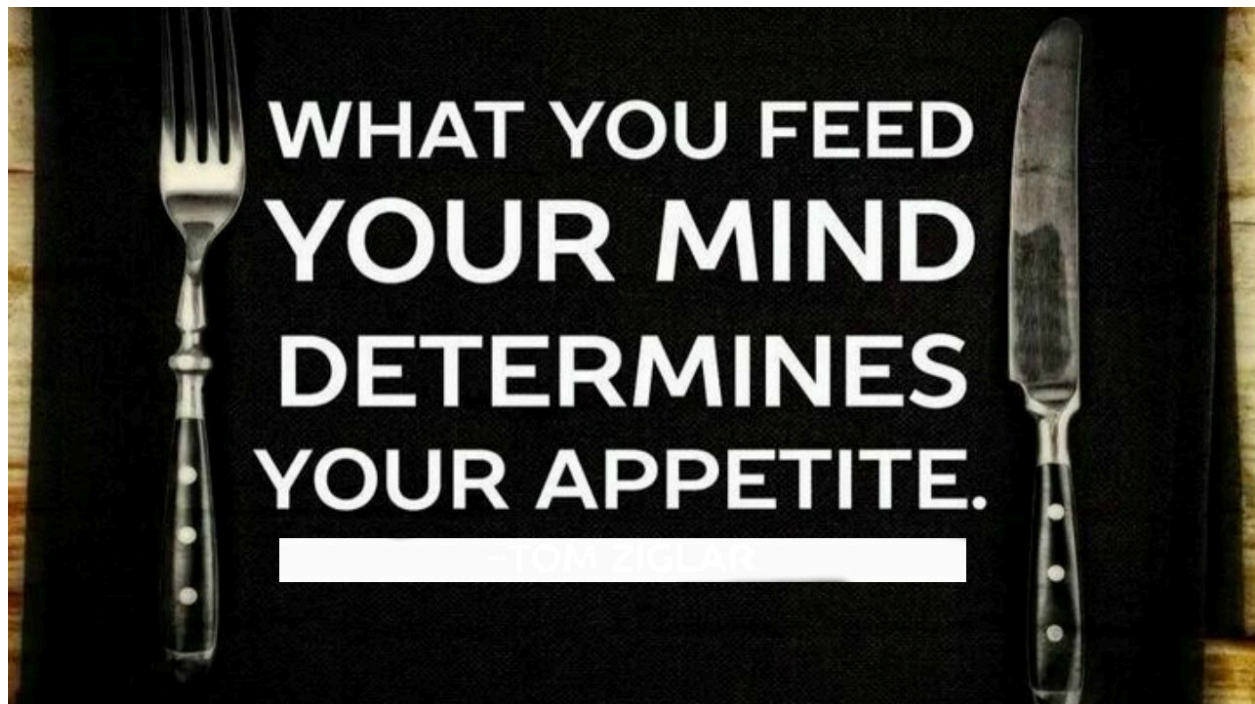


“The Top 3 Things You Should Do Everyday To Feed Your Mind For Success”



You've heard the phrase:

“You Are What You Eat”...

- Your body is an outstanding machine
- It needs fuel to run properly
- What you put into it, will give you the same output
- You can't expect to get a lean, muscular body by eating donuts & pizza everyday
- You must eat properly balanced, nutritious food to yield the best benefits for your body

“You Are What You Think”...

- Your mind is an outstanding machine
- If you think you're tired... you'll be tired
- If you think you're happy... you'll be happy
- If you think you're not good enough to get the results you want... you won't get the results you want - no matter how much action you take to get it

Treat Your Mind Like Your Body...

Only Put Good Things Into It That Will Help You Perform At The Level You Want!

“We Make Money With Our Mind” <=Remember This

1. Watch What You Put Into Your Mind...

- Recognize what is going into your mind on a daily basis
 - Who are you talking to?
 - What are you watching?
 - What are you listening too?
- Subconscious Images, Thoughts Are everywhere
 - Yahoo search browser vs Google
 - News highlights... *"Tonight at 11"*
 - Facebook newsfeed
- Action Step:
 - Take positive steps to replace anything that doesn't instantly feel good when you see it.
 - Where else can you get the news highlights - a friend?
 - Who are the people in your life that are negative nellys, or Debbie Downers?
 - Create a 10 mins time in your day where you listen to positive audios or videos, or read inspirational books.
 - **Repeat this often "People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."**
Zig Ziglar
 - Be aware of your mental emotions

2. Watch What You Put Into Your Mouth...

- Food is energy - energy is needed to create - creation makes money!
- Recognize what works well for your body
 - Pay attention to how you feel after eating
 - Time of day - intermitting fasting, early breakfast, afternoon
 - Type of food - carbs, fruits, proteins, etc
 - Amount of times you eat - twice, 3X, multiple small meals
- If you have a big project or work block - feed your brain well to maximize your results
- If you're slacking on proper nutrition - Hack it!
 - Create fast shakes, or bulk cook or deliver meals
 - Take supplements, vitamins...

Know This -

“You Are In Absolute Control Of Your Mind” ...

Your mind will always
believe everything that you tell
it. **Feed it truth. Feed it hope.**
Feed it with love.

- When you're in control of your mind, it will control your body
 - “Wow I feel tired, and don't want to work right now”
 - Change your state and tell your body you're not tired
 - “This is so overwhelming, I'm stressed out and need a break”
 - Re-frame your thoughts, and be excited to continue
- If you're not in control of your mind, your body will control it!
 - “Wow I feel tired, and don't want to work right now”
 - “Yea I can't do anything unless I take a nap”
 - “This is so overwhelming, I'm stressed out and need a break”
 - “I'll look at this another time, I can't handle it now”

Your body physically holds pain, joy, and emotions...

If you allow your body to control your situations, you'll hinder your success moving forward!

This conversation is just the beginning and it can be fascinating to learn more about this!

If you're interested in going deeper, you can learn a lot more about this from people like

- Joe Dispenza
- Wayne Dyer
- Tony Robbins
- Abraham Hicks