

UNLEASH YOUR POTENTIAL

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# Life Changing Habits for 2021

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# HABIT #1

## GET A POSITIVE MINDSET



**Is what you're saying to yourself more negative or positive?**

**If you find yourself saying "I have to do X" or "I must do Y" notice that it feels negative - e.g. I have to go to work**

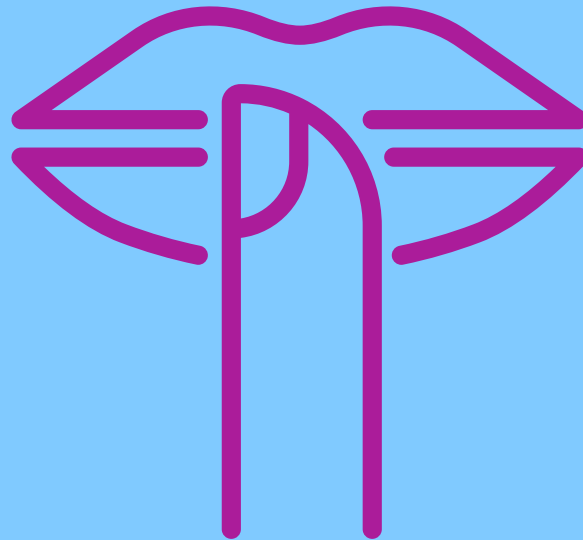
**Changing these types of statements really helps .... check out our YouTube video to find out how to do this!**



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# HABIT #2

## MUTE PEOPLE



**In your life there will be people that drain you of energy and those that are more like radiators .... people who energise you, that lift you up. Notice who your 'drains' are and perhaps limit the time you spend with them and make more time for your 'radiators'**

**Check out our YouTube Video for more tips on taking back control of your life by muting your social media too ....**



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# HABIT #3

## GET MOVING



In NLP we know that our mind, body, and emotions are connected. The more you move and the more you use the physiology of your body, the more it will help to improve your mood.

Just a 20 minute walk once a day is really proven to help improve your health.

How about setting a reminder on your phone, a reminder every 60 minutes, to get up and walk up and down the stairs a few times?

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# HABIT #4

## I'M HAPPY BECAUSE...



Many people attach their happiness to an event or something that needs to happen for them - e.g. I'll be happy when I get a new job

In this instance you are attaching your happiness to an external factor that has perhaps not even happened yet.

Watch our YouTube video to find out how to rephrase this in 2021 ... to bring happiness into the present moment

# HABIT #5

## BE GENEROUS



**This is more than being generous with your money. I'm talking about being more generous with your time.**

**Check out our YouTube video to find out about the University of Zurich study about generosity and happiness.**

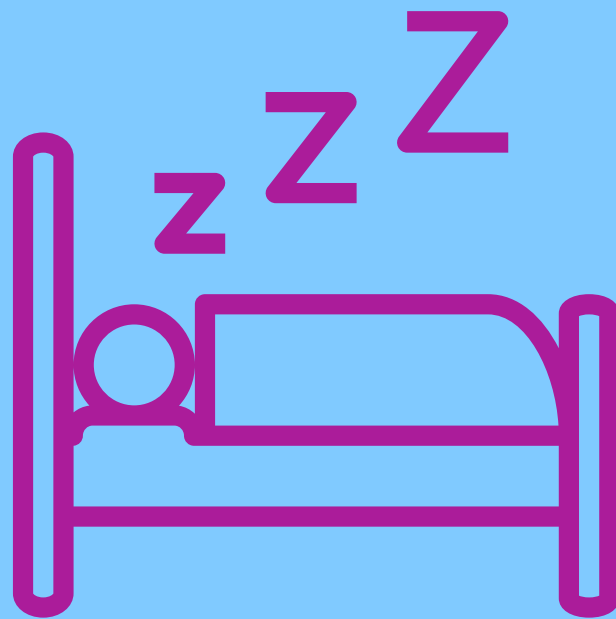
**Also find out how being present with people will help you as well as them!**



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# HABIT #6

## GOOD QUALITY SLEEP



The old Irish proverb says, "not a lot of problems can't be solved by better sleep and a good laugh"

Quality sleep isn't just about the amount of sleep you get, but it's also about the quality of the sleep you get.

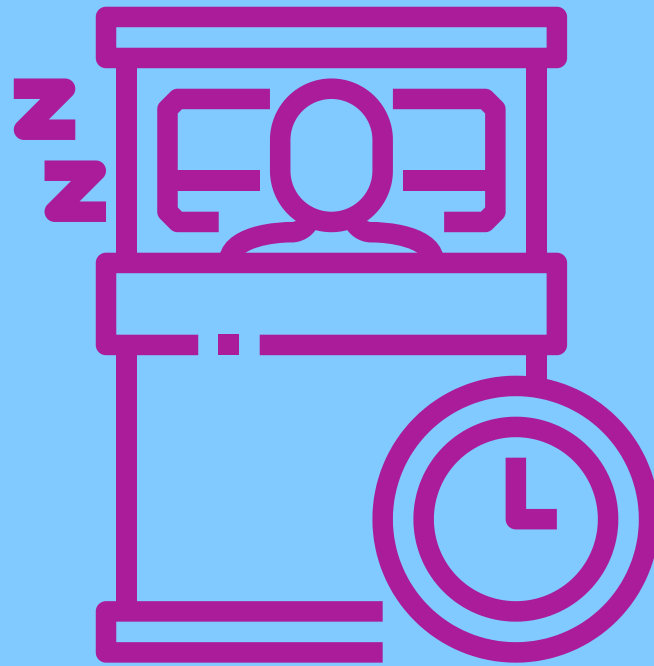
Check out our YouTube Video for my Sleep book recommendation, a downloadable sleep diary and other sleep tips to help you sleep better in 2021



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# HABIT #7

## BEDTIME ROUTINES



How do you wind down at night?

How do you get ready to go to sleep?

In our YouTube Video I share how a practice of gratitude & a note pad by the side of your bed can help you empty your mind and end the day on a more positive note

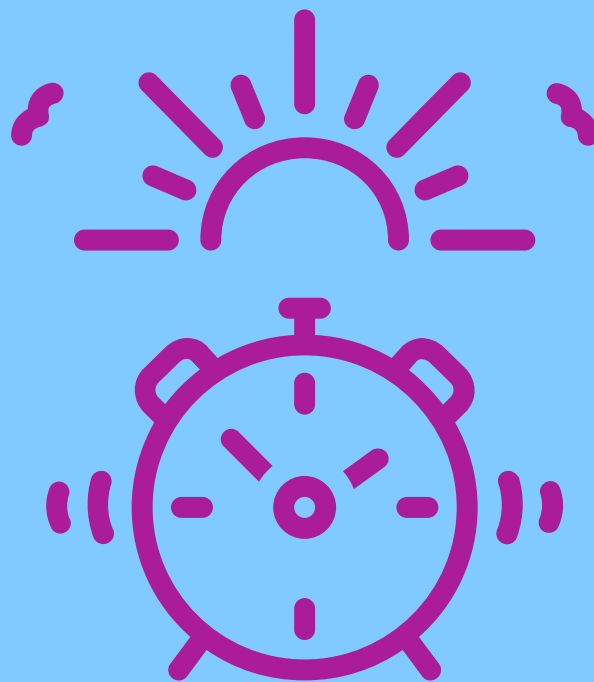




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# HABIT #8

## MORNING ROUTINE



**Did you know that what you do in the first hour after you wake sets the tone for the rest of your day?**

**Did you know Barack Obama spends the first hour of his waking day doing exercise. Tony Robbins has his power hour, including rituals around gratitude and positive affirmations and things like that.**

**Check out our video for more morning routine ideas!**

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# HABIT #9

## LET IT GO



Let it go when you cannot change it ....

Did you know that how you feel at any given day is 80/90% of how you react to what goes on around you? I can't stop life events happening to you, but what we absolutely can do is manage our response.

When you get stressed, before you react - breathe and consider should I just let this go?

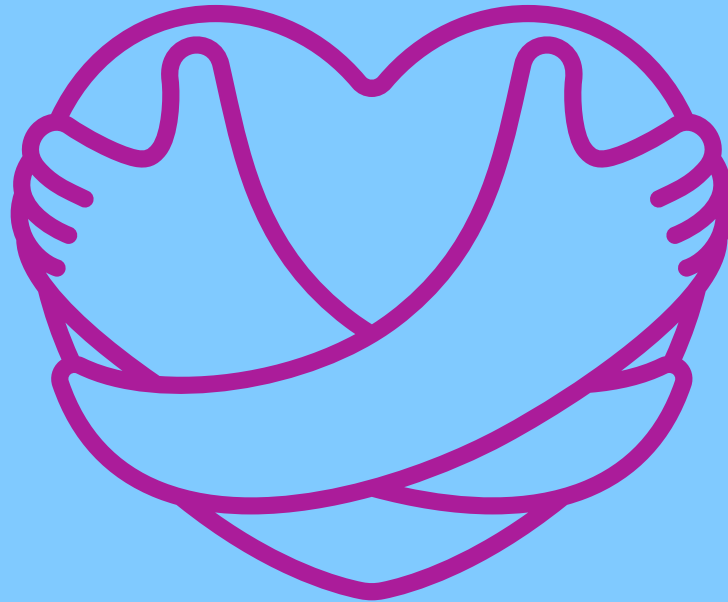
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# HABIT #10

## SELF CARE



It's so easy to put everybody else before you and consequently you become the one left at the bottom of the pack....

Check out our YouTube Video where I explore how you can go about making YOU important again .....

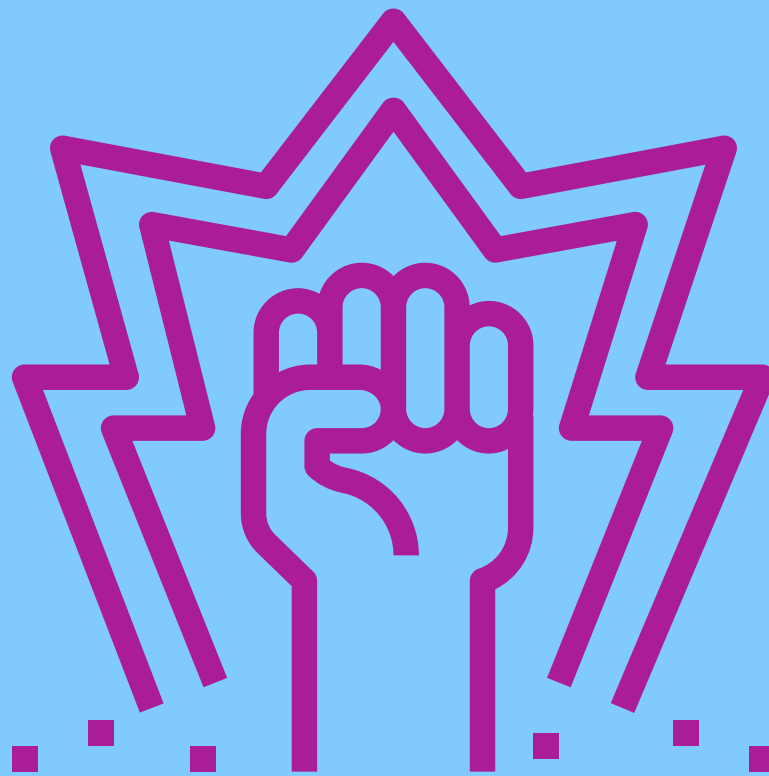
Just think how do you best recharge? Consider what your self care plan is going to be .....



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# HABIT #11

## THE POWER OF YET



So many people have limiting beliefs of ... "I can't do X" and "I can't do Y"

When you have those thoughts or you say them out loud or even if you hear other people saying them, put "yet" on the end. "I can't do presentations yet"

Find out more in the YouTube Video today!

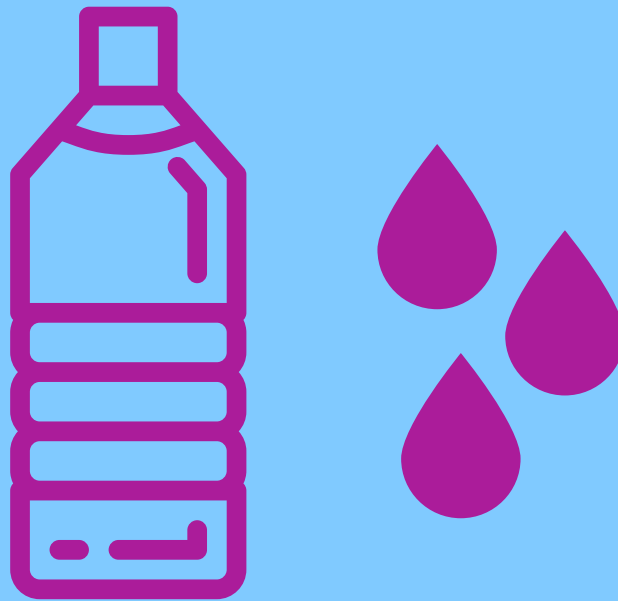
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# HABIT #12

## DRINK MORE WATER



Did you know that your body is 60% water? So it's no surprise if you don't drink enough, that is going to cause you a problem.

Water is really important to the functioning of your brain.

2 litres of water is the target daily ....



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**Find the video that supports this PDF document on our You Tube channel ...**

**<https://youtu.be/tDyj6NYiCJc>**

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