



TIPS FOR ENJOYING A HEALTHY LIFESTYLE

Here are 12 Tips that will help you enjoy more a healthy lifestyle:

1. ENJOY THE PROCESS

» Remind yourself that through the process your building skills, character, self-confidence and specially the discipline it takes to get to your results.

» Write down three things you are getting better at:

1. _____
2. _____
3. _____

» Write down one way that can make your process more fun or easy:

2. FOCUS ON THE POSITIVE

» Remind yourself all the gains you had or that you will have with this lifestyle.

» Write down three things you have learned and you didn't know before:

1. _____
2. _____
3. _____

3. CHANGE "I SHOULD" FOR "I WANT"

» By saying I want to, your affirming yourself that you are the one making the decision to change or transform, and this gives you power and momentum.

» Write down three examples where you can change "should" for "want":

1. _____
2. _____
3. _____

4. KNOW YOUR WHY'S

» Your reasons why are you doing this are going to be your drivers, is what keeps you motivated and on track.

» Write down three reason why you want to do this:

1. _____
2. _____
3. _____

5. FIND A PHYSICAL ACTIVITY YOU ENJOY

» Skipping doing exercise its pretty easy and common, but if you are doing something you actually enjoy, is going to be easier to stick to it

» Write down three possible ways you enjoy moving your body

- 1. _____
- 2. _____
- 3. _____

6. REMEMBER TO PRACTICE BALANCE

» Been obsess with numbers won't keep you healthy. Practicing balance is about finding what makes you feel good most of the time.

» You can apply the 80/20 principle. Where 80% of the time you are making healthy food choices, moving your body and practicing rest. And the other 20% of the time allow yourself to break your own rules.

» One way you had been too strict with yourself is:

» One way you can change this mindset is by doing this:

7. STRIVE FOR CONSISTENCY NOT PERFECTION

» Consistency is the only way that you can get the results you want.

» Which is an area of your healthy lifestyle plan you are not consistent:

» Write down three ways that will make easier to practice consistency specifically in this area:

- 1. _____
- 2. _____
- 3. _____

8. SHIFT YOUR PERSPECTIVE

» A healthy lifestyle is not the enemy. Classifying food (or exercise) as bad or good, or thinking of the things you are missing will put too much pressure in yourself.

» Type three healthy practices that make you feel good about yourself are:

- 1. _____
- 2. _____
- 3. _____

» Write down three ways these practices make you feel good:

- 1. _____
- 2. _____
- 3. _____

9. KEEP IT SIMPLE

- » Remind yourself that having a healthy lifestyle can be simple.
- » Write down 3 things that make a healthy lifestyle easier for you (ie. Meal prep, making a menu, creating a music playlist for the exercise, creating a space at home for meditation, etc).

1. _____
2. _____
3. _____

10. USE VISION BOARDS

- » To visualize will help you stick and manifest anything that you want. Plus it help you connect stronger with your why's.
- » Create a vision board using magazine cut off, drawing or any letter or quotes that resonates with your lifestyle approach.

11. DON'T COMPARE YOURSELF WITH OTHERS

- » Focus your whole energy in yourself, at the end its you what matters the most!
- » Write down three ways how you can express love towards yourself:

1. _____
2. _____
3. _____

12. AKNOWLEDGE AND CELEBRATE YOUR OWN ACCOMPLISHMENTS

- » Remind yourself that small steps brings you closer to the big picture.
- » Celebrate your accomplishment with yourself and with your love ones.
- » Write down three accomplishment you have gain through this process:

1. _____
2. _____
3. _____

YOUR FINAL INTAKES IN THIS SUBJET ARE:

Find more resources and tools in www.rameliving.com

With love,
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