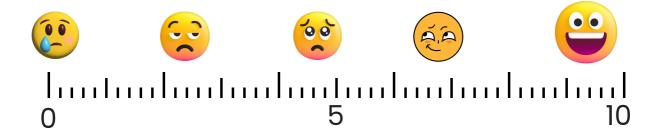
#### WHEEL OF HAPPINESS EXAMPLE





#### **HAPPINESS RANKING**

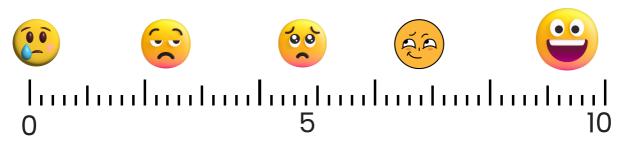
#### Eat Real Food



#### Make Good Decisions



#### Exercise & Fun

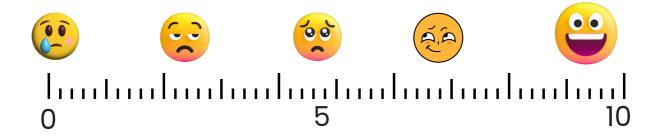




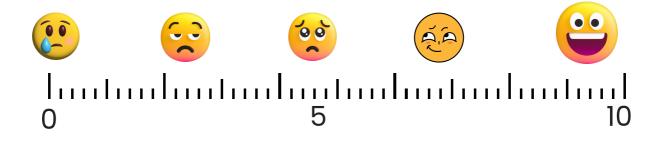
Healthy Living, Happy life!!!!

#### **HAPPINESS RANKING**

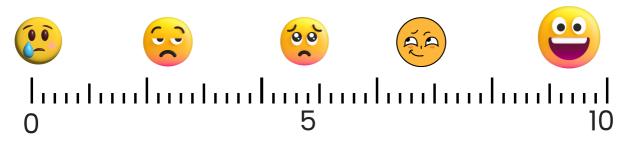
#### Organization & Planning



#### Sleep & Relaxation



#### Be Accountable

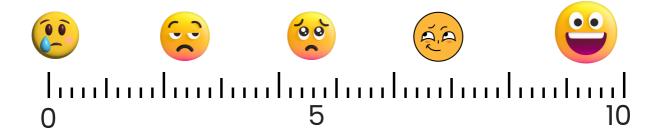




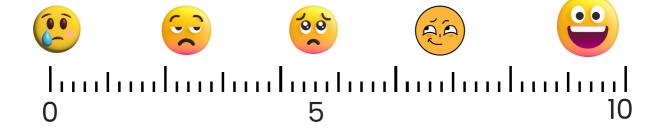
Healthy Living, Happy life!!!!

#### **HAPPINESS RANKING**

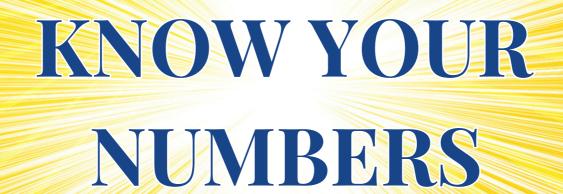
#### Confidence



#### Friends & Family







Living a healthy lifestyle is more than what you eat and how much you exercise, but they do play a significant role. In order to figure out where you want to go, it's essential to know where you are starting. First let's figure out your BMR-Basal Metabolic Rate.

BMR is the amount of calories your body requires in order to sustain life. Without them you'd keel over and wither away.

You can go to your doctor and have a test done which takes about 12 hours or you can follow this step-by-step equation.

It's a lot easier AND you get the results right away

**RESOURCES:** https://www.bmi-calculator.net/bmr-calculator/

https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator

#### **STEPS**

#1. FIII in your:
SEX: Age: Height: Weight:
#2. Using the BMI Website use the sedentary
lifestyle and figure out your BMR
BMR: $X 1.2 =$
Daily Calorie Need
#3. Using the USDA Website do the same:
#4. Average the 2 numbers:
2Daily Caloric Need.

# THIS IS THE NUMBER OF CALORIES YOU NEED TO MAINTAIN YOUR CURRENT WEIGHT

# IT IS ESTIMATED THAT A DEFICIT OF 500 CALORIES A DAY EQUALS ABOUT 1 LB. OF WEIGHT LOSS IN A WEEK!

Take Daily Caloric Need From Step 4

#### **ADD**

Calories Burned During Exercise.
If zero then continue

#### **SUBTRACT**

Recommended Calorie Deficit

**EQUALS** 

Your Real Target Calorie Number



#### Self-Sabotage

Self-sabotage is when we actively or passively take steps or do nothing at all to prevent ourselves from reaching our goals.

This happens when our behaviors are not alignment with our intentions and can affect every aspect of life health/activity, relationships, career, time and money freedom.

Change is scary because it takes us out of our comfort zone. We are programmed to avoid pain and seek pleasure and change although not exactly painful makes us uneasy, it's easier to stay where we are and do the same thing but that will not move you towards getting What You Want!

#### **Examples:**

- •I don't have enough will power
- •I don't have the time
- •I'm too old

#### My self-sabotaging

Thoughts are:
1.
2.
3.
4.
5.
Thoughts become words; words becomes actions that create habits. Self-sabotages unhealthy habits that can be reversed, but first you need to identify where it begins.
I sabotage myself by
1.

5.

4.

2.

3.

#### **Upgrade your Inner Circle**

"You are the average of the 5 people you spend the most time with." -Jim Rohn

Who can I spend more time with who will be a positive influence and keep me from self-sabotage?

- 1.
- 2.
- 3.
- 4.
- 5.

#### **Focus on Your WHY**

The 5 why's is a technique used to explore the causeand-effect relationship of a particular problem. It helps you think deeper into why you want something and can

help you discover the true reason to avoid self-sabotage.

Why do you want the things you desire?

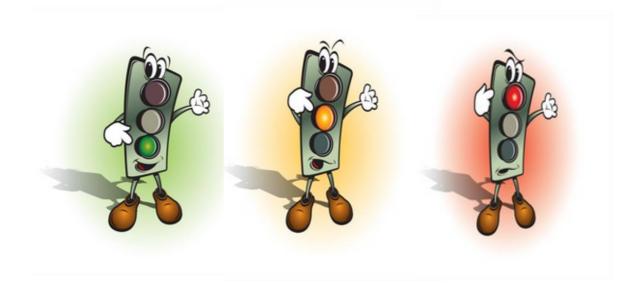
Why is it important to you?

Thinking through your actions can help you avoid self- sabotage and keep you on track to succeeding your goals and living the healthy, happy life you desire.

# Traffic Lite Bites An Easy Guide to Healthy Food Choices

#### **TrafficLiteBites**

#### An Easy Guide to Healthy Food Choices



Traffic Lite Bites empowers you to make educated food choices for you and your family that support your overall

health and wellness.

#### **Green Lite Foods**

- Greenmeans go! Eat at every meal, every day!
- Foods grown not manufactured
- Naturally Colorful
- Usually can be eaten raw
- Low in calories & high in vitamins and
- Minerals Includes all fruits & vegetables

#### Tips:

- Half of your daily choices should come from Green Lite Foods
- Aim for a minimum 3 servings of vegetables and 2 servings of fruit everyday



#### **Yellow Lite Foods = Slow Down**

- Yellow means slow down, go easy on these foods.
- Eat these foods with some meals, not every meal and not everyday.
- They have more calories than GreenLite Foods
- Have more fat or sugar than Greenlite Foods
- A necessary part of a healthy diet
- Provide different vitamins, minerals, & nutrients than Greenlite Foods
- Chicken, fish, whole grains, nuts, seeds, whole wheat pasta, sprouted grain breads, low fat dairy, butter, olive oil, avocados.

#### **Notes:**

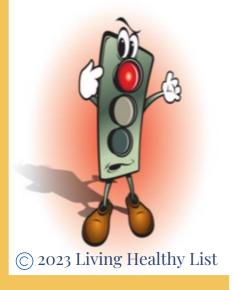
- •Avocados are a yellow food because they are high in calories and fat-even though it is the good fat!
- •Butter is yellow lite because it's made of one ingredient-milk.

#### **Red Lite Foods**

#### Stop & Think First

- Make a different choice or eat a smaller portion Lower in nutrients & higher in calories.
- Includes foods with artificial sweeteners, hydrogenated oils or trans-fat.
- High in fat and/or sugar.
- Includes foods like butter, cookies, donuts, chips, fried foods, hot dogs, white bread, margerine, soda, Deli and other fatty meats, and pretty much anything that is processed

- You don't have to completely eliminate Red Lite foods from your diet.
- They should be considered a teat and eaten on occasion. Once a week is fine.
- Margarine is a Red Lite food because its made from vegetable oils and
- contains some trans fats. Not all are equal so read your labels!





### EAT A RAINBOW

WATER



#### Rainbow Benefits

Mother Nature is a fabulous artist and she wants you to dazzle your plate with all her natural colors. Think ROY G. BIV - red, orange, yellow, green, blue, indigo and violet. And don't forget white, too.

The rich colors in fruits and vegetables come from different phytonutrients. Each color has its own unique characteristics and health benefits.

Eating from all the color groups shown above is an excellent way to get the nutrients you need. Eating a colorful diet (jelly beans don't count!) is one of the best ways to protect yourself against preventable diseases such as heart disease, cancer and diabetes.

Will you eat a rainbow today?

#### Orange/Yellow Foods



Mom was right when she said eat your carrots! Betacarotene, which gives foods an orange hue, supports healthy skin, hair and vision. Yellow foods contain numerous anti-oxidants and have an abundance of Vitamin C. Check out some of the other benefits of this color group below.

#### **Try These Orange / Yellow Foods**

**Apricots** Oranges

**Bell Peppers** Papaya

Peaches **Butternut Squash** 

Cantaloupe Pineapple

Sweet Corn Carrots

**Sweet Potatoes** Lemon

Yellow Beets Mangoes

**Nectarines Yellow Tomatoes** 









Lowers Cholesterol Healthy Joint/Tissues



**Supports Eyesight** 



**Prevents Cancer** 

#### **Red Foods**



The USDA is a big fan of red fruits and veggies, and I'm not going to argue with them on this fact. Red foods contain incredible antioxidants, including lycopene and anthocyanin, which are very powerful in fighting heart disease. Some of the other benefits are listed below.

#### **Try These Red Foods**

**Apples** 

**Beets** 

**Bell Peppers** 

Cherries

Chile Peppers

Cranberries

Grapes

Kidney Beans

Pomegranates

Radishes

Raspberries

**Red Onions** 

**Red Potatoes** 

Strawberries

Tomatoes

Watermelon







Decr. Blood Pressure



**Skin Protection** 



Helps Cell Renewal



**Prevents Cancer** 

#### Purple/Blue Foods



Purple and blue foods make up less than 5% of the American diet. The anthocyanin in these colors are powerful cell protectors and are super-healers. From the tip of your head to the bottom of your feet, the benefits of from purple and blue foods are powerful and shouldn't be skipped!

#### **Try These Purple / Blue Foods**

Aubergine

**Black Currants** 

Blackberries

Blueberries

Eggplant

Figs

Grapes

**Passion Fruit** 

Plums

Prunes

Purple Cabbage

Purple Carrots

Purple Cauliflower

Purple Endive

**Purple Potatoes** 

Raisins



**Healthy Heart** 



Healthy Blood Vessels



**Skin Protection** 



Anti-aging



**Prevents Cancer** 

#### **Green Foods**



Like money is to wealth, greens are to health. Of all the colors, Americans eat the most greens, probably because there are so many choices available. Most green foods are considered super foods because of the incredible antioxidants that produce the benefits shown below.

#### **Try These Green Foods**

Artichoke

Arugula

Asparagus

Avocado

Basil

Broccoli

**Brussels Sprouts** 

Celery

Chard

Collards

Cucumber

Edamame

Green Beans

Green Tea

Kale

Limes

Parsley

Spinach







**Supports Eyesight** 



**Healthy Bones** 



Immune System



**Prevents Cancer** 

#### White Foods



Even though they don't have much color, white foods are still packed with disease fighting phytonutrients. But don't get sneaky on me - there's no nutritional value in white bread, white pasta, and the many other white processed foods. We're talking fruits and veggies here!

#### **Try These White Foods**

Bananas

Cauliflower

Coconut

Garlic

Jicama

Mushrooms

Onions

Parsnip

Potatoes

Shallots

**Turnips** 

White Corn



Immune System



Healthy Colon



Prevents Ulcers



Lowers Cholesterol



Healthy Heart



## Eat a Daily Rainbow!

Now you know why eating a variety of colors is important, so let's start doing it.

Aim for two 1/2 cup servings per day of each color.

Make it fun with our weekly checklist.



www.LivingHealthyList.com



#### **Brussel Salad**

Serves: 4

#### What You'll Need:

½-½ cup pecans (optional)
 1 pound Brussel sprouts
 ½ cup water
 5 Medjool dates, pitted and diced 1 apple, diced
 1 lemon, juiced

#### How to Do It:

Gather all ingredients.

Heat your oven to 350 degrees. Lightly toast the pecans in the oven at for 5 minutes. You will know they're ready when you can smell their sweet aroma. Be careful, they can burn quickly.

Cut the Brussel sprouts in half and then julienne each half. Remove hard core. Note: Your food processor can do tis a lot faster!

In a large non-stick pan, sauté the sliced Brussel sprouts with the water over medium heat.

Stir in the dates. Let simmer for 5–7 minutes, stirring occasionally.

Brussel sprouts are ready when they turn soft and bright green. Turn off the heat. Add the apples and lemon juice. Break the pecans into pieces and stir them into the salad. Serve immediately.

#### **Tomato Feta and Garbo Salad**

Serves 2-4

#### What You'll Need

2 tablespoons olive oil
1 tablespoon red wine vinegar
1 teaspoon minced shallot
1 (15-ounce) can garbonzo beans, drained and rinsed
1 pint cherry or grape tomatoes (about 2 cups), halved
4 ounces feta cheese, crumbled (about 1 cup)
1/2 cup coarsely chopped fresh parsley leaves
2 tablespoons chopped fresh basil
S&P to taste

#### **How to Make It**

Whisk the oil, vinegar, shallot, a big pinch of salt, and a few generous grinds of black pepper together in a large bowl. Add the beans, tomatoes, feta, parsley, and oregano and toss to combine. Taste and add more salt and pepper as needed.

Note: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

#### Summer Corn Salad

Courtesy of Sheree Clark, Fork in the Road Yield: 4-6 servings

#### **What You Need:**

4 cups fresh uncooked sweet corn, cut from cob (frozen sweet corn works too)

1 cup grape tomatoes, quartered

1 cup red bell pepper, diced

1 avocado, cubed

2/3 cup fresh cilantro, chopped

3 cloves garlic, finely minced

2 tablespoons fresh lime juice

1 tablespoon olive oil

1 teaspoon jalapeño, minced (optional)

To taste unrefined salt and black pepper

#### How to Make It

Combine ingredients in a mixing bowl. Serve.

#### **Roasted Acorn Squash**

Serves: 4

#### What You'll Need:

2 medium acorn squash 2 tablespoons extra-virgin olive oil, divided ½ teaspoon fine sea salt, divided ½ cup quinoa, rinsed 1 cup water

½ cup dried cherries or cranberries (no sugar added)

1/4 cup chopped pecans

½ cup chopped green onion

¼ cup chopped fresh flat-leaf parsley, plus 1 tablespoon for garnish

1 clove garlic, pressed or minced 1 tablespoon lemon juice 3/4 cup grated Parmesan cheese (Vegan or regular) 1/2 cup crumbled feta (optional)

#### How to Do It:

Gather all ingredients.

Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper or aluminum foil for easy clean-up.

With a sharp chef's knife pierce the squash and slice through squash from the tip to the stem. Slice through the other side. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces.

Place the squash halves cut side up on the parchment-lined pan. Drizzle 1 tablespoon of the olive oil over the squash, and sprinkle with ¼ teaspoon of the salt. Rub the oil into the cut flesh. Flip them over and bake until the squash is easily pierced through by

Meanwhile, cook the quinoa: If you have a rice cooker use that! If not...In a medium saucepan, combine the rinsed quinoa and water. Bring the mixture to a boil over medium- high heat, then reduce the heat as necessary to maintain a gentle simmer. Simmer, uncovered, until all of the water is absorbed, 12 to 18 minutes. Remove the pot from the heat and stir in the cranberries. Cover, and let the mixture steam for 5 minutes.

Uncover and fluff the quinoa with a fork.

In a medium skillet, toast the pepitas over medium heat, stirring frequently, until the pepitas are turning golden on the edges and making little popping noises, about 4 to 5 minutes. Set aside.

Pour the fluffed quinoa mixture into a medium mixing bowl. Add the toasted pepitas, chopped green onion, parsley, garlic, lemon juice, the remaining ¼ teaspoon salt, and the remaining 1 tablespoon olive oil. Stir until the ingredients are evenly distributed. Taste and add additional salt, if necessary. If the mixture is very hot, let it cool for a few minutes before adding the Parmesan cheese and goat cheese. Gently stir the mixture to combine.

Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves with a large spoon. Return the squash to the oven and bake for 15 to 18 minutes, until the cheesy quinoa is turning golden on top. Sprinkle the stuffed squash with the remaining 1 tablespoon chopped parsley, and serve warm.

Top with vegan parmesan.

## Slow Cooker Vegan Chili

Prep Time: 20 minutes | Cook Time: 4-7 hours Serves: about. 6-8

#### **What You Need**

2 TBS extra virgin olive il 2 medium yellow onion, chopped 4 cloves garlic, minced 2 TBS chili powder 1 TBS chipotle chili powder 1 tsp smoked paprika 1 TBS dried oregano 2 tsp ground cumin ½ tsp ground cinnamon

½ tsp cayenne pepper,

6 ounce can tomato paste

2 red bell peppers, seeded and chopped

3 carrots, chopped

3-4cups low sodium vegetable broth 1(28 ounce) can crushed fire roasted tomatoes

2 TBS Worcestershire sauce

1 can white, black and kidney beans, rinsed and drained

S&P to taste

Garnish: Avocado slices, chopped green onions, and cilantro,

for garnish

## **Vegetarian Nachos**

Serves: 4

#### What You'll Need:

1 cup walnuts
½ cup sun dried tomatoes
2 tbsp. olive oil (separated)
1 tbsp. low sodium soy sauce
¼ tsp cumin, chili, cayenne and garlic
1 dozen corn tortillas
Salt to taste
Juice of ½ lime
2 Tomatoes, diced
Avocado, sliced
Jalapeno & radish, thinly sliced
½ cup cheddar or Mexican style cheese
Salsa

#### How to Do It:

Gather all ingredients.

Heat oven to 325 degrees.

Cut each tortilla into 8 triangles.

Combine 1 tbsp. oil and lime juice in a mister.

Spread the chips evenly on a baking tray.

Mist the oil/lime juice over the chips.

If you don't have a mister evenly drizzle over the chips Bake 7 minutes then rotate. Bake additional 7 minutes or until crisp. Don't let them brown.

While the chips are baking to a food processor add Walnuts, sundried tomatoes, 1 tbsp. oil, soy sauce, cumin, chili, cayenne and garlic. Process until chunky (it should look like taco meat).

To finish Layer the walnut "meat", tomatoes, jalapeños, radish and cheese on top of chips

Broil for 30 seconds to 1 minute or until the cheese melts  $\odot$  2023 Living Healthy List Serve with salsa and fresh avocado

## How to make It

Heat the olive oil in a large skillet over medium heat. When the olive oil is warm, add the onion, garlic, chili powder, chipotle chili powder, paprika, oregano, cumin, cinnamon, cayenne, and a pinch of salt and pepper.

Cook 5 minutes, until onions are translucent and fragrant.
Stir in the tomato paste, bell peppers, and carrots, cook
another 5 minutes.

Remove from the heat and add to the bowl of your crockpot.

To the crockpot, add 2 cups vegetable broth, the tomatoes, Worcestershire sauce, and all 3 types of beans.

Season with a tiny bit of salt and pepper.

Cover and cook on low for 6-7 hours or high for 4-5 hours.

If your chili is too thick, add the remaining broth, a little at a time, to desired consistency.

Ladle the chili into bowls.

Top as desired with avocado, green onions and/or cilantro.

## **Spicy Thai Noodle**Serves 6

## What you'll need:

1 box of quinoa or brown rice linguini

1 red pepper, sliced

2 medium carrots sliced

1 cup snow peas (I just love them!)

1/4 cup water & natural creamy peanut butter

2 Tbs. low sodium soy sauce or Braggs Liquid Aminos

2 scallions, chopped

1 1/2 Tbs. rice wine or white wine vinegar

1-2 tsp. Sriracha- depending on your taste

1/2 tsp. sugar

1/4 cup cilantro (optional)

### How to do it:

Cook Pasta according to package
In a large bowl combine PB, water, soy, vinegar, Sriracha, and
sugar

Add pasta and vegetables. Mix to combine
Garnish with cilantro and Serve
Note: If you don't like your vegetables raw add them to the pasta water for 1 minute before draining.



Assessing the 6 most popular diets

**Healthy Living List Presents:** 

## NUTRITION CHART

Comparing 6 of the most popular philosophies



## EAT REAL FOOD-KETO (GENIC) CLEAN EATING



Eat whole foods, or "real" foods — those that are unor minimally processed, refined, and handled so they are as close to their natural form as possible.

Permitted: Fresh fruits and vegetables, dried legumes, nuts, farm-fresh eggs. Minimally processed

include: Unrefined grains, frozen fruits and vegetables, meat (wild or, pastured over grain- fed), sustainably sourced fish and seafood, hormone-free dairy, oilsProhibited: Any overly processed foods like deli meat, breakfast cereals and most packaged foods.

#### **PLANT BASED**

Based around whole, plant foods. Unprocessed or minimally processed veggies, fruit, whole grains, beans, legumes, nuts, and seed.

Permitted Foods: Fruits, Vegetables, Nuts & Seeds, Beans, Legumes, Grains, Lentils, Plant Based Fats, Alcohol, Vegan Sugar and Sweeteners Prohibited Foods: Meat, Fish/Seafood, Dairy, Eggs, Honey, processed, foods, refined grains, oils, gelatin, white flour, and refined sugar

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The main principle of the ketogenic diet is to eat foods maintaining of high fat/low carbs (percentage of your diet: carbs 10%, Protein 20-25%, Fat 60-75%)

Permitted Foods: Red Meat, Poultry, Fish, Seafood, Vegetables, Nuts & Seeds, Fats & Oils, berries acceptable but not encouraged.

Prohibited Foods: grains,

most fruits, starchy vegetables and beans, wheat/flour, sugars and natural sweeteners like honey and maple syrup.



#### **PALEO**

Based around whole, plant foods. Unprocessed or minimally processedveggies, fruit, whole grains, beans, legumes, nuts, and seed.

Permitted Foods: Fruits, Vegetables, Nuts and Seeds, Beans, Legumes, Grains, Lentils, Plant Based Fats, Alcohol, Vegan Sugar & Sweeteners Prohibited Foods: Meat, Fish/Seafood,

Dairy, Eggs, Honey, processed, foods,

refined grains, oils, gelatin, white flour, and refined sugar



#### **MEDITERRANEAN**

Based on the traditional foods that people used to eat in countries like Italy and Greece back in 1960.

Permitted Foods: Fruits, vegetables, nuts & seeds, legumes, potatoes, breads, herbs, spices, fish, seafood, Extra virgin olive oil Limited: Poultry, eggs,

cheese & yogurt Rarely: Red Meat

Prohibited Foods: sugar, sweetened beverages, processed meats, refined grains, refined oils & highly processed foods.

## VEGAN (LIFESTYLE)



Eat nothing from the animal kingdom. Extends beyond food to ingredients made from animal products: includes shoes, clothes, makeup and shampoo and more.

Permitted Foods: Fruits, Vegetables, Nuts & seeds, beans, legumes, grains, lentils, plant-based fats, alcohol, vegan sugar/sweeteners

Prohibited Foods: Meat, poultry, fish/Seafood, dairy, eggs, gelatin, honey and ALL animal products like leather, silk, wool, gelatin, beeswax and lanolin



## FOR ANY HEALTHY DIET YOU SHOULD AVOID:

- Added sugar: soda, ice cream, synthetic, sugar substitutes
- Refined grains: White bread and pasta
- Trans fats: margarine and most processed foods
- Refined oils: soybean, cottonseed and canola oils
- Processed meats: hotdogs, sausages, brats
- Highly processed foods and anything that is labeled low fat.



## **Smart-ER Goals**

We are going up to level your goals! We are not aiming for SMART goals, we're going to make SMART-ER goals! Let's quickly recap the SMART Part.

**S**: Your goal needs to be specific: I will walk five days a week. Or I'll drink water instead of soda every day this week. I'll take lunch to work instead of eating out four times this week.

M: They must be measurable: I walked 30 minutes for each of those five days. It could also be 45 minutes. Whatever it might be, you can measure how long you did it and how often.

**A**: Any goal needs to be attainable. If you haven't run around the block yet, you certainly can't sign up for a marathon. How can you attain that? You probably could go down the road, but right now, it's out of the question. It's out of your boundary.

**R**: Your goal needs to be realistic. Again, if you haven't run around the block, how can you run 26.2 miles? When you're setting these goals, be realistic. Sometimes it's best to make them simple. Make them really super-duper simple, so you can attain them. When you attain those goals, you feel good, and you can move to the next one.

**T**: And your goal needs to be time bound. You need to know exactly how long you'll do these exercises.

How long will it take you to do this? Will you do this for a week, a month, a year? Those are things time bound is important; otherwise, you never know if you've actually accomplished it. You might know where you started, but if you don't know where the finish line is, you'll never make it there. I'm sure that you have created SMART Goals a million times and maybe you achieved them. Maybe you got about halfway there and gave up. I think I know why. Something is missing...

**E:** Exciting - your goal has to be compelling! It can't be something that is so incremental or something that someone else wants you to do. It has to something that is exciting to you personally

**R:** Relevant – your goals have to be relevant to where you are in your life. You can't measure your place by looking at someone else. Be honest with what is relevant to your season of life. Sometimes we can be so idealistic that we get the all or nothing mentality, and too often end up doing nothing. Is your goal going to be relevant or do you need to choses something less ambitious right now?

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## **Smart-ER Goals**

It's time level your goals! We are not aiming for SMART goals, we're going to make SMART-ER goals!

S: Specific	
M: Measurable	
A: Achievable	
R: Realistic	
T: Time Frame	
E: EXCITING	
R: RELEVANT	
I f time, money, education, age, circumstances were not a consideration what would you be, do, have, experience, create	

## **Smart-ER Goals**



## **CLOSET REFRESH**

Sometimes, you don't have a lot of time to devote to decluttering, but you really need to gain some breathing room and claim back some time in your busy morning routine! Here's a quick closet refresh that will help you make some progress in your closet. You'll have a time expenditure of an hour or two over a period of a few days, but this will pay you back by allowing you to get out the door quicker in the morning, with less stress and fuss. Now the key to making this work is for you to be INTENTIONAL, and make quick, decisive decisions on your clothes – do this, and you'll have an updated closet in no time!!!

- 1) PREPARE for your closet refresh by having a nice big box or bag for your DONATION items. Also have a notebook or paper and a pen so you can jot down items you're donating, for tax purposes.
- 2) Get anything out of the closet that doesn't belong there anything you've stashed or put in there that has a home elsewhere needs to be removed (one key thing to remember if the item doesn't have a home, it's clutter! If you can't / don't want to make a home for something, get it out of your space! These are the first items for your DONATIONS box!).
- 3) Take a first pass through your clothes and get rid of 'low hanging fruit' in your closet. Go through your clothing items and accessories and pull anything out that is obviously stained, worn, needs repair or does not fit. If the items can be salvaged and they are things that you love, make a plan to get them repaired/cleaned SOON (like, within the next 7-10 days) otherwise, the items need to go. If something doesn't fit get rid of it. I know, I KNOW

- you're going to lose weight – those clothes will fit soon . . . Donate them anyway – you deserve to have clothes that FIT you and make you feel good about yourself in your closet. When you DO lose that weight, go out and choose a few nice, new pieces for yourself to enhance your wardrobe. If clothes are too worn or stained, they may need to be trashed instead of donated.

4) Once you've gone through the first pass, it's time to take a second pass at those clothing items and accessories that are left. Let's go through your closet and really determine if they are working for you. For each item, ask the questions:

a. IS THIS SOMETHING I'M CURRENTLY WEARING, OR HAVE WORN WITHIN THE PAST YEAR?

b. IS THIS SOMETHING THAT I'D BUY RIGHT NOW IF I SAW IT IN A STORE?

c. IS THIS SOMETHING THAT MAKES ME FEEL CONFIDENT WHEN I WEAR IT?

If you answer 'no' to any of these questions, you need to get that item out of your closet!

You don't need to do this closet refresh all at once – in fact, it's a good idea if you take on this closet refresh over a period of days and divide your closet up into sections work on a portion of your closet at a time, or if your clothes are easily divided into types, you can start with a particular clothing item at a time (f. ex., tops, bottoms, dresses and jackets, etc.). One key here is to note that you're not pulling all these items out of the closet to sort them and then putting them back – you're just addressing each item in your closet, and the items that are leaving your closet are the things that are pulled out. This distinction is what will allow you to complete this refresh in a timely

manner – pulling all the clothes out, sorting them, and then putting the things that remain back in your closet will take a good bit more time.

- 5) Once you've gone through and removed 'bad actor' items from your closet, it's time to give it a little clean vacuum or use a dust mop on the floor and use a dust rag or all-purpose cleaner on the shelves and racks.
- 6) For a little closet refresh extra credit, up-level your organization if your clothes are interspersed randomly in your closet, sort them by type; if they're sorted by type, you can sub-categorize them (for example sleeveless shirts, short sleeve shirts, <sup>3</sup>/<sub>4</sub> sleeve shirts, long sleeve shirts, etc.); you can subcategorize further by grouping items by color.

On the following pages, I've listed some great closet storage and organizing hacks for you. Once you've finished decluttering, see which of these items will help you really maximize your closet going forward (but remember – don't consider these items until AFTER you've decluttered – we always DECLUTTER first, then ORGANIZE afterwards!)

## **CLOSET HACKS**

#### **HUGGABLE HANGERS**

The thin profile of the hangers maximizes your space, the velvet flocking keeps clothes from sliding off, the uniformity of using a single type of hanger and color bring order to your space, and the choice of colors let you personalize your space and add a sense of calm (or vibrancy or energy) to your closet.



#### **BACK OF DOOR STORAGE**

If your closet has a closing door (not a bi-fold), use the back of the door for storage. There are all sorts of organizers made for the back of the door or consider towel

racks for hanging scarves or other items, or a series of hooks for purses, jewelry, scarves, etc. – think 'outside the box' and consider repurposing hanging kitchen or bathroom organizers, too.



#### **SMALL HOOKS**

You can use cup hooks or Command hooks for necklaces. Hang them inside your closet or on the back of the door and display your necklaces so you'll remember what you have and wear them!

#### **POOL NOODLES**

Use pool noodles cut in half to stuff into your boots to keep them upright.

#### **SHOWER CURTAIN RINGS**

Loop shower curtain rings on a hanger and hang tank tops on them (you can hang scarves this way, too).

#### **PHONE APPS**

Use an app, like Stylebook or Closet to help you keep your closet organized and help you track what you're wearing. It will even remember how often you've worn a piece of clothing!



#### **CHAIN - EARRING STORAGE**

Keep earrings in order by hanging them on a chain. Hang a chain between two nails on your closet. Then hook earrings into the loops of the chain.

#### **S-HOOKS**

Hang purses or scarves in your closet using S-Hooks - you can also loop multiple scarves on a clothes hanger (Huggable Hangers are particularly good for this!).



#### BINS, BASKETS, BOXES

Use bins, baskets or boxes on hard to reach upper shelves to store purses, umbrellas, off season shoes and clothes, etc.

#### **HANGER HACK**

If you really want to track what you wear, turn all your clothes hangers around backwards. As you wear a clothing item, put it back on its hanger in the closet facing forward. In 6 months, you'll see what you didn't wear, and can get it out of your space!!

#### **EXTRA HANGING ROD**

If your closet only has one long hanging rod spanning the closet, install a second rack to create more space – you can get hanging racks that will hook on the top rack and hang down, to multiply your hanging space.

#### **FLIP FOLD**

More a DRESSER hack than a closet one, but an answer to Marie Kondo's KonMari fold is to use Flipfold boards – makes nice uniform 'packages' of your shirts!!



#### **CLOSET DOOR REDO**

Consider removing your folding or sliding closet doors and replacing with a curtain, to make more room in the space, and make the closet items easier to access.



#### **CANVAS RACK**

Fold or roll up thick sweaters and jeans and store them in a vertical hanging canvas rack, to save shelf/drawer space, and make more use of hanging space.

## **FAVORITE TIPS AND QUOTES**

(to help you with your closet journey)

Ask yourself 'If I were shopping right now, would I buy this?' If NOT - get rid of it.

Get rid of things you haven't used in a year.

Decluttering is an ongoing process – reevaluate regularly.

When you buy a replacement for something, GET RID of the thing it's meant to replace.

Value quality over quantity in your purchases – the items will last longer, and you'll need less things in your space.

Organizing and decluttering are DIFFERENT! Don't organize until after you declutter.

"If you want to improve your life immediately clean out a closet. Often it's what we hold onto that holds us back."

Cheryl Richardson

"Set up a plan of what to let into your house BEFORE you go shopping."

Marie Jackson

"If it doesn't make you feel fabulous: don't do it, don't buy it, don't keep it."

Unknown

"Be a ruthless editor of what you allow in your home. Ask yourselves, 'What does this object mean to me?""

Nate Berkus

"The first step to getting what you want is having the courage to get rid of what you don't."

Joshua Becker

"Decluttering is infinitely easier when you think of it as deciding what to keep, rather than what to throw away."

Francine Jay

"We buy things we don't need, with money we don't have, to impress people we don't like."

Dave Ramsey

"We have traded our freedom for overfilled closets, and our passion for unnecessary maintenance. We have sacrificed life in pursuit of clutter."

Joshua Becker

"If it doesn't add to your life, it doesn't belong in your life."

Jennifer Burger



## DON'T LOOK IN THE CLOSET

Do you look in the closet every morning and say to yourself, "I have nothing to wear", even though your closet is jam packed with clothes? You're not alone! For some people, the closet is a place where they throw everything so there's no mess on the bedroom floor. When you have too many clothes, shoes and accessories in a closet it becomes another catchall where you can't find anything.

As a woman I am guilty of owning way more clothes than I need or will ever wear more than once. Shoes, now that is my weakness—I love them and have way too many! That all said, each item either has a place or gets donated. Shoes go on a shoe rack or in a shoe bag that hangs in

the closet. This way there are no shoes on the floor. When the weather's nice I store winter boots and shoes in a plastic tub that I keep in the utility room. I don't recommend the plastic tub for your clothes because it will only keep you from getting rid of them.

I like to organize my closet by putting outfits together. It may take a little time to do at first but 30 minutes a day for a few days and you should be able to get through the closet. Once you organize clothes like this, simply grab one hanger and go! The entire outfit is complete and you know that it looks good; you won't put it on and not like it. It takes less time, it's efficient, and it's simply just a lot easier. It's a great exercise to do with your kids too!

For additional items like tops and sweaters that you might have multiples of you can do one of two things: (1) donate or toss them, as always, or (2) group them together by color so you can see what you have. An added bonus is that it makes your closet look like a rainbow! More than two of the same color? Donate, donate. donate! Although I said earlier that giving things away can be painful on the flip side, donating makes you feel good because you know someone who could really use the items will now have access to them. Isn't that better than having them sit at the bottom of your closet for eternity?

I keep a laundry bin in the closet for odds and ends like socks and undies and non-stinky items—those go directly in the mudroom which is where my washing machine is. If you will be throwing things in there anyway (which most of us do), doesn't it make more sense to put it in a bin, as opposed to leaving it on the floor?

Another way to keep your closet looking tidy is to have proper hangers. Get rid of the wire hangers from the dry cleaners and cheap plastic hangers. They are not good for your clothes anyway! It took me a long time to find hangers I like. I now use non-slip velvet hangers for tops and dresses, similar hangers with grips for skirts, and proper pants hangers for trousers. It may sound a little OCD, but having matching hangers makes your closet look organized and they

align properly so you can see what you have.

I suggest scheduling a closet makeover with a style professional. They can help you put outfits together with the clothes already in your closet. You will be amazed at the looks they will put together. Besides, shopping in your closet is less expensive, too!



## What's In Your Purse

Ladies, I'm talking directly to you. If you are like many women, myself included, your entire life is in your purse. Purse, bag pocketbook, whatever you call it, everything you need is in it. And I mean everything. Items for everyday survival—wallet, cell phone, keys, make-up bag, brush, sunglasses, etc. Then there ae the items you don't need every day but might at some point and you want to be prepared - flashlight, ace bandage, nail file, Swiss army knife, screwdriver,

kitchen sink...

You can spend a lot of money on your purse, it's part of your identity. But no matter how much dough you fork over (did you catch the food reference, yep, we have food in our purses, too?) there is one recurring problem. Everything falls to the bottom and you can't find what you're looking. Searching for items that you know are in your purse is frustrating and when that search takes a little too long you get flustered. "I know the keys are in here someplace!" They are—at the bottom. That pen you need, its at the bottom, too.

This simple trick will help you get your purse in order in a snap. Buy a purse organizer insert. The purse organizer keeps your stuff from falling to the bottom. There is a pocket and space for each item which makes it easy to locate them quickly. Personally, I have them in different sizes because I change my purse to match my outfits. I can swap out in seconds without rearranging

or forgetting things. Easy, peasy!

# FIND IT IN THE FRIDGE

# Find It In The Fridge Refrigerator Clean Out



#### Why deep cleaning your fridge is important to stay healthy?

Cleaning out your refrigerator is never high on the priority List. However, its is an important aspect of living aa healthy happy lifestyle. First, you want to keep you area clean and sanitized. When you bring fresh food into your home you want to ensure you are placing it on a germ-free counter. Then of course you want to put those foods in a clean and organized

Ideally, a refrigerator that is being used regularly to store fresh groceries, cooked food and various sauces, should be deep cleaned every 2 months. A clean refrigerator will keep your food fresh and prevent the breeding of germs that can further cause diseases like food poisoning.

#### **Steps to Cleaning Out Your Refrigerator:**

Tools: Clean cloth, bucket, hot soapy water

Tip: Work from top to bottom to prevent dripping on surfaces

- 1.Empty the refrigerator
- a.Dispose of anything that is out of date or you that you don't use
- b. Wipe down surfaces
- 1.Top Shelves
- a.Leftovers, again I like glass Pyrex but plastic airtight containers work just as well.
- b.Ready to eat items like hummus, salsa and guacamole
- c.Berries
- d.Fresh herbs
- 2.Lower shelves
- a. Meat
- b. Eggs
- c.Dairy- Cheese & yogurt
- 3.Crisper(s) There are usually 2
- a.One draw for fruits
- b.Second draw for veggies
- 4.Door(s)
- a. Condiments
- b. Juice
- c.Bottled water
- d. Pickles
- 5. Freezer
- a.Frozen items!
- b. Meat
- c. Bread
- © 2025 rpzem gruitsandy veggies

#### **Notes:**

To prevent growth of mold and other microbes that spoil food and can potentially make you sick follow these tips

Refrigerator temperature at 40 degrees F

Freezer at o degrees F

Doors are the warmest part of the fridge don't put item s that soil easy here

The upper shelves have the most consistent temperature

Crispers are designed to hold in moisture that fruits and veggies need

Ethylene which help fruits to ripen cause veggies to wilt and spoil. Store separately. Don't overcrowd the fried to allow air flowing and reduce temperature fluctuations Close the refrigerator door.

Items that do not require refrigeration: tomatoes, bananas, squash or potatoes.

# MULTITASKING ISAMYIH

## Multitasking is a Myth

In the past, I considered myself an amazing multitasker. I could talk on the phone, write an email, and scroll social media all at the same time. Many of us think we're great multitaskers but we can't handle the truth! We truly aren't! I came to that realization when I launched LivingHealthyList.com. I was doing a lot of different things, always busy but feeling like I was running in place—never moving forward or completing things in a timely manner.

Multitasking is a myth. What's really happening, say's Earl Miller Picower (professor of neuroscience at MIT), is that for the most part, we simply can't focus on more than one thing at a time. What we can do, Picower establishes, is shift our focus from one thing to the next with astonishing speed."Switching from task to task, you think you're actually paying attention to everything around you at the same time. But you're actually not," Miller said. "You're not paying attention to one or two things simultaneously, but switching between them very rapidly."

The more time you spend switching between tasks, the less likely you are to get back to the original task before you were sidetracked. The more you multitask, the shorter your attention span is, and the more difficult to complete even simple tasks. You feel that you are busy, maybe too busy, but you're not productive.

Do you often say to yourself, hmm, where was I? How much time are you wasting switching from one thing to another? Multitasking makes you less efficient! According to an article written by Doug Wick, President of Positioning Systems (a corporate Business Coaching firm), by putting an end to multitasking, you can increase your productivity by 28%! That means you can get 28 % more done or get what you need to do 28 % quicker—giving you more time to do things you enjoy!

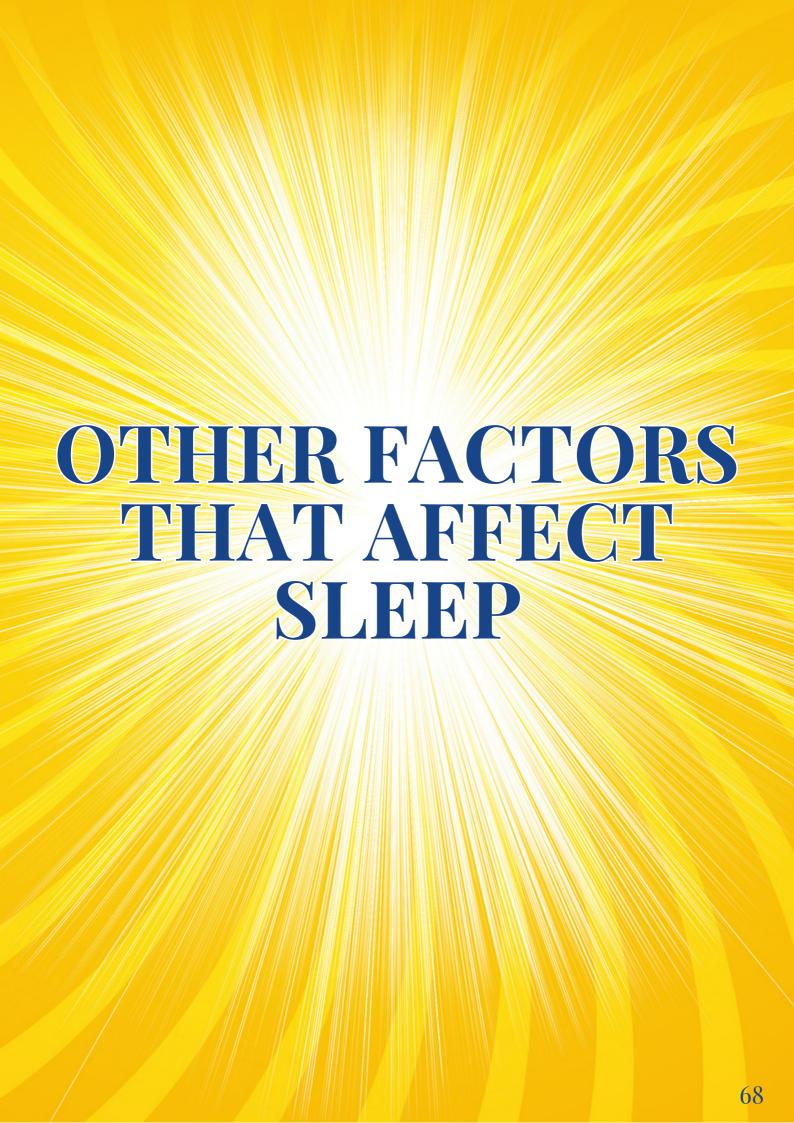
Here's an example of how multitasking and interruptions disrupt your productivity whether at work or at home. Let's just say that you're at work and in the midst of writing an article. Your phone rings and you stop what you're doing to answer it. You talk to the caller, and figure out what they need, maybe you have to send them something via email. You hang up, find whatever it is you need to email them. Just as you are about to get back to what you were originally doing a co-worker walks in and asks you a question. Did you know that up to a third of your day can be spent just reorienting yourself back to that first task – the one thing of which you likely said, "I need to get this one thing done today." The One Thing is a great concept and best-selling book by Gary Keller.

"Look... a bunny!" When you are multitasking, you are easily distracted by just about everything. Over time you have more trouble filtering out irrelevant information. It takes 2-15 minutes of recovery time to reorient your mind to the task you were originally performing. The cost of constant fragmenting and diversion of your attention is simple. It wastes your time, energy, and money.

Multitasking (aka trying to perform more than one task at a time) is detrimental to your productivity and satisfaction. Instead, focus on one task at a time. In the next section, I'll show you a great way to plan your calendar accordingly. When you are organized and have your time planned, you will not waste time reorienting. I bet you will find that multitasking is just a waste of your time.

Here is a fun video from BBC Ideas that shows you what multitasking does to your brain.

ttps://www.youtube.com/watch?v=tMiyzuO1qMs



## **Other Factors That Affect Sleep**

**Caffeine:** It is no surprise that caffeine can affect your sleep. It is usually something we use to wake up and feel alert and get through an afternoon slump. Caffeine in various levels is found in many products like coffee, tea, energy drinks, soda, chocolate and some medications like the headache medicine Excedrin. Caffeine blocks brain chemistry that induces sleep so avoid ingesting too close to bedtime.

NOTE: Did you know that it can take up to 6-8 hours for your body to metabolize caffeine by 50%. Stop caffeine intake by 2pm!

**Alcohol:** It may not be unusual to have a glass of wine at dinner or a nightcap before bed. However, drinking alcohol too close to bedtime inhibits proper sleep. You may fall asleep faster due to its sedative properties, however, people who drink before bed often experience disruptions later in their sleep cycle. One explanation is that the production of adenosine (a chemical in the brain that acts as a sleep-inducer) increases while drinking, allowing you to go to sleep quickly; however, this chemical quickly subsides, making you more likely to wake up throughout the night. Researchers at the Alzheimer's Science of Prevention recommend giving yourself 3 hours between your last drink and bedtime.

NOTE: Did you know that lack of sleep affects the body the same way drinking alcohol does. After 17 hours without sleep, your alertness is similar to the effects of a blood alcohol concentration of 0.05% which is above the legally limit.

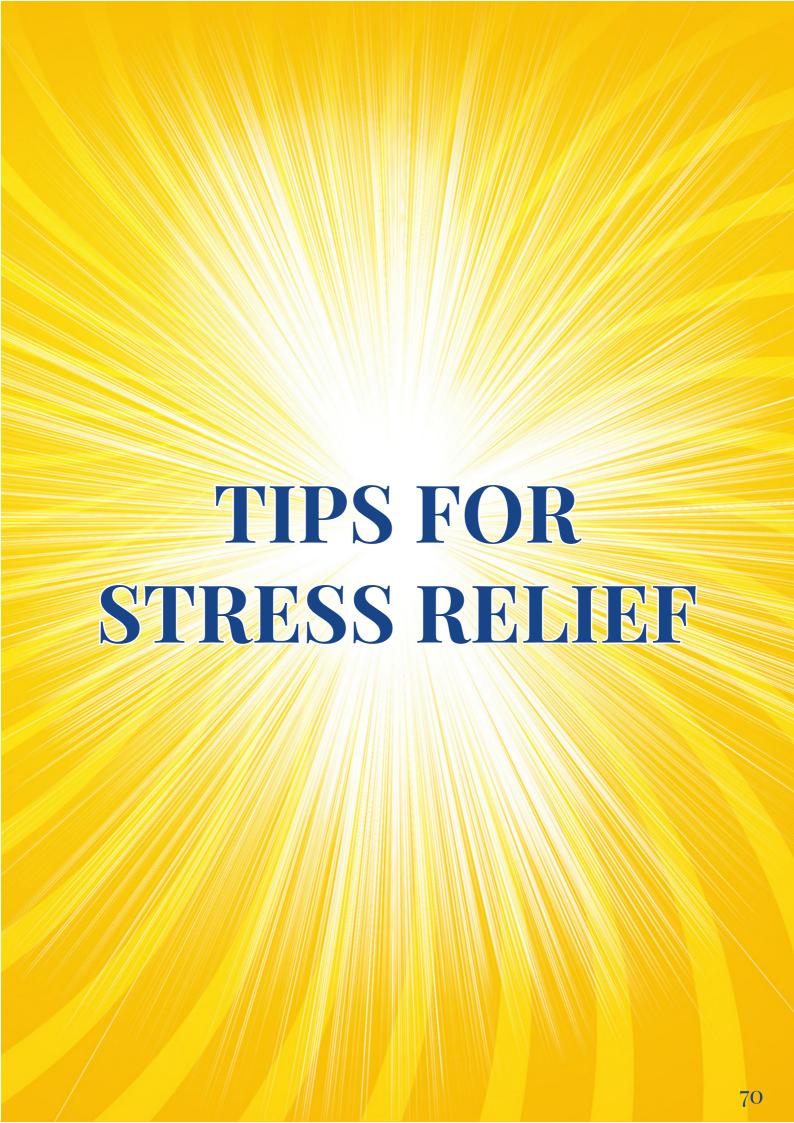
**Stress:** Stress affects both the quantity and quality of your sleep. At heightened state of alertness, the flight or fight reaction can delay the onset of sleep, cause your mind to race, and wake you up throughout the night. Experiencing this frequently causes additional stress which as mentioned earlier sends a surge of the stress hormone cortisol.

What are the effects of excess cortisol?

- Rapid heart rate
- Spike in blood sugar
- Rapid breathing
- Sharpened senses
- Mood swings
- Fluence digestion and metabolism



Research shows that diets high in animal fats, refined sugar, salt, and fat (all the things your sleepy brain craves) lead to high levels of cortisol. Compared to a diet rich in vegetables and fruits, aka Real Food which promotes normal production thus better sleep.



## **Tips for Stress Relief**

Sleep is a powerful stress reducer. A regular sleep routine calms and restores the body, improves concentration, regulates mood, and sharpens judgment and decision-making.

But sometimes your stress levels affect sleep and disrupt your regular sleep routines. When you begin to experience sleepless nights due to stress try these tips that I have listed below.

Four Stress Relief For Everyone

- 1. Eagle Eye
- 2. One Breath Meditation
- 3. Know what you control
- 4. Take advantage of technology

#### Tip #1: Eagle Eye

"All birds seek shelter during a storm"? An eagle however, avoids the storm by flying above it. The problem is the same, but the altitude makes all the difference and changes the perspective. In this frame of mind, you can decide what bothers you, what is insignificant and allows you to move on and no longer think of "the storm." My husband, Mark, says it's like being in the Air Force. You fly above it. Challenge your thoughts, words, and actions. Decide how you want to feel and act accordingly, and then fly on.

"Always seek less turbulent skies. Hurt? Fly above it. Betrayal? Fly above it. Stress? Fly above it. You are the one flying the plane." – Marianne Williamson.

#### **Tip #2: One Breath Meditation**

Breathe. I know that sounds ridiculous because breathing is an involuntary action but here I mean actively pay attention to how you breathe and then breathe differently! First notice whether your breathing is short and shallow or deep and prolonged. Deep is good , short and shallow not so much. When we are stressed we tend to chest breathe that doesn't include our diaphragm. It's like only half breathing which can affect the amount of oxygen you get. Long, deep breaths are calming and calming reduces stress.

Sitting in bed or lying down, whichever you prefer, inhale deeply. Feel your stomach and chest rise. Breathe in all of your stress, negativity, and annoyances. Take them all in; but also take in the beauty and all of the good things in your life. Hold your breath for a few seconds. Allow these thoughts to mill around. Then, when you're ready, slowly exhale and release it all back to the world. Sometimes one breath might

## **Tips for Stress Relief**

not be enough to help. Other times you might need to string a few breaths together to feel the most relaxed.

#### Tip #3: Know What You Can Control

Focus on what you can control. Too often we focus on things that may happen or could happen. We focus on how people treat us or what they think. As you learn to focus on what you can control you will be happier, healthier and more effective in every aspect of your life. You will spend more time and energy on the things that matter, people you care about and find new ways to make a difference in your life and the lives of those around you. You will feel more calm, in control and more grounded.

Knowing the difference between the things that you can control and the things you can't is essential for your stress management and during your nighttime routine is a good time to decipher which is which. Here are a few examples.,

- 1. You can control what you contribute to a situation or at work. You can't control the result or the outcome.
- 2. You can control how you act and how you show up at work, the amount of effort you put in and the ideas you share. You can't control what other people think about you, and how they react to you in a work setting.
- 3. In a personal relationship, you can do everything that you think is right for somebody. You can't control the way they react, or appreciate the things you do.

Concentrate on the things you can control and you will notice your stress level drop. Less stress leads to a good night's sleep allowing you to awaken refreshed, rejuvenated and ready to tackle the day.

"You have the power over your own mind, not outside events or people. Realize this and you will find strength."

- Marcus Aurelius.

#### Tip #4: take advantage of technology

You have set a regular bedtime and awake time, learned the benefits of a good night's sleep, begun to master a good night sleep but how do you really know whether you're really getting the 7-9 hours of sleep that you require.? Perhaps you get up in the middle of the night to use the bathroom then couldn't fall back to sleep right away. During the night you woke up feeling hot or your feet were cold. Most of us don't take these things into account and may falsely think we are getting the right amount of sleep when we are not.

# **Tips for Stress Relief**

Today, there's a better, more accurate way to track the quality of your sleep. Yup, there's an app for that. There's an app for everything, so why not sleep? Here are some apps for you to consider using:

- List of best sleep trackers for 2021 from the Sleep Foundation.
- Android Phones (https://www.androidauthority.com/best-sleep-tracker-apps-android-789293/)
- iPhone Apple Watch (https://support.apple.com/en-us/HT211685)
- Oura Ring: https://get.ouraring.com/

Sleep trackers provide you with accurate data you have never had before and is typically available only by visiting a sleep lab. Your personal sleep data uncovers patterns and discovers the reasons behind your sleep issues. Using sleep tracking can lead to positive change in your sleep and in your health. What you track you can change.

Time to catch your Z's. Good Night!





## I Am

Too often we are labeled by others by what we do or what they perceive of us. However, who are you and how you speak about yourself is essential to create a positive mindset. Self-definition is about your core values and what is important to you. You are many things. Remind yourself by writing them down below.

I am
I am
I am
I am
With a better understanding of your core values answer this question. If time, money, education, age, circumstances were not a consideration what would you be, do, have, experience, create

# I Am



# Set Your Boundaries

## **Set Your Boundaries**

How can you adhere to your boundaries if you are not sure what they are?

Answering the following questions will help you gain clarity, set boundaries that make sense for you so you can say NO without feeling bad or guilty.

1. What are your top 5 values?

2. List them in order of importance to you?

3. What are your top 5 beliefs?

4. List 5 charities/organizations/activities that you like that fit those beliefs?

**5.** What is my fear about saying NO to people?

6. Write out how you will say NO in the future when asked to do something that does not fit into your boundaries?



# **Self-Sabotage**

Self-sabotage is when we actively or passively take steps or do nothing at all to prevent ourselves from reaching our goals.

This happens when our behaviors are not alignment with our intentions and can affect every aspect of life health/activity, relationships, career, time and money freedom.

Change is scary because it takes us out of our comfort zone. We are programmed to avoid pain and seek pleasure and change although not exactly painful makes us uneasy, it's easier to stay where we are and do the same thing but that will not move you towards getting What You Want!

#### **Examples:**

- •I don't have enough will power
- •I don't have the time
- •I'm too old

My self-sabotaging thoughts
are:
1.
2.
3.
4.
5.
Thoughts become words; words becomes actions that create habits. Self-sabotages unhealthy habits that can be reversed, but first you need to identify where it begins.
I sabotage myself by
I sabotage myself by  1.
1. 2.
1.
1. 2.
1.         2.         3.

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#### **Upgrade your Inner Circle**

"You are the average of the 5 people you spend the most time with." - Jim Rohn

Who can I spend more time with who will be a positive influence and keep me from self-sabotage?

1.

2.

3.

4.

5.

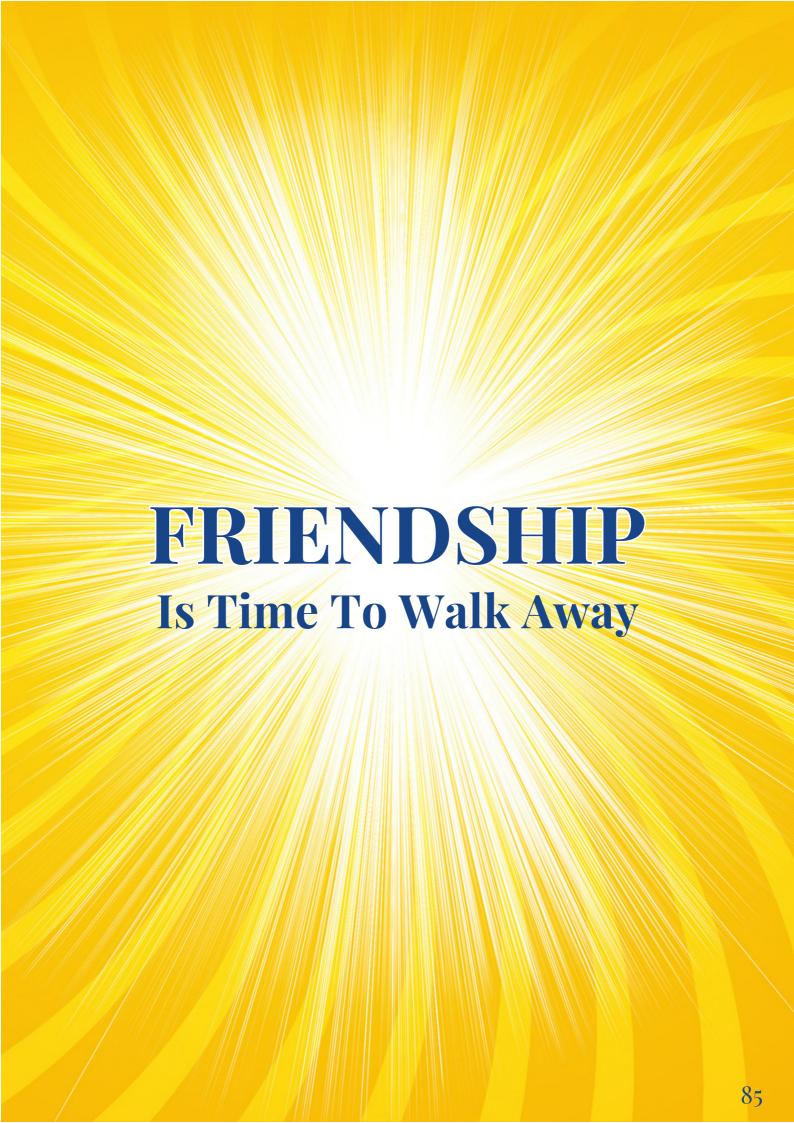
#### **Focus on Your WHY**

The 5 why's is a technique used to explore the cause-and-effect relationship of a particular problem. It helps you think deeper into why you want something and can help you discover the true reason to avoid self-sabotage.

Why do you want the things you desire?

Why is it important to you?

Thinking through your actions can help you avoid self-sabotage and keep you on track to succeeding your goals and living the healthy, happy life you desire.



### Friendship: Is It Time to Walk Away

Sometimes friendships start off strong and eventually fizzle—it's natural. Other times we keep people in our lives who we should walk away from. Perhaps the reason you were friends has now passed or you are in a new season of your life. Friendships that are not beneficial for both parties and can be detrimental to your happiness.

I have an old friend who is, to say it nicely, a challenge. She makes bad decisions, is sneaky, and she's not always honest. I've known her for so long that I understand why she is the way she is and I don't blame her. I didn't talk to her for a few years but I never completely walked away. Sometimes I want to shake the sense into her. Other times, I'm at wits end with her. Yet, for some reason, I have not ended our friendship. Maybe I am in her life for a reason. Time will tell.

If you're questioning the value of a friendship, maybe you're on to something. We want to connect with people and these connections need to be positive, uplifting, and nurturing. They should make us feel good, and if they don't it might be time to move on. Please use the questionnaire listed next in the resource section.

"Anything is possible when you have the right people there to support you." -Misty Copeland





## Friendship Reason Season or Lifetime

Friendships should enrich your life, provide you with a sense of belonging, comfort and support that adds to your overall health and happiness.

Jim Rohn said, "You are the average of the 5 people you spend the most time with."

So, evaluating those 5 people can improve the quality of your friendships and make clear whether a friendship is worth sustaining.

- 1. Who are your 5 closest friends? Evaluate each one individually.
- 2. How long have you known this person?

3. Do they put as much effort into the friendship as you do? Yes / No

4. Do you connect when you are together? Are they easy to talk to? Yes / No

5. Do you have fun together? Yes / No
6. Is the conversation always about them? Yes / No
7. Do you feel that you have to impress this friend or not be truly yourself? Yes / No
8. Do you trust this friend? Yes / No
9. Does this friend leave you feeling energized? Yes / No
10. Does this friendship provide value, support and encouragement? Yes / No
Now, review your answers. If you have said No's more than Yes's it may be time to

let this friend go and replace them with someone who is going to be a true asset in

your life! Oh, and you should keep the Yes's!

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