

# 101 HABITS FOR SUPER HEALTH

**AN INSTRUCTIONAL BLUEPRINT  
FOR THOSE WHO WANT TO  
LIVE LIFE LIKE IT MATTERS**



**CAROLYN HANSEN**

# ABOUT CAROLYN HANSEN

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Carolyn Hansen is a noted Holistic Health and Wellness Coach who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).

She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.

Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.



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# TABLE OF CONTENTS

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|  |              |
|--|--------------|
| <b>About Carolyn Hansen</b>            | <b>...2</b>  |
| <b>Introduction</b>                    | <b>...4</b>  |
| <b>Nutritional Habits</b>              | <b>...6</b>  |
| Food Shopping Habits                   | ...6         |
| Food Prep Habits                       | ...10        |
| Smart Snacking                         | ...14        |
| Conscious Eating                       | ...16        |
| Hydration                              | ...19        |
| <b>Activity Habits</b>                 | <b>...21</b> |
| Fitting Exercise Into A Busy Schedule  | ...21        |
| Habits Of A Good Exercise Program      | ...25        |
| Exercise Motivation                    | ...28        |
| <b>Lifestyle Habits</b>                | <b>...32</b> |
| Sleep                                  | ...32        |
| Stress Reduction                       | ...35        |
| <b>Mindset Habits</b>                  | <b>...41</b> |
| Positive Thinking                      | ...41        |
| <b>Social Habits</b>                   | <b>...46</b> |
| Fostering More Social Relationships    | ...46        |
| Maintaining The Relationships You Have | ...48        |
| <b>Conclusion</b>                      | <b>...52</b> |

# Introduction

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Looking to lead a healthier and happier life? If so, you're in the right place. What few people really stop to realize is that all the little things that you do on a day to day basis are going to improve you in a profound way.

In fact, your sole existence right now – the place you are in life as you read this page – is determined by your day to day habits. Some of us simply tend to build naturally better habits than others.

Some of us build habits that help promote a generally higher sense of well-being, while others tend to build habits that take away from our overall well-being.

If you have more bad habits than good, it's time for a lifestyle make-over. The thing about habits however is that they can be **very** hard to break. Especially if the habit is one that has been ingrained in you for years and years – at times, since the day you were born (or close to it).

*"We first make our habits, and then our habits make us."*

These habits take time and a lot of conscious effort to break and overcome, however with sufficient motivation, you can do it. Even the worst of habits can be broken if enough focus is given.

The great news however is that in many cases, the habits you are doing are small and rather insignificant in terms of how you go about your day.

Insignificant here being that they really won't be too challenging to change or demand too much of your mental focus and effort.

But, they will have a high payoff. Sometimes the smallest of things can result in the largest of benefits, changing your entire level of happiness or health.



So my mission is simple. In this book, I want to share with you 101 different habits that I would highly recommend you get into place.

Now, I definitely do not expect you to go ahead and start doing all these habits all at once. I realize that this will take time and a concentrated effort. But choose three or four habits (preferably from different areas here) and master those habits first.

Then move on and try doing another three or four habits. Keep doing this until you've worked your way through most of the list – or at least the main ones that tend to interest you. Before you know it, you'll be seeing impressive changes to your day to day.

I've broken this book down into five key sections: *nutritional habits*, *activity habits*, *lifestyle habits*, *mindset habits*, as well as *social habits*.

All of these habits are going to carry equal weight here, so do your best not to prioritize one over the other. It's important that you focus on tending to all areas of your life as that is what will best ensure that you lead a well-rounded healthy lifestyle for years to come.



So if you are ready to begin, let's start by going over the main nutritional habits that will get you on the path to better health.

# Nutritional Habits

Nutrition is one thing that many people know they should be doing better with, but yet just don't have the knowledge or motivation – or both to really get started. But yet, nutrition impacts every single element of your life. It impacts your risk factor for disease. It impacts your day to day energy levels. It impacts your body weight and therefore, your self-confidence in your outer appearance.

Nutrition doesn't need to be overly complicated or confusing. Don't let yourself get too overwhelmed and instead, simply focus on the basics. The following habits will help.

## Food Shopping Habits

Food shopping is where a healthy diet starts, so it's important that you do that correctly. If you food shop without a game plan, that is your first problem. Let's look at some of the best food shopping habits that you'll want to have in place in your protocol.



### 1. Never Grocery Shop Hungry

The first must-know rule or habit to get into is to never let yourself grocery shop hungry. Hitting the grocery store when you have a growling stomach is a great recipe for disaster. Ever notice that when you are famished food automatically tastes that much better?

Well, it looks better as well. If you are shopping when you are dying to eat, you are going to be at a much higher risk of putting foods into your cart that you otherwise would not. And, if they go into your cart they are going into your home.

Ever heard the saying 'out of sight, out of mind'?

Well, when it comes to sticking with a healthy diet plan, if you have unhealthy foods lurking in your cupboards, fridge, or freezer, it will be that much harder to put those foods out of mind. As such, your chances of 'cheating' on your diet will be that much higher.

Make a habit to have a quick light snack, preferably with some protein, before you go grocery shopping to eliminate this risk.



## **2. Shop The Perimeter Of The Grocery Store**

Another quick and easy habit to get into if you want to eat better on a regular basis is to focus on grocery shopping only around the perimeter of the grocery store. It's here that you will find the lean proteins, fresh fruits and vegetables, along with more wholesome carbohydrate sources.

The inner aisles are home to all the processed, unhealthy foods that you just don't want to be eating, so the more you can bypass those, the better.

While you may need to venture into those aisles to pick up a select few items such as olive oil and natural peanut butter for instance, the more you can avoid them, the better.

Know what you need to grab going in and only go to those sections. The less time you spend 'browsing' the lower the chances you buy something you shouldn't.

## **3. Choose Bulk For Cheaper Eats**

If you often forgo eating healthy because you complain that it's just too expensive, you just need to adjust your food purchasing habits. Start turning towards the bulk bins when you need to stock up on certain items.

Oatmeal, nuts, seeds, dried fruit and other grains can all be purchased from bulk bins to save you money in the long run. Often you are paying a good amount of money for the packaging these foods come in and since you really don't need that packaging, it doesn't make sense to buy in this manner.

Just do be sure, as best as possible, that you do wash whatever you buy in bulk.

## **4. Stock Up On Sales**

It's also important that you stock up on sales whenever you can. Watch your local flyers and when you see chicken, beef, or fish go on sale, load up. Remember that you can easily freeze these after purchasing them, cooking them as needed by taking them out to thaw.

This can save you a great deal of money over time because generally speaking, your protein sources will be the most costly foods that you eat on your meal plan.

Plus, by stocking up like this, you'll cut back on how much additional shopping you need to do later on as you'll have these already at home.

If you aren't watching for sales, at the very least consider if the store you shop at has a special discount day. Many stores will run a 10 percent off day one day a month and if they do, this is the time to purchase those higher priced items.

Likewise, you may also consider purchasing non-perishable items in larger containers whenever you can as well. You'll typically pay less per serving when buying this way than in the smaller serving size ones.

Provided you have the room to store these at home, it can help save much money as well as food shopping effort in the long run.

## 5. Know When To Splurge

One habit to get into is to know when to splurge and when to save. There are certain items that paying a premium will be well worth it as far as your health is concerned.

For instance, grass fed beef. While this will be more expensive than grain fed, the nutritional profile of grass fed beef is far better and will provide you with more important nutrients and a healthier type of fat. So this would be a place where it's wise to spend a bit more.

On the other hand, if you are purchasing oatmeal for instance, going with organic oatmeal really isn't worth the extra cost you will pay as regular oatmeal will work just fine.

The main areas you want to pay more for are free range poultry, grass fed beef, along with the 'dirty' dozen when it comes to produce. This includes apples, celery, cherry tomatoes, cucumbers, grapes, nectarines, peaches, potatoes, snap peas, spinach, strawberries, and sweet bell peppers. Go organic for these and your other produce you can comfortably purchase regular varieties with.





If you get into good habits on knowing how to spend your grocery budget, you'll quickly come to see that you don't have to break the bank to eat healthy, so this excuse of not having enough money is no longer valid.

## **6. Consider Canned And Frozen**

Another great habit to get into when shopping for produce is to have canned and frozen available at all times. While they won't taste as good as fresh produce would, they are just as nutritious and are less perishable. You can keep frozen vegetables in your freezer for months at a time for instance, so they can be a quick addition to soups, stews, or other recipes you are preparing. If you struggle to get your veggies in, it's a great strategy for overcoming that problem.

Likewise, canned fruit can be an excellent choice as well, however when purchasing it, you'll want to purchase fruit in water, not syrup. Syrup will contain far too much added sugar, which will just ruin the otherwise health boosting properties that fruit brings.

Both canned and frozen tend to also be more cost effective than fresh varieties, so here again, this is a habit that can help save you money.

## **7. Look Low**

Your next food shopping habit? Look lower on the shelf. Keep in mind that most grocers will place the higher priced variations of items at eye level since this is where you are most likely to look. It's in their best interest for you to purchase the brand name, higher priced version, so this is what they will promote.

By looking lower down on the shelves, you can ensure that you pick a cheaper item that will offer just as much nutrition and flavor (in most cases) for a fraction of the price.

The more you can get into the habit of doing this, the more money you will find yourself saving.

## **8. Make A List**

Finally, never grocery shop without a list. Take some time before you head into the store to plan out what you will cook that week ahead and then list out all the different items that you need to pick up.



This way, you are going in with a plan. When you have a plan to follow, once again, you're far less likely to reach for foods that you shouldn't be eating.

Once you get into the habit of making a list, soon it will become second nature as you will see how much time it saves you, both while you are at the grocery store itself (since you will spend less time looking and considering foods) as well as throughout the week since there will be a lower chance that you have to make another trip back to the store to pick up food that you didn't purchase.

The less time consuming you can make planning and sticking with your diet, the better.

## **Food Preparation Habits**

A big part of eating healthy is preparing to do so. Those who fail to plan, plan to fail. If you hope to eat right in the hectic life we live in today, it's a must that you get a few smart habits under your belt.

These will all make your life that much easier over time and help ensure you never miss a beat on your diet plan.

### **9. Replace Oil/Butter With Chicken Broth**

The first habit to get into is, as often as possible, try and replace any oil or butter called for in your recipes or meal prep with some chicken broth instead.

For instance, if you are preparing mashed potatoes, you can easily sub in some lower sodium chicken broth, which will not only dramatically slash the fat and calories, but also at the same time add a nice hint of flavor that most people will really enjoy.

Likewise, if you are going to sauté some vegetables, here again, you can use a little broth rather than oil to get the job done.

Roasting some potatoes in the oven? Coat them with some broth rather than adding melted butter to the dish.

These little calorie savings will really add up over time, so get into the habit of asking yourself whether a substitute may be warranted.

## 10. Prep Multiple Meals At Once

Next, consider prepping multiple meals all at once. Get out of the habit of preparing single serving dishes and instead, into the habit of making large batches of food. Keep this mantra in mind: Cook once, eat three times.

As often as possible, try and cook enough food that you can get at least three meals out of it. Then you can serve it for lunch the next day and even dinner to follow, which would mean you now only have to cook every other day. Of course this assumes you don't mind some repetition with your meals, but if it comes down to eating healthy and having the same thing two days in a row versus not eating healthy at all, most people will choose the former.

Batch cooking will save you time, energy, and chances are will make better use of the groceries you buy since there will be less food waste.

## 11. Designate A Day To Food Prep

Moving along, it's also a smart idea to designate one day a week strictly to food prep. For many people, Sunday's works great here as it's a day when they are not all that busy and have time to tend to meals in the kitchen. Prepare as many meals as you can for the week ahead on this day and it will really reduce the burden of cooking during the busy week nights.

Get into the habit of planning to do this and soon it'll just be a part of your regular weekly routine. If you have a significant other, it might be something that you do together to create a bit of a bonding experience out of it.

Then after you're finished with your meal prep, you can relax and enjoy one of your freshly cooked dishes.

## 12. Freeze Individual Servings

As an add on to cooking multiple servings at once, consider freezing some food in individual serving sized portions as well. If you really don't want to have leftovers the next night, no problem. Most dishes will freeze fine, so you can simply place them in a freezer safe container, put them into the freezer and they'll be ready and waiting for you on a day when you need something on the run.



Aim to have five or six frozen meals on hand prepared and ready to go at all times. It'll be a far healthier option than turning to conventional frozen dinners that you buy – and cheaper too.

Just do be sure that you label them with the date that you froze them on so that you can eat them within a few months time. Let them sit too long in the freezer and you'll soon find they are riddled with freezer burn.

### **13. Pre-Chop Veggies As Soon As You Bring Them Home**

Want another time saving habit that will also help ensure that you eat right? As soon as you get home from the grocery store, get right to chopping your vegetables.

The number one excuse as to why most people are not eating the vegetables they should be is that they simply don't have time to cut them before preparing them.

Take care of this so that it's no longer an excuse to use. Chop all your vegetables up and place them in a container for fast grabbing as you need them. By doing this, you not only make meal time easier, but they'll also be there for you to grab quickly and snack on throughout the day, so this can make getting your five to ten in a lot easier.

### **14. Turn To Fresh Herbs First**

When it comes to meal prep, rather than relying on store bought sauces and condiments all the time, turn to fresh herbs first. Herbs are a great way to add additional flavor to your dishes and will work overtime as many also provide excellent health benefits.

Always think about what herbs will work with your dish first before you even consider adding sauces. This will help you keep your calorie content down and possibly also reduce your sugar and/or fat intake (as most sauces and condiments are laden with sugar or fat).

Keep fresh herbs on hand or if you must, use them in dried format.

### **15. Puree Vegetables Into Sauces**

Struggling to get your vegetables in? Here's a fast and easy habit that will make it more manageable. Try pureeing some vegetables right into a home made sauce you are preparing.

For instance, mushrooms, carrots, onions, and peppers will all blend up nicely into a tomato based sauce and you'll hardly even notice them there.



If you have picky kids or a significant other who isn't quite on the healthy eating bandwagon like you are, this can be an excellent technique to use. They'll never notice the difference – but yet, their body will definitely be happy about the change.

### **16. Use A Spray Bottle For Dressings**

Another great habit to get into in effort to lighten the salads that you eat is to actually transfer any dressings that you use to a spritzer bottle instead. Then simply spritz the lettuce with it and you'll find you consume far less dressing in the process while still ensuring you get an even distribution of flavor and taste.

You can either purchase salad dressing right in the spritzer bottle or simply buy an empty one and put your own home made dressing in it (the far healthier option!).

### **17. Prep A Large Salad Bowl First Thing In The Day**

Want to build another great habit that makes getting your five to ten in a day a breeze? Try prepping a large salad first thing in the day and trying to eat that entire bowl by day's end.

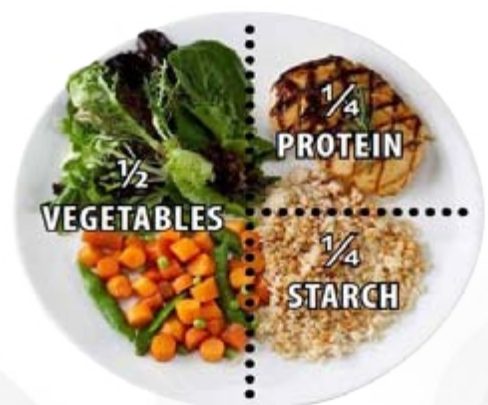
When it's there ready and waiting for you, you'll find that you are much more inclined to dish up than if you have to go to the trouble of preparing a new vegetable each and every meal.

For those on the go, this is a great habit to build. And, if you need to make it even easier, simply purchase pre-bagged salad and serve that up as needed.

### **18. Begin With A Foundation Of Protein And Vegetables**

Finally, the last great tip to know and remember when it comes to food prep is to always build your meals out of a foundation of protein and vegetables. Lean protein is going to best help preserve your muscle mass tissue and combat hunger pains while the vegetables will add more bulk to your diet, filling you up and ensuring that you get your nutrient intake in, all while keeping your calorie intake lower.

Then once you have these two in place, you can simply add some carbohydrates and healthy fats to them from there. Aim to fill up around 50 percent of your plate with vegetables, 25 percent with lean protein, and the remaining 25 percent can come from other foods.



If you get into the habit of using this plate division rule, you'll find you get great natural weight loss results without having to become a slave to calorie counting.

If you need help planning your meals go here for my book called [21 Days To Healthy Eating](#)

## Smart Snacking

Think all snacking is bad? It's time to think again. As long as you snack wisely, it can definitely be a part of your program. Here are the good habits you'll want to build.

### 19. Always Keep A Healthy Snack On Hand

If you hope to maintain a healthy diet plan, one of the best tips to know and apply is to always keep a healthy snack on hand. For most people, the number one reason they fall off their diet plan is simply because of convenience. Hunger arose and they didn't have anything healthy to eat and as such, simply turned to whatever was convenient around them. Most often, this means something that is not nearly as healthy as they would have liked.

To help combat this, always keep a smart snack on hand. This could be as easy as a pop top can of tuna, some low sodium beef jerky, some protein powder in a container, a home made protein bar (or a store bought one – just choose carefully here as many bars are loaded with sugar), or some home made trail mix.



Place a non-perishable snack in your office desk, your car, as well as your purse or briefcase and you'll find that you are never without a healthy option again.

[Click here to see my Healthy Raw Snacks and Desserts recipe books](#)

### 20. Liven Up Fresh Fruits And Vegetables

Getting into the habit of serving up fresh vegetables and fruits as often as possible as a quick snack on the go is one of the best ways to ensure you get your nutritional intake met. But yet, many people consistently fall short when it comes to these types of foods. The reason?

Boredom. When it comes to vegetables themselves, most people are quick to note that they are bland, boring, and may actually consider them rather unpleasant tasting.

Which is why jazzing them up is critical. Start preparing a healthy dip that you can turn to with your vegetables that'll make it more enjoyable to get them in and ensure you are that much more likely to reach for them when hunger strikes.

Consider preparing this dip with some reduced fat mayonnaise and Greek yogurt along with whatever spices or herbs you prefer. For fruit, you can just as easily use plain yogurt as a dip, flavored with vanilla or cinnamon and sweetened with a touch of honey if you prefer.

Hummus as well as guacamole also make for excellent dip options and both will provide the health benefits that you're after.

## **21. Keep Snacks To 200-300 Calories Each**

When it comes to choosing your snacks, get into the habit of counting calories and monitoring what you are eating. Too many people are in the bad habit of snacking mindlessly, often not even realizing that they are eating.

All of this quickly adds up and by the end of the day, you may be tallying far more calories than you ever intended to.

Limit your snacks to around 200-300 calories each. This will help ensure that they are fitting into your day without bumping up that calorie intake to levels that could lead to fat gain.

If you are exceptionally active, you may need more than 300 calories per snack, but for most people, this will fit the bill perfectly.

## **22. Squeeze Two To Three Snacks In Each Day**

How many of these snacks should you have? Aim for two to three snacks daily, each one coming in at around that 200-300 calorie point. This, when combined with your normal meals will put you at the right level of calories for weight maintenance (or loss, depending on the calorie intake of those main meals).

Eating this frequently will also help keep your hunger levels under control, stabilize your blood sugar levels, while also ensuring that you maintain ongoing energy all day long.

## **23. Plan For A Pre-Bed Snack**

For most people, eating at night is something they aim to avoid as they've heard it leads to weight gain. But yet, when 9 pm strikes, they're rummaging through the pantry, trying to find something to snack on.

Stop fighting it.

Get into the habit of simply building a late-night snack into your everyday diet plan. If you work the calories from this snack right into your daily total and plan to eat foods that are healthy in nature, you can certainly add this snack to your menu without worry.

The real problem with late night snacking comes in when people snack on unhealthy items such as chips, ice cream, candy, chocolate, and of the like – often while watching TV. Before they know it, they've eaten almost the entire container or bag and have easily taken in 500 or more calories. This is a problem.



A light, 200-300 calorie snack of some plain yogurt with a scoop of protein powder stirred in and topped with blueberries and almonds is not. If you know you want to eat before bed, this isn't a habit you have to break, however you do need to plan for it wisely.

## Conscious Eating

Too many people find themselves eating throughout the day without even realizing they are doing so. By day's end, they've tallied quite a high level of calories but may not even feel the psychological satisfaction that come from those meals. Conscious eating is important and there are a few habits you can get into that will help you along with this.

### 24. Sit Down When You Eat

As often as possible, always aim to sit down while you eat. Eating while standing can ruin any good diet because nine times out of ten, you are not accounting for what you are eating. You are 'eating on the go' and those calories won't really be registered or fill you up like they should.

Make a concentrated effort to always be seated whenever you eat a meal or snack. When you are seated, you can focus on the food you are consuming.



## 25. Avoid Distractions During Meals

Which brings us to our next point, avoiding distractions during your meals. Too many people are in the bad habit of watching TV while they eat, browsing the internet, working as they down their lunch meal, or otherwise just letting themselves be distracted.

The minute you focus on anything but the food you are eating is the minute that you reduce the psychologically satiety that comes with eating. Stop doing that. Get into the habit of focusing on eating while eating.

Sit down at the table and eat. That's it – just eat. Don't read a book. Don't look at your cell phone, and definitely do not watch TV.

If you want to eat in the company of others – that's fine as eating does tend to be a social event, but make sure as you do eat with these people, you are still noticing the food you are consuming.



## 26. Put Your Fork Down Between Bites

It's also a great idea to get into the habit of putting your fork down between bites. Doing so is going to help ensure that you are not rushing through the meal, which could potentially have you taking in more food than you otherwise would.

Remember that it takes so long for your body to register the fact that you are full, so it's a must that you give yourself the chance to get those signals. Slowing down as you eat – by putting your fork down, will help you do just that.

Building this habit can be hard as with today's hectic pace of life, it seems everything is constantly being rushed. But, if you really want to keep your body weight in check, building this habit will be key.

## 27. Notice The Taste And Texture Of Your Food

As you sit down and eat it, make it a point to stop and notice the taste and texture of the foods you're consuming. Try and do this first thing as you begin to eat as it will set the tone for the entire rest of the meal.

The more you notice this, the more you will find you feel satisfied after that meal and are okay stopping eating when you are physically full.

Those who are fastest to eat their food without noticing this are those who typically end up going for seconds. Often not because they are still hungry, but instead because they just don't feel fully satisfied from what they ate.

Psychological satisfaction is a very real thing and you must strive to satisfy that along with physical hunger to really see optimal health and weight control.



## 28. Rate Your Hunger

Which brings us to our last conscious eating habit to build – rating your hunger. Take a moment to really rate your hunger before you even begin eating. Even better would be to write this hunger down in a journal.

This can help you pinpoint if you are in the habit of eating despite not actually being hungry and start making adjustments if you are. You should only be eating when you're at a level of seven or eight on the scale of one to ten. If you're always eating at a six or so, you may be over consuming calories and on a fast track to weight gain.

### HUNGER SCALE



## 29. Eat Until You Are 80 Percent Full

As you sit down for meals and begin eating, keep tabs on your hunger the entire way through the meal. If you can, aim to eat until you are just 80 percent full. Once you reach that point, put your fork down and push away from the table.

The reason this works is because due to the fact that it takes time for your brain to register you are full, by the time that takes place, you can easily reach the 100 percent full mark. If you stop at 80, after digestion finishes up, you will be fully satisfied and will have just saved yourself from becoming over-stuffed.

Those who continue eating far beyond the 100 percent point are those that will pay the price later in terms of how they feel and weight gain.

## Hydration

Proper hydration is a must for overall health. Dehydration can lead to a sluggish metabolic rate, lowered focus and concentration and poor athletic performance.

Take steps to ensure you are properly hydrated today by using the following habits.

### 30. Keep Water On Your Desk At All Times

To help encourage you to get your eight to ten glasses of water each day, always keep a glass of water (or a water bottle) on your desk. Then simply sip on it throughout the day and before you know it, you'll be hitting your quota.

Many people often complain they can't drink enough water, but they are rarely making the effort. If water isn't available, you won't drink it, so make it available by keeping it close by.

### 31. Swap Coffee For Green Tea

Another smart move is to consider swapping out your regular morning cup of coffee for some green tea instead. Green tea is rich in antioxidants and will even offer slight metabolic boosting effects as well, ensuring that you are doing your part to tend off weight gain.

While coffee, if taken in black (without cream and sugar) isn't the worst option you could consume, green tea is simply better.

If you can make the switch, do it. Green tea will also provide a slight dose of caffeine – less than coffee, however you will get a nice energy boost without the corresponding crash that you may normally experience.



### 32. Eliminate All Soda

Another must-do is to eliminate all soda – even the diet variety. While regular soda is a definite problem due to the high level of sugar it contains, don't let yourself believe that diet is much better.

Diet soda is also problematic as it too can increase your craving for sweet tasting foods and it is loaded with artificial ingredients and chemicals – ones that surely are not healthy for your body.

If you absolutely need that fizzy taste that soda gives, try drinking some sugar-free sparkling water instead. This will be a far smarter way to meet your hydration needs.

### 33. Have One Glass Of Water For Every Glass Of Alcohol

Another must-do is to get into the habit of alternating every glass of alcohol you consume with one glass of water. Remember that alcohol itself is a diuretic, so the more you drink, the further you move away from your hydration goals.

Having that cup of water after each alcoholic drink you take in will help, in part, to offset these dehydrating effects.

Do keep in mind also that alcohol does contain calories and could put you at risk for weight gain. The best case scenario is to simply avoid alcohol entirely, however if you must drink, at least this alternating habit will minimize how much you take in.

### 34. Create Your Own Flavored Water

Another great way to build the habit of drinking more water is to create your own flavored water. Simply fill a large water jug with some water and then add in slices of lemon, lime, cucumber, mint leaves, raspberries, strawberries, or any other flavorful substance you desire.

Let this sit for a few hours and then serve. You'll get that nice hint of flavor that will make getting your 8-10 cups per day a breeze.

Keep a pitcher of this flavored water in the fridge at all times so it's readily available to fill your water jug for work with.





# Activity Habits

After getting your nutrition in check, the next thing to focus on is building some great activity habits that will ensure that you are staying fit, active, and healthy. Exercise is a vital component of improving your overall well-being, so is something that you need to incorporate into your life in one way or another.

Let's look at some of the main habits to consider.

## Fitting Exercise Into A Busy Schedule

Time is a hot commodity for most people and it can often feel nearly impossible to get exercise in. Fortunately, there are a few tricks you can use to make this easier. Not to worry, you do not have to spend hours in the gym for it to be effective.

Here are some simple tips on how you can fit exercise in.

### 35. Wake Up And Do 10 (or 20!)

Fitting exercise into your morning is one of the best ways to ensure it gets done. Those who are active at the start of the day tend to stay more consistent with their fitness plan those who wait until later on in the day because at this time, nothing will crowd that workout out.

Set your alarm to wake up ten, or even twenty if you are more ambitious, minutes earlier. Then, squeeze in 10 minutes of activity. Do some jumping jacks, burpees, mountain climbers, or simply walk up and down your stairs, doing a series of bodyweight exercises like push-ups, crunches, or squats with each trip.



This fast workout will help get the blood pumping in your body, help you wake up naturally, and help boost your energy for the day to come.

Plus, you can then move forward with the rest of the day knowing that you have already done something positive for your fitness level.

At first waking up earlier and getting this in may feel quite challenging, however once you get into the swing of things, you'll find that your body naturally wakes up and you really look forward to this morning time to exercise.

### **36. Park And Walk**

Another smart move is parking further away from your work if at all possible and walking the rest of the way there. Even if it's just 5-10 minutes of a walk, this will build in another 10-20 minutes of activity into your day (since you'll walk each way) and can help to stretch out your legs after a day of sitting, provided you have a desk job.

It really will make a difference at the end of the year, accumulating to nearly 60 extra hours of exercise.

As an alternative to this strategy, depending on the weather and the distance you live from your work, you might also look at getting into the habit of biking to work on nice days. This will not only give you great exercise, but also help ensure that you are saving on fuel costs as well.

### **37. Take Exercise Commercial Breaks**

If you're like most, you spend at least 30 minutes or so watching TV at night before going to bed. Make TV time, exercise time. Commercial breaks offer the perfect opportunity for this because they are 30 seconds long, which is great for doing intervals of any given exercise.

Pick three to four exercises to do during each commercial break and then see how many reps of each exercise you can fit in.

**Great exercise options for this would include:**

- Push-ups
- Sit-ups
- Lying leg raise
- Walking lunges
- Step-ups
- Squats
- Jumping jacks
- Bicycle crunch

And this is just naming a few. The possibilities are nearly endless here.

### 38. Get Active Over Lunch

Lunch time also makes for the perfect time to start getting more active. Try and find a co-worker who also wants to start living a healthier lifestyle and make a deal with them to head out every lunch hour for a quick walk.

It will only take 20 minutes or so to get your heart rate up and your blood pumping, leaving you time to get back and eat your lunch.

Too many people simply sit through their lunch hour, which is part of the reason they hit that 2pm slump so often experienced. If you get out, it'll break up your day and you'll find you're far more productive when you come back to work in the afternoon.

By doing this with a co-worker, you'll also be less likely to ditch your plans because you'll know that someone else is counting on you to show up.

### 39. Build In Family Fitness On The Weekends

It's important that if you have kids, you are doing your part to encourage more activity in them. Today's youth are becoming more and more sedentary and we are seeing the rate of childhood obesity continue to climb.

To help get past this and build more activity into your own life, make it a mission to have family active weekends. Rather than doing more passive types of activities, try doing active ones. Head out for a long bike ride, go for a hike, or get together a family game of soccer or another activity (depending on how large your family is).



Try and do this at least once per week and make it a time to bond and strengthen your relationship. When your kids see their parents being active, they are more likely to do the same.

If you can, do this on a few nights during the week as well. And, if your kids are older, you might just consider taking them to the gym with you.

#### 40. Take The Stairs

The old saying stands true – take the stairs. Whenever you can, hit the stairs rather than the elevator. Getting into this habit can add up over time, boosting your cardiovascular fitness level while also improving your muscular strength as well.

If you work in an office building with numerous stairs, this could easily add an additional 10 minutes of cardio training to your day, virtually reducing how much time you have to spend doing outside activity.

#### 41. Set A timer On Your Desk

Another good habit to get into that will make adding activity to your day easier is to set a timer on your desk to go off every hour. Use this as a reminder to get up and move around. Whether that means using the bathroom (preferably on another floor so that you have to walk up a set of stairs!), going to speak to a co-worker rather than email them, or walking to the copier, get up and move. Even for just 2-3 minutes.

Sitting for too long is unnatural and unhealthy for the body, so adding these brief activity breaks will help keep your body more energized. It's far too easy to let yourself sit for 4-5 hours straight without so much as getting up. Do this however and you will not just be at risk for weight gain due to a very low daily calorie expenditure, but also at risk for an increased disease risk as well.

#### 42. Try Office-Friendly Exercises

Finally, another quick and simple way to fit more exercise into your day is to try office friendly exercises. Sometimes you just can't get away to do a workout or go for a brisk walk, so need to get creative in your own office.



You can easily perform a number of different exercises, right at your desk using equipment you likely have in your office already.

For instance, both floor and wall push-ups are great for strengthening the upper body. Likewise, you can also perform tricep dips off your chair.





Bodyweight squats or walking lunges are also quick and easy to do while standing in your office. If you are comfortable, you can also get down on the floor and perform a number of different core exercises such as crunches, lying leg raises, the bicycle crunch, or the plank exercise.

You can keep a resistance band in your desk draw and add that extra resistance to make the exercises more efficient.

There really are no shortage of exercises you can do when you have two to three minutes to spare. It all adds up over time, so never let yourself think that it won't 'count' unless you are exercising for 10+ minutes.

## Habits Of A Good Exercise Program

As you get started doing your exercise program itself, there are some habits you'll want to build that will help ensure those workouts deliver the best possible results.

Let's look at what these habits are.

### 43. Always Prioritize Form

The first habit you must build is always making sure that you are prioritizing proper form. Never let your ego stand in the way. Sure, it may feel great to add 10 more pounds on the bar, but if you are not using proper form, that exercise is doing you no good.

Form is a must. If you don't know what good form is on any given exercise, book a session with a trainer to teach you. An exercise is only going to be effective if it hits the muscles in the way it was designed to.

### 44. Build Good Breathing Habits

Another must that you want to do is build the habit of breathing right while doing any strength training exercises. Far too many people make the mistake of holding their breath as they do their set, which only leaves them feeling light headed and ready to pass out, not to mention takes away from the amount of strength they are able to generate.

Focus on breathing out during the contract portion of the exercise, or the part of the exercise where the muscle is shortening (concentric for 'contraction').

Then, you will want to breathe in during the eccentric portion of the exercise, which is typically where you move back into the starting position.

When you build the habit of breathing right, it will happen automatically without much thought. When you don't form this habit as you get going with your program though and possibly build the bad habit of holding your breath, this will only make it harder to change that habit.

#### **45. Think About The Minute Muscle Connection**

Another important thing that you'll want to make sure you are doing is thinking about the mind-muscle connection. This refers to you actually thinking about the muscle squeezing, contracting, relaxing, and so forth.

Basically, you are present in the moment. Too many people get into the bad habit of simply letting their mind wander as they are doing their workout session. They are thinking about their Friday night plans, what they need to buy for groceries at the store, or otherwise. Basically, they are thinking about everything but what they really need to be focusing on.

Without this mind-muscle connection, you will never perform your workouts as well as you could be as the intensity just will not be there.

Struggling to get the mind muscle connection? At times, it may be hard to develop. The first thing you may want to try to help regain it is lowering the weight you are lifting. Sometimes using too heavy of a weight is what's causing you to lose the connection you desire.

If that doesn't work, you might actually try and touch the muscle you are working with a free hand (if possible). Sometimes just feeling that contraction taking place and help you bring back that mind-muscle connection.

Once you get into the habit of feeling it, it will be easier to keep feeling it from then on forward.

#### **46. Take The Time To Warm-Up**

Skipping your warm-up might seem like a fine plan when you're pressed for time, but take note that it is not. Your warm-up is essential to help prepare you for the workout ahead, making sure your blood is flowing and that you are not putting yourself at risk of an injury.

When your body is cold and you attempt to lift a heavy weight, this is a fast way to strain a tendon or ligament, so this can get you into some serious trouble.

Spend the five minutes or so it takes to warm-up. You will perform far better during your workout because of it. In most cases, you'd actually be better off to cut your workout short by five minutes but make sure that you can exercise with that proper level of intensity than to forgo the warm-up and exercise in a less effective manner.

#### **47. Watch The Clock**

Another habit you'll want to get into is making sure that you keep tabs on the clock as you move through your session. Don't get into the habit of letting rest periods drag on longer than they should.

If you have 30 seconds scheduled for rest between sets, make sure that you are using 30 seconds. If you let it go longer, it will impact the entire intensity of your session, making the whole workout that much less effective.

Too many people let themselves get distracted between sets either talking to someone else, wasting time at the water fountain, or simply letting their mind drift onto other things.

If it helps, consider getting a beeping timer to go off so that you know when it's time to start that next set again.

#### **48. As For Help When You Need It**

Don't also be shy about asking for help when you need it. Whether this means asking for someone to help spot you when you are between sets and need help to ensure you can get the next weight level up or asking for help from a trainer when you need to learn how to do an exercise properly – or build a new workout program.

Get into the habit of seeking help as you need it and you will find that you make far faster and more efficient progress with your workout sessions.

#### **49. Track Your Workout Sessions**

Another good habit you'll want to form is making sure to track your workout sessions regularly. Keep tabs on how you are progressing along so that you can constantly be monitoring progress and making sure the workout you are currently doing is better than the last.

You can either write down what you are doing in a workout journal, or if you prefer, simply track it on one of the many phone applications now available.



Tracking your sessions will not only serve to help ensure that you are progressing forward, but it can also be an excellent motivational tool to use when you aren't feeling so motivated.

Looking back at how far you've come can do just the trick to get you excited again about your future workout sessions.

## 50. Switch Things Up

Finally, the last thing that you want to remember to do is switch things up. Get into the habit of trying to add new exercises into your workout program regularly. Remember that the body responds best to variety, so the more variety you have in place, the faster, generally speaking, your progress will be.

Aim to change one thing about your workout program each and every week. This could be a new exercise, a new rep range, a new number of sets, a different order in which you perform your exercises, or something else.

This will not just keep your body stimulated, but your mind stimulated as well.

For the most time efficient and effective exercise program check out my own personal training regime here:

[Minimalist Exercise Program](#)

## Exercise Motivation

At times, the hardest part of sustaining an active lifestyle is keeping up the motivation to do so. If you often find yourself falling off the bandwagon, you can fix this problem with a few simple habits that will ensure your motivation stays higher at all times.



## 51. Set Daily, Weekly, And Monthly Goals

The first thing you'll want to make sure that you get into the habit of doing is setting daily, weekly, and monthly goals. Goal setting is important because without it, you have no real direction. You might hit the gym because you know it's healthy to do so, but you have no compelling reason to really push you to work as hard as possible.

Set those long term goals – the goals that inspire you to be your very best. But at the same time, set some shorter term goals as well. Those will help break up that long term goal, making it more manageable.

Also get into the habit of setting daily goals as well. Setting one or two daily goals

– something that you can easily accomplish with just a little effort – is a great way to boost your self-confidence that you can and will see success.



Once these goals are set, review them regularly to make sure they still apply. Don't feel bad if your goals change. This can happen. Just be sure that you do change the rest of your program accordingly.

## 52. Take Progress Pictures Bi-Weekly

You'll also want to take progress pictures on a regular basis. Sometimes it's hard to see the small changes taking place, however when you look at them on the grand scale of things, you see them much better. Seeing a picture of yourself from a month ago for instance can make it easy to see that you are in fact moving forward nicely.

Take one progress picture, preferably at the same time daily once every two weeks. This is enough time to see noticeable changes taking place if you are sticking to your plan.

Note that you won't likely see huge changes over this time span (you'll need 2-3 months for that), but you should notice a difference in your physique with the two week period.

### 53. Build A Support Team

Also consider building yourself a support team of people. Get into the habit of turning to these people during hard times when you need a little motivation to keep up with your program.

The people on your support team should be those who you feel completely comfortable sharing your thoughts and feelings with. You should never be left feeling like they are judging you, but instead, feel like you can open up to them about anything.

Try and have at least two people on your support team if possible so they are there for you to turn to when needed.

### 54. Use Well-Planned Rewards

Having good rewards in place is another great way to inspire you to keep pushing onward. After setting the goals that you want to work towards, also set appropriate rewards for those goals as well. Remember that these rewards should be highly important to you. It doesn't matter how small or large they are, if they are something that will motivate you to keep working hard, they will work perfectly.

Once these rewards are set, make sure that you are only giving them to yourself if you do accomplish your goal. Hold yourself accountable. If you give yourself your reward just for 'effort', those rewards will lose their motivational power.

### 55. Notice How You Feel After Exercise

Start getting into the habit of taking note how you feel after each exercise session you complete. Notice the feeling of energy and mental clarity you get. Really feel this wonderful feeling you get and then remember it.

Next time you feel like skipping an exercise session, remember this feeling. Use it to help motivate you to push through. Always remember that very rarely will you ever regret doing a workout once you are finished. Sure, you might be tired going into that workout, but after, you'll feel so much better.



## 56. Create An Inspiration Journal

If you tend to be a visual person, you might also consider creating an inspirational journal. This can be something that you use to help get you motivated whenever you feel like you're at a low point.

This journal might include pictures of your goal body – a celebrity or athlete that you hope to look like for instance, some motivational quotes that help push you to see success, or it might be a folder on your computer containing links to videos that serve to get you motivated and inspired to be all that you can be.

This journal/folder is something that you do not need to share with anyone, but rather can keep private entirely for yourself.

## 57. Stay Informed

It's also a great idea to get into the habit of staying informed. Regularly read up new exercise and nutrition information, whether it's books, articles, or otherwise. Keeping yourself 'in the know' will help give you the confidence you need to believe that you are moving forward on the right path and will also help you stay in that healthy mindset.

When you are living in that lifestyle, not just hitting the gym but trying to better your knowledge, it is more likely to become a new part of who you are.

Once it becomes who you are, you'll find you rely less on motivation to keep you moving forward.

## 58. Visualize Success

Consider visualizing success as often as you can. Get into the habit of spending five to ten minutes a couple times per week lying somewhere comfortable, closing your eyes, and picturing what it will be like when you reach your end goal.

How will it feel? What will change? The more you can really be in that moment, the more naturally motivated you are going to feel.



# Lifestyle Habits

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While taking the time to get in proper nutrition and exercise is definitely critical to success, you must also take into account how you are leading your day to day life. Without proper direction and good habits, many of the things that you do on a regular basis can really impact you in a negative manner.

Let's look at some of the main lifestyle habits that you need to know and keep in mind at all times.

## Sleep

When it comes to promoting great health, few things are more important than sleep is. Sleep is the time when your body will begin to restore itself, repairing any damage that was done during the day and ensuring that you wake up feeling revitalized and ready to face whatever the next day holds.

The truth of the matter is that most grown adults are not getting the sleep they need – not even close. As such, it's time that you improve your sleep hygiene for the better.

Here are some great habits to build that will help you do just that.

### **59. Set Regular Bed And Wake Times**

Perhaps one of the most important techniques that you can use that will help ensure that you sleep better is to set a regular bed time and a regular time to wake up each day – even on the weekends.

Too many people attempt to play catch up on the weekends, thinking that if they sleep in until noon, they can make up for only sleeping a few hours during the week. This is not the case. Your body can't catch-up like this and while a sleep in may feel good, it's still not going to be as good as simply sleeping more each and every day.

Plus, if you sleep in until noon on the weekends and don't go to bed until the wee hours in the morning, it will only make going to bed and getting up earlier for work come Monday that much harder.



The more consistent you can make your sleep schedule, the better. Then your body knows exactly when it's time for you to go to bed.

### **60. Turn Down The Temperature**

It's also a smart idea to turn down the temperature in your bedroom as well. You'll find that you can fall asleep faster and sleep more deeply when the room is chilly, so do your best to create climate control here.

During the summer, you might consider investing in a good room air conditioner if you don't already have AC.

If it's very warm and you're awake tossing and turning, it can be incredibly hard to fall asleep in such a scenario. You are better off having your bedroom a little too cold and cozying in under the covers.

### **61. Use A Stress Journal**

Another smart move to help yourself sleep more soundly at night is to use a stress journal. If you are the type who typically lies awake at night tossing and turning because you have so much on your mind, using this stress journal will help you remove those thoughts so that you aren't ruminating about them.

The act of actually getting the thoughts out on paper is one of the best ways to ensure that you are freeing yourself from thinking about them from the hours to come.

You might even take this one step further and 30 minutes before you go to bed, spend 15 minutes or so writing down any worries, concerns, or other thoughts you have in your mind and work out any possibly solutions to problems that need addressing.

When you do this, you'll be less likely to think about all those solutions once your head hits the pillow.

### **62. Turn Off The TV**

If you typically watch TV or browse the internet (or your smart phone) before turning out the lights, you might want to consider stopping this as well. All of these electronic devices emit light that will stimulate the brain and can make it that much harder to fall asleep.

Make the 30-60 minutes before bed an electronic-free zone. If you are going to read (which does help many people fall asleep), do so with a regular, old-fashioned book instead. This will help ensure that you are helping your sleep, not hindering it.

### **63. Consider A Nightly Routine**

Another must-do if you are a poor sleeper is getting into a nightly routine of sorts. It doesn't really matter all too much what you do before bed (as long as it's relaxation based and doesn't involve electronics), just as long as you do the same thing nightly.

This will help ensure that your body recognizes when it's time to go to sleep and prepares to fall into a deep slumber.



### **64. Snack Wisely**

Be sure to also keep tabs on your food intake as well. Eating heavy meals before bed can cause you to lay awake due to heartburn or indigestion. Instead, keep your snacking light and to relatively easy to digest foods.

Think 200 calories worth of lean protein and healthy fats and some very slow digesting carbohydrates. Cottage cheese with peanut butter, a bowl of oatmeal and a glass of milk, or some tuna with avocado would all work well here.

Avoid spicy foods at all costs as these will keep you awake and can also stimulate your metabolic rate (if they contain chili peppers or cayenne pepper).

### **65. Wake Up To Natural Light**

As you strive to get up in the morning, get into the habit of opening your curtains first thing upon waking and then taking a minute or two to soak in the natural light. Your brain will respond far better to natural light than light of your lamp by your bedside, so use this to your advantage.

You might even consider investing in an alarm clock that slowly brightens your room just like a sunrise would if you are getting up before natural lighting takes place.

This is a much more gentle way to wake your body up and will have you feeling more refreshed as you climb out of bed.

#### **66. Curb All Caffeine 6 Hours Prior to Bed**

Get into the habit of cutting out any caffeine containing beverages you are consuming before bed as well. Try and limit your intake to at least 6 hours prior to going to bed and learn your tolerance. Some people may find that even then, at six hours, it keeps them up.

Remember that caffeine is not just found in coffee either. It can be found in chocolate, energy drinks, as well as many black or green teas as well.

If you are sensitive, even a small amount of these could lead to struggles getting to sleep.

#### **67. Consider Melatonin**

If you're someone who really struggles with sleep and just cannot get to sleep no matter how hard you try, or you work shift work and are aiming to sleep at odd hours of the day, you might want to consider melatonin. This is a natural supplement that produces the same substance that your body should be producing naturally to help regulate your sleep-wake cycle.

If you use this on a regular basis, you should find that it helps you fall asleep faster. Just note that it is quite powerful, so start with just 1-2 mg per day and see how you respond. Then you can increase from there as necessary.

### **Stress Reduction**

In addition to getting to sleep faster, you also need to tend to your daily stress levels as well. Those with high stress lifestyle are more prone to developing depression, diabetes, heart disease, and stroke, not to mention may also be more likely to pack on added body fat.

Stress reduction is a must. By building good habits into your day, you can help get your stress levels under control.

Here's how.

## **68. Become More Body Aware**

The first step to combating stress is to become more body aware. This means learning when you are experiencing stress in your body as often, this happens before you even realize that you are psychologically stressed out.

Some people have a tendency to clench their fists while others will tense up their shoulders. Some hold their breath (or begin breathing very shallow), while others start to slouch over with their posture.

Learn how your body responds and then you can better identify when you may be feeling stressed without even realizing it. The sooner you can then address it, the less impactful it will be.

## **69. Develop A Stress Busting Strategy**

You'll also want to work hard to develop a stress busting strategy of some point. Figure out what works for you. Some people might, for instance, go hit a punching bag to relieve their stress or do a very intense workout.

Others might want to take a long, hot, soothing bath. Still others may watch a funny movie to help rid themselves of stress. Other people might pray. Learn what works best for you and then begin using this strategy on a regular basis.

## **70. Learn To Delegate**

One of the things that most of us tend to stress about the most is time. We live in a very busy world and it might feel like there just aren't enough hours in the day. If 'getting it all done' is what's stressing you out, start learning how to delegate better.

If you have tasks that others could easily help you with (especially if they are offering), let them take those off your plate.

Know that you really don't have to do everything and it is fine to delegate to those when you need a hand. This in turn will dramatically lower your overall stress levels.

## **71. Have A Support System**

In addition to having those that you can delegate to (or ask for help as it may be more appropriate), it's also important that you have a support system. Basically someone you can just vent to when you are under stress. They may not need to help fix the problem, but rather, just hear you out.



Letting off steam can be a great way to relieve stress, even if it doesn't really accomplish much in the act. It can help you reduce the stressful energy that you are carrying around.

Then, you might have whoever is giving you this support help to think, proactively, about what you can do to minimize stress in the future.

## **72. Practice Saying No**

Along with delegation, something else you need to get into the habit of doing to reduce stress is to practice saying no. If you are a 'yes' person, saying yes to everything, you are never going to have time for yourself to live the life you want to lead. You are instead letting others steal your time from you.

Start saying no. You don't have to feel bad about it. If you can't or don't want to take something on, just let them know that you are unavailable. You don't even have to give a reason.

If someone no longer likes you because you said no to something, this person was not really that close to you in the first place. Don't let yourself think that the world will end just because you said no.

The more often you can say no, the more comfortable it will become and soon, you won't have any problem declining requests that you don't have time for or just don't want to be doing.

## **73. Think Of Your Worst Case Scenario**

Another way to ease stress is to consider your 'worst case scenario'. Basically, if things went horribly wrong and whatever it is that you are so stressed about came true, what would happen? What is the worst case scenario?

Often we are building things up to be bigger than they really are and as such, we are becoming stressed for no real reason.



Once you actually ask yourself the 'what if' scenario, you can really see what you're up against. Then, you might take this one step further and figure out what you would do if that situation were to occur. Having this game plan in mind can go a long way towards reducing the stress that you may be feeling.

#### 74. Find At Least One Hour Per Week For You Time

It's important that at some point during the week you get a little bit of 'you' time – time when you can do whatever it is that you want to be doing.



The point of this hour is to basically lose yourself in whatever activity it is you choose to do. Whether this is a paint class you've always wanted to take, a yoga session, reading your favorite book, or otherwise. Figure out something that is very meaningful and relaxing to you and make sure that you schedule it in.

As life gets busy, it's easy to let everyone else steal our time, but it's important that you always make an effort to carve away some time for just you.

#### 75. Use A Daily Organizer

The next must is to use a daily organizer. This will help ensure that you are keeping better track of your time and that you are not suffering from any time wasters. Most people are letting at least an hour each day fall between the cracks because they don't have a good schedule in place.

If you start using this organizer, you might just find that the extra hour in the day that you wish you had you really do actually have.

Write down all your daily meetings, appointments, and to-do's and treat each item with importance. This includes your workouts and your 'you' hour.

#### 76. Use The Two Minute Rule

The two minute rule is an excellent habit to get into that will help ensure you don't let small tasks build up on your plate until you feel overwhelmed. What this rule states is that if something is going to take you less than two minutes to deal with it, deal with it as soon as it comes up.

Doing this can help keep you better on top of your game, so to speak, freeing up more total time to focus on the big things that demand more of your time.

The only one time to avoid this rule is if you are heavily into working on a major tasks. In this case, tune out all distractions. If you let those two minute things – an email, text, or phone call for instance distract your concentration, it may take another 5-10 minutes to regain focus and get going again. In that case, it isn't just a 2 minute item any longer.

## **77. Choose Who You Surround Yourself With Wisely**

The next stress busting tactic is to make sure that you are being very selective in who you choose to surround yourself with on a daily basis. Are there people in your life that tend to just drain you of all your energy? If so, start saying so-long to those people, or at the very least, spending as little time with them as possible.

Remember that you are the sum of the five people you are closest to, so if you are spending time with those who are very stressed out on a day to day basis, soon you are going to be very stressed out as well.

Simply being around high-strung individuals will tend to rub off on you and make you feel less calm and relaxed.

Spend time around those who are all about stress management and living life to the fullest and soon you will find that this is your own natural approach as well.

## **78. Get Away From It All**

Another great habit to get into is taking time to get away from it all. By this, I mean getting away from all the daily stressors that you experience in your life on a regular basis. Spend time in nature – get out for a long hike on the weekend for instance where you can clear your mind and look at the 'big picture'.

What's really important in your life? What are you striving to create? Looking at and addressing these questions can help you come to better realize how all the little things that you are stressing over on a day to day basis really just don't matter nearly as much as you might think they do.

With this renewed focus on the bigger things, you'll then return back to your normal life, ready to tackle it head-on.

Few people ever really take the time to distance themselves, so getting into the habit of doing this every so often will be critical to your success.

## 79. Treat Yourself To A Massage

Earlier we spoke about how stress can be impacting your body more than you realize. Those tight shoulders, those nagging aches and pains down your back, the stiff neck that never seems to let up – all of this is indicative of stress. You may not even feel that tight or tense, but chances are good that you are.

Treating yourself to a massage every now and then can be a great way to relieve this stress from your body, which in turn will make you less stressed from an emotional point of view as well.

Your mind reads from your body, so when you are physically stressed out, this can have quite a large impact.



A deep tissue massage will not only help to lower your physical response to stress, but it can also help to relax the mind while also preventing injuries from brewing. When you are stressed for too long and your tendons and ligaments start to become quite tight and tense, this can then lead to chronic aches and pains that don't seem to go away.

Let the full body massage relax you and rejuvenate your entire being. Aim to treat yourself once per month if you can. And, if you can't go for a professional massage, perhaps you can talk your significant other into treating you instead.

## 80. Make A Habit Of Slowing Down And Being In The Now

The final stress busting habit you want to get into is to make a habit of slowing down and being in the now. Stop throughout the day and really take it in. Turn off your thoughts about what you will be doing later on in the day, what you did yesterday, or what else you have coming up in the future.

Think about the here and now. After all, that's all that really matters. Too many people spend the better part of their time stressed out and worry about the future that they never really live in the moment.

When you stop and be in the moment, you put a freeze on stress. The more often you can do this, the happier – and healthier you will likely be.

# Mindset Habits

We've not covered some of the important lifestyle habits you need to get into, so it's time to shift our focus away from that and talk about mindset habits to know. Your mind is a very powerful thing and the more good habits you can build and get into here, the better your chances are of leading that healthy and happy lifestyle you so desire.

Let's look at some of the biggest mindset habits to know and remember at all times.



## Positive Thinking

### 81. State 3 Self-Affirmations Daily

Self-affirmations are a very powerful thing that you should be getting into place and using as often as possible as you go about your day to day life. A self-affirmation is basically a self-statement where you re-enforce something good about yourself.

For instance, you might state, 'I'm reliable and always follow through on what I say I do.' This gives you an instant boost, reminding you of the positive characteristics and traits you have to offer. If you ask some people, they don't even know what they have to offer because they have never really stopped to analyze it.

It's time that you did. Realize who you are, what you stand for, and what you have to offer.

You may also use these self-affirmations to give you confidence as well. For example, if you have a big work presentation coming up, you might state, 'I'm cool, confident, and know that I will perform just as I practiced'.

Convince your mind of something and you will very likely find that it becomes your new reality.



Get into the habit of stating three (preferably different) affirmations each day. If you simply can't think of three new ones, use ones that you have used before. Recite them to yourself first thing in the day to give you a boost to face the day head-on and then keep reciting them to yourself any time you find yourself struggling and need that extra boost.

## **82. Visualize Overcoming Obstacles**

Along with self-affirmations, also focus on giving yourself a boost through visualizations. If you have a particular obstacle that's standing in your way that you are nervous about, close your eyes and picture yourself getting past it without a problem.

For instance, let's say you are on a strict diet and have a big social function coming up where you know there will be plenty of food that you should not be eating. Rather than stressing and worrying about it, practice in your mind getting through the event, eating only healthy items that are on the buffet table. See yourself doing this and notice how you feel. The more you can 'be in that moment', the easier it will be when that moment is really occurring in your real life.

Focus on getting past this, a few times over if you need to and you'll find that you are far more confident when the event rolls around that you will in fact be able to handle it.

## **83. Read More**

Another must-do to boost your mindset is to spend more time reading. Now, while any reading will do and be beneficial, really focus in, if you can, on some self-help/growth books. These can often help you see your life in a new perspective and help give you tools and resources that you can use to help get through the harder times in life.

Reading itself is like exercise for your brain, so it can also help to delay the effects of aging, help improve our memory and concentration, as well as keep you feeling young again.

If you are a lover of your favorite genre of fiction, don't feel like you can't read this any longer. Try and read two self-growth books for every fiction book you read and you'll be seeing improvements in your daily life because of it.

#### **84. Focus On The Lessons Learned**

There are almost always going to be hard times that come about in life – it's inevitable. They may be frustrating, sad, or leave you feeling very low about yourself or just life in general.

When these times strike, do your absolute best to look at the lesson that you can learn from the situation. In almost all instances, you will find that you are stronger than you were before after getting through that time, so now you can use this to help push you forward.

By focusing on the lessons that you stand to learn, you can shift your entire mindset around.

#### **85. Surround Yourself With Positivity**

We spoke earlier about how it's a must that you are making sure that you surround yourself with those who are not high stressed individuals. In addition to that, it's also going to be important that you are also surrounding yourself with those who tend to be more positive as well.

Positivity breeds positivity, so this can really rub off on you. If everyone around you is negative and always looking at the drawback of every situation, soon you will be too. Bad moods are contagious and once you have one, it can be hard to get out of it.

Try and find positive people to surround yourself with. And, if for whatever reason you can't, try and be that positive person. Perhaps with enough effort on your part, you can rub off on them and get them to start being more positive themselves with their own life.

If that simply does not work and you can't bring them out of their funk, then it may just be time to consider spending less of your own time around them.

While it can be hard to cut people out of your life, at times, it really is for the best.

#### **86. Create A Gratitude Journal**

Another great habit to get into is writing in a gratitude journal. Spend five to ten minutes per day thinking about what it is in your life that you are truly grateful for. Too many people take simple things for granted, not really realizing how lucky they have it until something strikes and they no longer have whatever it was they were taking for granted in the first place.

If you have a steady supply of food and a roof over your head with warm clothing to wear, you already have it better than many people do. Remember that things could always be worse. No matter how bad it seems, there is likely someone out there who has it worse than you do, so start focusing a little more on that. Think about the good in your life and it can shift your frame of mind from one of negativity to one of positivity.

If you start writing these things down that you are thankful for, then you can easily look back over time at these things when you are in a low mood and need a quick boost.

It's just too easy to focus on what we don't have while missing out on what we do have.

### **87. Foster Self-Growth Daily**

As your life progresses along, start putting more emphasis on positive self-growth. This is like building new muscles in your brain – you get stronger and healthier in the process.



Self-growth, whether this is advancing your career, learning new relationship skills, improving your financial habits, increasing your organization, or otherwise will keep you moving forward in life, rather than at a standstill.

The moment you start feeling like you have hit a plateau, like every single day is the same and you are never going anywhere is the minute that you will likely find yourself discouraged and starting feeling mentally down.

When you see real progress happening in your life thanks to the self-growth efforts you have been putting into place, this is going to boost your entire mindset, helping you feel better than you have before.

There are so many resources for self-growth out there from books to seminars to classes so there is no reason you can't figure out some area to grow and improve upon your current position in life.

Doing so will also help keep you constantly challenged and mentally stimulated as well.

### **88. Learn A New Skill**

Taking the time to learn new skills is also important, just as self-growth is. While this new skill won't always necessarily lead to self-growth, simply learning new things is a great way to keep your brain and mind active, preventing aging.

It's been shown that those who strive to keep learning new things tend to have better memory, better focus and concentration, and are at a lower risk for age-related cognitive decline.

Pick a new skill – just one at a time is fine – and try and master it. Once it's mastered, add another.

# Social Habits

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The last area that we need to look at is your social habits. Being social is an important part of leading a healthy life as humans tend to be quite social by nature. We thrive on interactions with others and while this definitely does not mean that you need to always be the life of the party and around people (as for some introverts, this is the worst thing they could do), it does mean that you need to tend to the social area of your life.

If you are all work and no play for instance, this is going to lead to a very unhappy life.

Here are some social habits that you'll want to get into.

## Fostering More Social Relationships

The first step in creating a healthier social life is fostering more social relationships overall. It's also great to strive to meet new people who may eventually become very close acquaintances, friends, or even significant others with you.

As an adult, you'll find that you drift away from many of the relationships you formed during your school and university years. As your life takes on a different path from others around you, you might notice that you no longer connect with certain people like you used to.

This is fine and naturally. Don't try and force a relationship that just isn't there. People all come into your life for a reason. Some stay for the long haul and others just play a temporary role and then move on. Realize that this is how it is and be open to change in your social relationships.

Here are some quick habits to get into to keep that social circle you have evolving and growing for the better.

### **89. Speak To Someone New Daily**

The first step that you should be taking is to speak to someone new on a daily basis. That stranger you see waiting for the bus before you get on? Say hello. As you wait in line at the grocery store, strike up a conversation.



Most people have a hard time talking to new individuals, but by getting into the practice of doing this you will find that it becomes that much easier each time.

And, you never know who you might meet. That stranger you encounter while picking up your take out order could just become your new best friend in time.

Push yourself out of your comfort zone and speak up. Most people will be receptive and happy you did.

## **90. Listen More, Talk Less**

The next social habit to get into is active listening. Many people tend to be a little to egocentric when it comes to social interactions, talking more about themselves and never letting others get in a word edge wise.

Reverse this. Instead of focusing so much on talking about yourself and your day, focus more on letting others speak as you listen actively.

Active listening means really hearing what they are saying, not just turning in while your eyes glare over. Ask questions about what they are saying and really try and comprehend it.

People can very often easily tell if someone is listening or just tuning them out. If you want to forge a good relationship, active listening is a must.

## **91. Get Involved In Groups Of Like-Minded Individuals**

In addition to spending more time active listening, also consider getting involved in groups that have like-minded individuals. Check out Meetup.com for instance, which is a great place to meet new people who have similar interests who meet up on a regular basis.

Or, consider joining community or university groups, depending on your age range who you can connect with.

Often certain professions will also have groups or organizations you can join and connect with others who are working in that field. All of these present excellent opportunities to expand your social circle and, as the case may possibly be, expand your career as well.

Networking is a huge component of many career positions as you begin to climb the ladder, so you never really know what that new connection you made may bring.

## 92. Give Back

It's also important that you focus more on giving back. Don't always be a taker in relationships, but look at what you can give to other people.

This is especially the case when meeting someone new. Many people will approach a new individual with hopes they will do something for themselves. This is not the right way to go about things.

First, look at what you can do for them. Then after you have done something positive, you can then consider asking for something in return.

People are naturally turned off by those who just take, take, take. Be sure that in any relationship you have, whether new or old, that you balance out how much taking you do with giving.

## 93. Give More Compliments

A great habit to get into as you go about your day is giving more compliments to those who you come into contact with. A compliment is a great way to break the ice and as an added benefit, it will not just make the receiver of your compliment feel good, but also make you feel positive as well. Doing good deeds – compliments included – is one of the best mood boosters out there, so don't underestimate how much of a difference this can make.



Practice giving compliments on a regular basis and soon, it will become second nature to you.

## Maintaining The Relationships You Have

While it's good to keep working on forging new relationships as you go about your days, don't let this leave you neglecting the relationships you currently have. It's important that you continue to build and growth those unions so that they are as strong as ever.

Especially when the relationship is with someone who you deeply care about and want to have in your life for many more years to come.

Here are some habits that can help out with that.

#### **94. Learn To Forgive**

Forgiveness can be a challenging thing at times, but holding grudges is never good for your own health and well-being, or for the relationships that you have. Keep in mind that you don't necessarily have to forgive and stay in a relationship with a person – some things in life are just too hard to keep the relationship going after it has occurred, but do your best to forgive the person.

Not holding a grudge or this anger towards them will help you psychologically feel better and will reduce the chances that it only continues to bring you down.

Forgive, let go, and move on, either with or without that person in your life.

#### **95. Work On Your Communication Skills**

It's also essential that you focus on consistently working on your communication skills. At the foundation of every relationship is good communication, however many people are sadly, seriously lacking in this department.

Communication is imperative to every relationship you have because without it, you would never know how the other person is feeling.

Remember that communication is not just about what you say either. It involves the tone of voice you use as well as the body language you have while communicating. Many people are just not aware – or in control – of these two factors as they go about communicating, especially when they are angry and/or frustrated and the stakes are high.

Work on being more aware of this factor and controlling yourself better. Very often when arguments breakout between people, it has less to do with what's actually being said and more to do with how the message is being delivered.

If you are really struggling with communication in your relationships, especially if it's with your significant other, don't be afraid to seek counseling assistance for this. It really can make a difference in the happiness of that relationship.

#### **96. Call Someone You Haven't Seen In A While**

It's easy to let time pass and go for months, if not years without talking to a close friend or loved one. Start getting into the habit of reconnecting with people you may have lost touch with over the years.

Remember that it's never too late to pick up the phone and say hi or connect online (or by snail mail if that's what you prefer).

By building this habit you will help ensure that you are tending to your garden of friends, so to speak. Remember that the grass is always greenest where you water it. Loving relationships take time and effort – and if you don't put in that effort, they will eventually wither and die.

### **97. Always Assume The Best**

If you tend to have a chip on your shoulder when it comes to others, this could be doing you more harm than good. Don't always assume the worst in people. If you are unclear about someone's intentions or actions, ask.

The minute you assume something, you are putting words in their mouth or feelings in their heart. Give everyone the benefit of the doubt until proven otherwise. While this certainly won't always be easy, it's a far healthier and happier way to live.

### **98. Remove Yourself From Toxic Relationships**

At times, there are certain relationships that you will simply have no choice but to remove yourself from. While it's great to give others second chances, know when it's time to simply call it quits.

A toxic relationship is someone who is always take, take, take (therefore it's completely one-sided), someone who is always negative, critical, or bringing you down, or someone who is not showing you respect in some way.

If you've spoken to the individual about his or her actions but yet they still insist on continuing, it's time that you take matters into your own hands by removing them from your life.

### **99. Set Boundaries**

Also be sure that you are setting boundaries on your social life. Know what you will and will not tolerate and be sure that you are sticking to it.

Whether this is boundaries in how people talk to you, boundaries with regards to your time, or some other boundary that you have, make sure that you uphold it.

Those who are closest to you will respect you because of it, not be turned away by it.

### **100. Work On Finding Love**

If you have not yet found that one special love in your life, keep working on finding it. Don't ever give up hope. Studies have shown that those with love in their life tend to have greater happiness, live longer, and are able to withstand hard times far easier than those who don't.

Once you do find it, it will pay off so stop trying. And remember, until you find that significant other, there are plenty of other ways that you can find love – just in a different manner. Form closer ties with the most important people in your life and this will also help provide the benefits just noted.

### **101. Nurture The Most Important Relationship You Have**

Finally, be sure that you are working on the most important relationship of all – the relationship you have with yourself. Take time away to tend to your own needs and make sure that you are happy with the life you are leading.

Remember that you only have one life to lead and the only person responsible for your happiness is you. If something isn't what you want, change it. Never forget that you do have the power to do this.



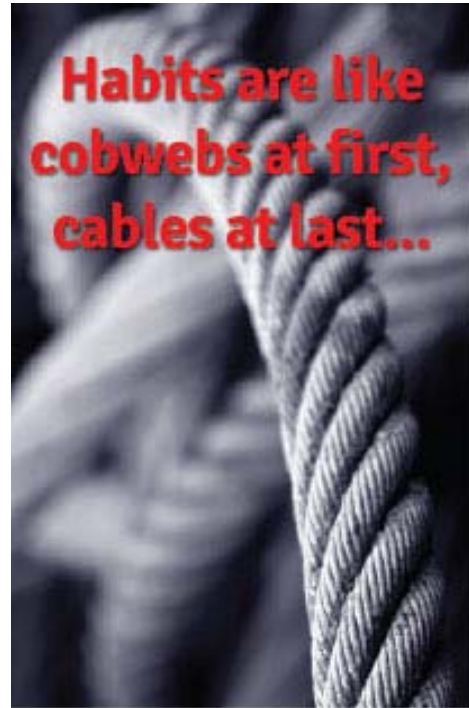
# Conclusion

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So there you have your 101 habits for creating a healthier, happier lifestyle. This may have been a lot to take in but always remember, your mission isn't to tackle this all in one day. It's to ensure that you are always putting one foot forward, moving in the direction you want to go. If that means adding one or two habits every week, so be it.

Don't overwhelm yourself. Changing bad habits is hard and takes time. Be patient as you go about the process and only try and master one or two habits at once. If you attempt to do too much and just spread yourself thin, you will end up going nowhere.

Be patient. Be consistent. And most important of all, enjoy the journey.



**For more tools and resources that will assist you in attaining your goals and achieving the success you desire in life, please visit:**

**<http://CarolynHansenFitness.com>**