

Things to do Every Day

In order to maintain good health, good relationships, and a good life...

Smile At least 100 times a day where possible. (Children smile around 400 times a day.)

- Smiling improves Mood,
- It Releases endorphins, which helps a person feel happier and more positive
- It Relieves pain. Believe it or not, a good laugh relieves some body aches or pains
- It Lowers Blood Pressure
- It Strengthens the Immune System
- It Relieves Stress
- It improves Relationships
- It Causes you to look and feel younger and live longer.

Bounce (Jump, bounce, run, walk.)

- Bouncing is beneficial for the lymph system
- It Improves circulation
- It Enhances positive mood
- It Strengthens the heart
- It helps you live longer.

Sing (Also talking in long tones, humming, or just making sound with your voice.)

- Singing strengthens the immune system
- Is a workout
- Improves your posture
- Helps with sleep
- Is a natural anti-depressant
- Lowers stress levels
- Improves mental alertness
- Can widen your circle of friends.

Heart Harmonize (With music: meditate, touch your heart, FEEL gratitude or compassion.)

(Or, with music: listen to or read a conference talk until you FEEL it in your heart.)

(Or, with music: read aloud from affirmations and agreements journal.)

- Opening your heart slows your resting heart rate
- It Harmonizes the rhythm of the heart
- It Lowers blood pressure
- It Brings better sleep
- You have more regular digestion
- You have calmer emotions and moods
- You have stronger intuitive access and flow

- You have less ego and fear based reactions
- There is a greater sense of focus and direction
- You are more productive, effective and successful at work
- You have healthier and deeper relationships with others and your pets
- You feel a greater sense of fulfillment in life
- There is a collaborative feeling of synergy, connection and belonging

Massage (Rubbing down your body with Essential Oil or asking your partner to help.)

- Massage boosts the Immune System.
- It Improves Well-Being. A relaxing massage can reduce anxiety, stress and depression
- It Reduces Inflammation
- It Reduces Pain
- It Improves Sleep.

Ground (Ground yourself by putting your bare feet in the dirt or grass, or by touching anything that is already grounded like a tree, or a metal faucet, or anything connected to the ground.)

- Grounding Neutralizes Free Radicals.
(Free radicals are generated through inflammation, infection, cell damage, trauma, stress, and our toxic environments.)
- It Improves Sleep, Pain Management, and Stress
- It Improves Inflammation conditions
- It strengthens Immunity.

Dance (Any movement done to music)

- Dancing improves the condition of your heart and lungs.
- It increases muscular strength, endurance and motor fitness.
- It increases aerobic fitness.
- It improves muscle tone and strength.
- It helps with weight management.
- It builds stronger bones and reduced risk of osteoporosis.
- It fosters better coordination, agility and flexibility.

Hug/ Touch (Reaching out to connect with another person physically.)

- Hugs can reduce stress.
- Hugs can protect you against illness.
- Hugs can boost your heart health.
- Hugs can make you happier.
- Hugs help reduce your fears.
- Hugs can help reduce your pain.
- Hugs help you communicate with others.

Make your INSPIRED List After prayer, study and meditation

- Inspired, daily to-do lists provide direction.
- They give clearer focus on what is important.
- They can give clarity in decision making.
- They give you control of your future.
- They provide motivation.
- They give you a sense of personal satisfaction.
- They give you a sense of purpose in life.

Affirm Truth

- When you affirm truth daily, you become aware of your daily thoughts and words, reducing the risk of letting negativity seep in.
- You notice more synchronicities in your life, which serves to encourage and motivate you to keep up the practice.
- Daily affirmations not only help keep you surrounded by the things you want in your life but they help bring about more blessings and gifts.
- A daily practice helps to keep the small things in perspective. In this high-speed world you can easily lose sight of how large the small things really are. When healthy you may forget to think of how much you appreciate it. A simple morning affirmation sentence of “I am healthy” can go a long way.
- A recent study shows that optimistic people have healthier hearts, and affirmations help you to stay positive.
- As you continue this practice, others take note and you begin to help those around you without even trying. This, in turn, helps keep you focused.
- Daily affirmations keep you in a constant state of gratitude.

Open and Close (Every part of your body.)

- Opening and Closing each part of you increases your flexibility
- It increases your range of motion
- It improves your performance in physical activity
- It increases blood flow to your muscles
- It improves your posture
- It is great for stress relief
- It can calm your mind
- It helps decrease tension headaches

Cold Stimulus

- Decreases inflammation
- Decreases muscle spasms
- Relieves pain
- Increases metabolism
- Increases heart rate
- Increases dopamine levels

Fiber

- Normalizes bowel movements
- Helps maintain bowel health
- Lowers cholesterol levels
- Helps control blood sugar levels
- Aids in achieving healthy weight
- Helps you live longer

Sunlight

- Lowers blood pressure and improves cardiovascular health
- Better sleep
- Improves mood
- Increases energy
- Better memory and cognition
- Weight control
- Reduces risk of disease

Fast (Monthly)

- Decreases inflammation
- Promotes blood sugar control by reducing insulin resistance
- Enhances heart health
- Boosts brain function/prevents neurodegenerative disorders
- Aids weight-loss
- Increases growth hormone secretion which aids in growth, muscle strength, weight-loss and metabolism
- Delays aging, extends longevity
- Aids in cancer prevention and increases the effectiveness of chemotherapy