



10 Keys to a Healthy Life

Even before you organize, you are well served to take care of yourself first!

Before you start getting organized externally, it's good to start on the inside. Ask yourself, are you...

- ✓ **#1 Sleeping** at least 7-8 hours most nights?
 - *Keys to success: Planning your bedtime and honoring your priorities.*
- ✓ **#2 Eating healthy** at each meal, drinking 8 glasses of water daily and limiting sweets to one daily?
 - *Keys to success: Scheduling time to make good food available.*
- ✓ **#3 Exercising** at least twice or three times a week?
 - *Keys to success: Seeking out opportunities all the time to exercise in small ways.*
- ✓ **#4 Managing stress** by clearly identifying your stressors and acting on ways to reduce their impact?
 - *Keys to success: Seeking perspective and managing (often self-imposed!) stressors.*
- ✓ **#5 Setting your daily focus** and sticking to the plan?
 - *Keys to success: Choosing and accepting your life's mission.*
- ✓ **#6 Staying positive** by imagining the best possible outcome for any situation?
 - *Keys to success: Learning to direct your energies to positive thoughts and actions.*
- ✓ **#7 Maintaining boundaries** in the area of family, career, and personal maintenance?
 - *Keys to success: Setting, respecting and maintaining boundaries.*
- ✓ **#8 Asking for help** when you need it?
 - *Keys to success: Accepting that you don't have to do everything!*
- ✓ **#9 Building relationships** with a people whom you trust and get along with?
 - *Keys to success: Selectivity, acceptance of others, and healthy boundaries.*
- ✓ **#10 Identifying and stopping self-sabotaging behavior?**
 - *Keys to success: Awareness towards this tendency and focusing on what you want.*

If you notice, all of the above questions ask whether you are taking some tangible actions rather than simply asking whether you are happy, calm, healthy, etc. That is because as long as you are doing things in the right direction, the rest will follow suit.

So don't ask yourself ever again whether you're organized, healthy, attractive, happy, etc. Just ask yourself am I going in the right direction?

As long as you are going in the right direction, your outcome will be positive! The good news is that anyone can go in the right direction, including you!

For those want to take tangible steps towards health and balance, contact Home CEO at 813-892-1808 or maraya.pearson@healthyhomeceo.com or check out the practical tips and checklists on www.healthyhomeceo.com.