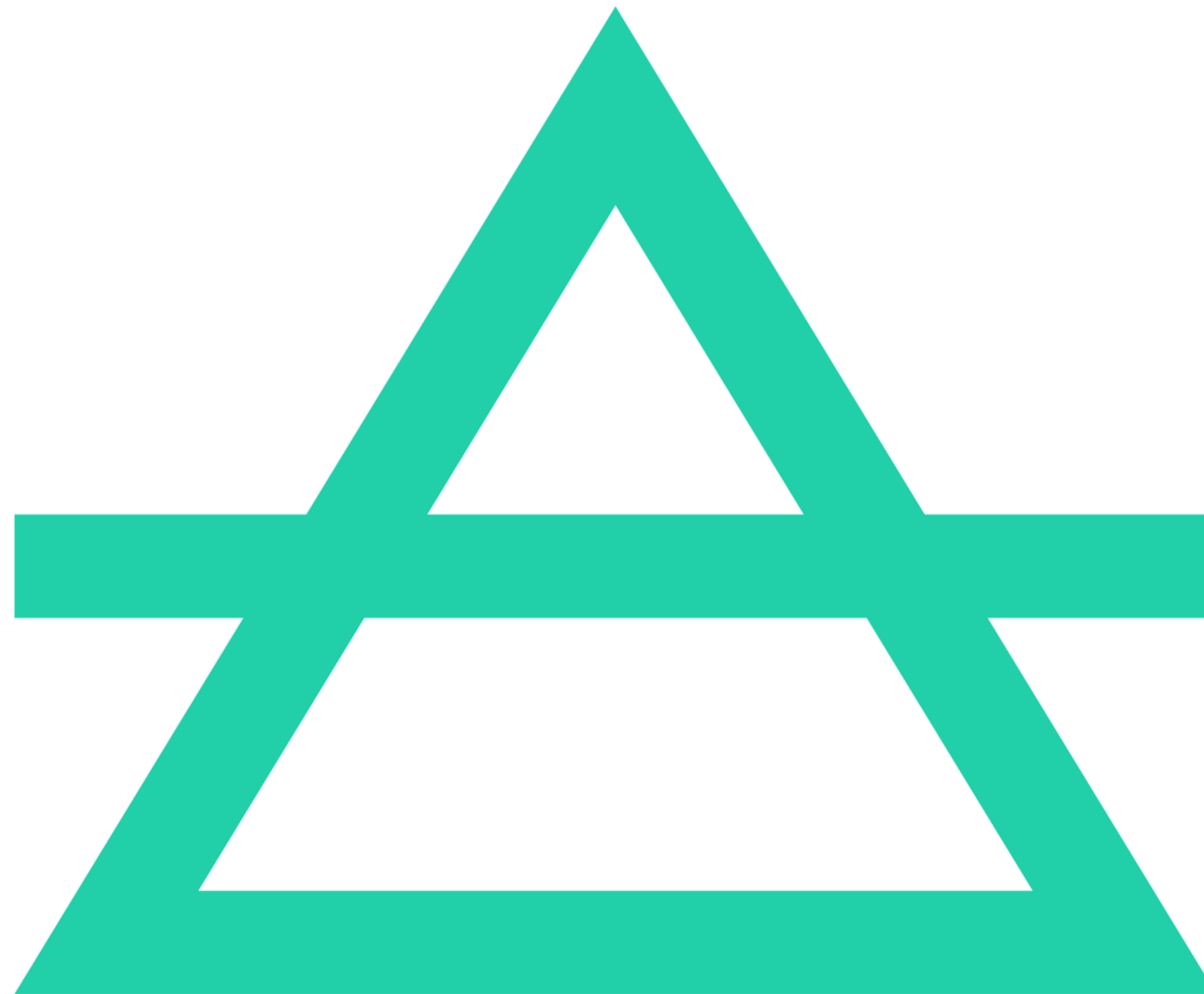


KEEP THRIVING CHALLENGE



YOUR GUIDE TO KEEP THRIVING

**HERE ARE THE 7 HABITS THAT WILL TRANSFORM AND CHANGE YOUR LIFE.
THE HABITS THAT WILL MAKE YOU THRIVE.**



HABIT # 1:

DAILY MOVEMENT OR EXERCISE

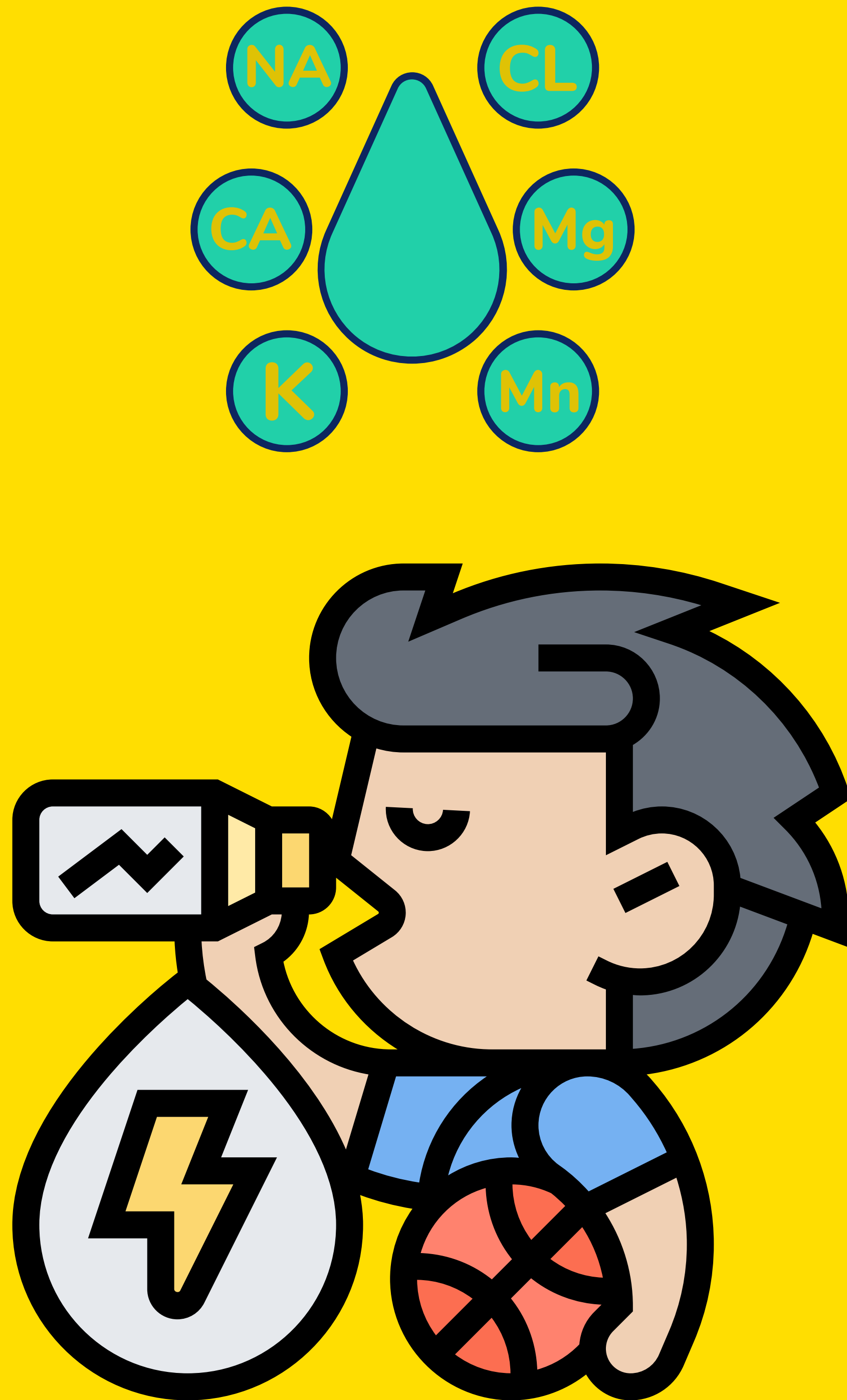
We sit too much and move too little. You are probably sitting down right now, either hunched over your mobile phone or slouching over your PC screen. If we stop moving, we age quicker and we start dying. The more you sit, the harder it is to move, the less you move, the sooner you'll die. With movement I mean any movement; it can be exercise, sport, a walk or just taking out the trash or doing some gardening. Movement offsets the damage that our sedentary lifestyle causes. We were not designed to sit all day; we were designed to move. If you want to optimize your health and extend your youth and life, start moving more today. For a little inspiration, watch this [video](#).



HABIT # 2:

ENSURE YOU STAY HYDRATED

While it's very important to drink enough fluids, what's even more important is to consume salt and other electrolytes with it. They regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue. Electrolytes, such as sodium, potassium and chloride, are essential for a number of functions in the body. We are constantly losing water and electrolytes via urine, excretion, sweat and expired air. Low levels of hydration reduce mental clarity, focus and performance. The best way is to add a little salt and lemon to your water intake. While we're on the topic of fluids, don't drink calories, especially if you are trying to lose weight. It is very easy to consume excessive calories by drinking them. The only fluids that don't contain calories are water, diet or 0 calorie soft drinks, coffee and tea without milk and sugar. The best fluid options by far are water, black coffee, and green or rooibos tea.



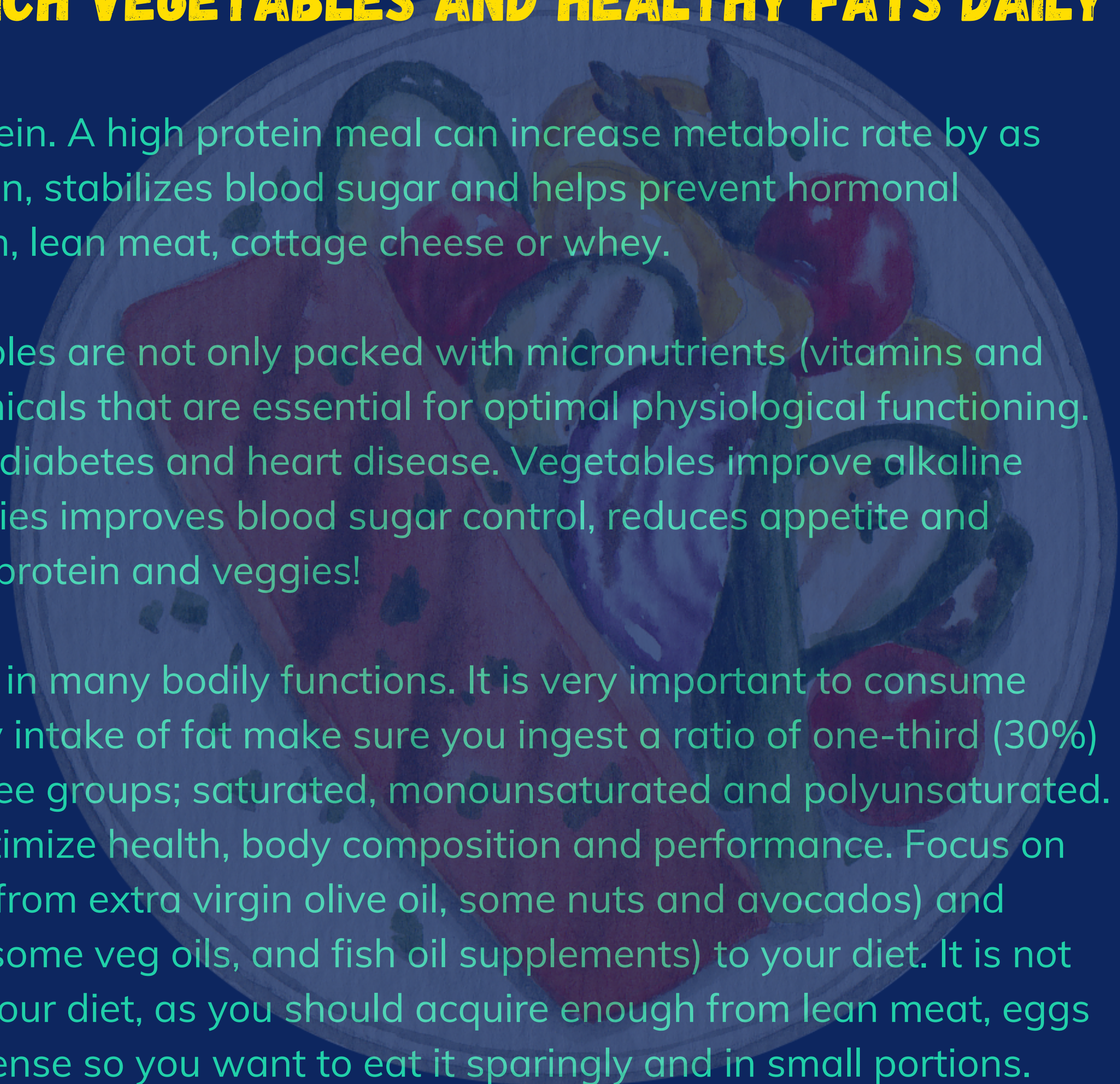
HABIT # 3:

CONSUME PROTEIN, FIBER-RICH VEGETABLES AND HEALTHY FATS DAILY

Everything in your body is made of protein. A high protein meal can increase metabolic rate by as much as 30%. It turns the metabolism on, stabilizes blood sugar and helps prevent hormonal fluctuations. Good options are eggs, fish, lean meat, cottage cheese or whey.

Science has demonstrated that vegetables are not only packed with micronutrients (vitamins and minerals) but also filled with phytochemicals that are essential for optimal physiological functioning. This also reduces risk of many cancers, diabetes and heart disease. Vegetables improve alkaline levels in the blood. The fiber in the veggies improves blood sugar control, reduces appetite and increases digestive health. So fill up on protein and veggies!

Fat is good and plays an important role in many bodily functions. It is very important to consume healthy fats daily. To balance your daily intake of fat make sure you ingest a ratio of one-third (30%) of your total intake from each of the three groups; saturated, monounsaturated and polyunsaturated. Balancing fat intake in this way can optimize health, body composition and performance. Focus on adding healthy monounsaturated fats (from extra virgin olive oil, some nuts and avocados) and polyunsaturated fats (from some nuts, some veg oils, and fish oil supplements) to your diet. It is not necessary to add any saturated fat to your diet, as you should acquire enough from lean meat, eggs and dairy. Remember fats are calorie dense so you want to eat it sparingly and in small portions.



HABIT # 4:

BE MINDFUL AND PRESENT WHEN YOU EAT

Become aware of the sensory qualities of food: how it smells and tastes, what it looks like, how it feels in your mouth and stomach. Here we notice the temperature, texture and flavors of the food. We often gobble or gulp our food down without noticing properly how the food looks, smells or tastes like. We eat without consciousness. When our minds are occupied with something else, we often don't even realize we are eating. We eat while driving, watching TV, checking our phones, arguing, studying etc. Eat at a table away from technology that could distract you. Focus on what you are eating. Take your time to thoroughly notice and enjoy every bite. Slow down and notice. Put yourself into a sensory-aware state. Eat until you are about 80% satisfied. Eating slower is very important, taking smaller bites and chewing slower will help. Too much food can easily be eaten when one eats too fast. The brain takes 15-20 minutes to get the full signal. If you must, take a few minutes break whilst eating to help you slow down. If you eat too fast, you will easily overeat.



If you are not achieving your goals or maintaining healthy habits, it's strictly speaking not your fault! It's because you have 'wrong' or 'toxic' frames of mind (mindsets) towards the good behaviors needed to maintain a healthy life. You are not the problem; it's your mindset! You don't have to feel guilty or ashamed any longer. Let me explain: your mindset includes things like your attitudes, beliefs, ideas, understandings, and self-talk. If you try and change your behavior without changing your mindset, you will not succeed.

Furthermore you may not have consciously set clear goals on what you want to achieve, why those goals are important to you and what steps you need to take to achieve them. If this is the case, you will not be able to change your habits or reach your desired outcomes.



Beside toxic mindsets we play other mind games with regards to a healthy lifestyle. Here are a few examples:

- Always coming up with excuses of why not to follow through with new healthy habits
- Engaging in emotional eating or what I call “psycho” eating
- Playing victim and blaming others for your circumstances
- Giving food or exercise the wrong meaning in your life
- Food addictions

HABIT # 5: SHIFTING YOUR MINDSET TO HELP YOU THRIVE

You play many mind games that you are unaware of. If you don't deal with these, you will never be able to change your habits. In order to be successful in leading a healthy lifestyle you need to take the following steps:

- **IDENTIFY AND BECOME AWARE OF WRONG/TOXIC MINDSETS**
- **RE-FRAME THOSE MINDSETS TO HELP YOU MOVE CLOSER TO YOUR GOALS**
- **TAKE RESPONSIBILITY FOR YOUR THOUGHTS AND ACTIONS**
- **BECOME CRYSTAL CLEAR ON WHAT YOU WANT AND WHY IT'S IMPORTANT TO YOU**
- **ADOPT NEW MINDSETS THAT WILL HELP YOU ACHIEVE YOUR IDEALS**
- **FOCUS ON THE RIGHT THINGS**

HABIT # 6:

GET SUFFICIENT QUALITY SLEEP

Sleep is a very important, regularly overlooked ingredient to healthy living. Sleep allows the body and mind to “clean house”, recover, repair and sort and process information. A sleep-deprived person does not perform well, has a low tolerance for stress and is prone to get sick. Sleep deprivation leads to:

- Increased body fat
- Increased hunger signals
- Reduced immune function
- Higher stress and an earlier death

HERE ARE A FEW TIPS ON HOW TO IMPROVE SLEEP:

- **REDUCE ARTIFICIAL LIGHT AND AVOID ELECTRONICS BEFORE BEDTIME**
- **SLEEP IN A COOL, DARK ROOM**
- **AVOID CAFFEINE FOR AT LEAST 5 HOURS BEFORE GOING TO BED**
- **DO NOT EAT A LARGE MEAL RIGHT BEFORE GOING TO BED**
- **GET INTO A RHYTHM OF GOING TO BED AND RISING AT THE SAME TIME EVERY DAY**
- **GAZE AT THE SKY FOR A FEW MINUTES AT DUSK & DAWN**
- **MINIMIZE VIGOROUS EXERCISE/ACTIVITY BEFORE GOING TO BED**
- **TRY MEDITATION, BREATHING OR STRETCHING BEFORE GOING TO BED**



HABIT # 7:

MANAGE YOUR STRESS RESPONSE

GETTING INTO A RHYTHM WILL FACILITATE YOUR BODY'S ABILITY TO DEAL WITH STRESS. THE WAY TO DO THIS IS BY GETTING INTO A PATTERN. BY EATING YOUR MEALS MORE OR LESS THE SAME TIME EVERY DAY AND GOING TO BED AND RISING MORE OR LESS THE SAME TIME WILL HELP WITH THIS.

Make time for relaxation, whether it is a hobby, a sport, going for a walk or just taking a nap. Stress can have a very big impact on your health, weight, metabolism, recovery and eating habits. Spend time in nature and get some sunlight. Identifying the difference between psychological and physical stress and their triggers, is the starting point of managing stress. Chronic psychological stress wears you out and makes you sick. Psychological stress manifests in the form of worry or fear, which wears down your immune system leading to a whole range of diseases that can and will ultimately kill you.



THAT'S IT! THE LIFESTYLE HABITS THAT WILL CHANGE YOUR LIFE.








LASTING RESULTS AND SUSTAINABILITY IS WHAT YOU WANT RIGHT? THEN JUST HAVING THE KNOWLEDGE OF THESE HABITS WILL NOT BE ENOUGH, YOU HAVE TO PUT IT INTO PRACTICE AND MAKE IT PART OF YOUR DAILY LIFE. IF YOU DO, YOU WILL EXPERIENCE MASSIVE CHANGES. YOU WILL FEEL BETTER, MOVE BETTER, THINK CLEARER AND YOUR IMMUNE SYSTEM WILL FUNCTION BETTER, MEANING LESS ILLNESS, FATIGUE, DEPRESSION, AND DISEASE.

By following these guidelines, we can address the unconscious brain at the core level and provide the body and mind with the essential ingredients required for thriving. By applying these principles, you will affect your neurochemistry, which consists of your hormones and neurotransmitters. These messenger molecules send instructions through your endocrine and nervous system for optimal mental and physical health.

SO THE CHALLENGE TO YOU IS THE FOLLOWING:

Select one habit that you can commit to. Once you are consistent, introduce a second habit and then a third. See how many you can introduce and maintain over the next three weeks. Remember, take micro steps. One at a time. Habit formation is powerful and before you know it, most of these principles will be part of your daily life.

YOUR NEXT STEPS:

- Use the template on the next page, complete it as you go along and check each block for 20 days. 
- Set the bar low. Your competition is you. All you have to be tomorrow is better than you were today. 
- Put reminders on your mobile phone or calendar. 
- Remove all distractions or barriers. Make it easy by preparing and making all aids available and accessible. 
- Be accountable to someone, tell your partner or a friend. If you want to you can send me a [mail](#) on how your progress is going. Or join our FB group community to share your successes and learn from others. 

**GET THESE BASICS IN PLACE AND
YOUR LIFE WILL IMPROVE.**

**HERE IS S QUICK CHECKLIST. PRINT OUT THE NEXT
PAGES AND COMPLETE THEM, TAKE ACTION RIGHT
NOW AND DON'T LEAVE IT FOR LATER.**

WHAT CAN YOU DO/CHANGE IN YOUR LIFE/ENVIRONMENT TO:

1. INCORPORATE MORE MOVEMENT EACH DAY?

2. ENSURE YOU STAY HYDRATED?

**3. HOW CAN YOU EAT MORE PROTEIN, VEGGIES AND GOOD FATS
EVERYDAY?**

4. REMEMBER TO BE MORE MINDFUL WHEN YOU ARE EATING?

5. CHANGE YOUR MINDSET TO HELP YOU THRIVE?

6. WHAT CAN YOU DO TO PRIORITIZE HIGH QUALITY SLEEP?

7. WHAT CAN YOU DO DAILY TO REDUCE AND MANAGE STRESS?



HABIT: DRINK 3 GLASSES OF WATER, SALT AND LEMON PER DAY

DAY:

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HABIT: GO TO GYM, WALK, STRETCH OR RUN (DO SOME ACTIVITY) EVERYDAY

DAY:

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HABIT: CONSUME MORE PROTEIN & VEGGIES, AND LESS SUGAR AND PROCESSED FOOD

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HABIT:

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HABIT:

DAY:

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CLIMBING YOUR MOUNTAIN STARTS WITH ONE STEP

LET'S GO ON THIS JOURNEY TOGETHER...

IF ARE NOT CONVINCED YOU WILL BE ABLE TO IMPLEMENT THESE AND ACTUALLY MAKE THEM DAILY HABITS, PLEASE DO MY GOAL DESIGN COURSE AND SET A HABIT AS A GOAL. YOU CAN ACCESS IT FOR FREE [HERE](#). REMEMBER TO JOIN OUR FACEBOOK GROUP [HERE](#) FOR SUPPORT, ACCOUNTABILITY AND SHARING YOUR PROGRESS.

IF YOU NEED MORE INFORMATION AND GUIDANCE ON ANY OF THE TOPICS COVERED IN THIS GUIDE YOU WILL LOVE MY BOOK. I TAKE A DEEP DIVE INTO MENTAL AND PHYSICAL HEALTH AND I WILL SHOW YOU HOW TO EASILY REPLACE DESTRUCTIVE BELIEFS, MINDSETS AND PATTERNS TO TRANSFORM YOUR LIFE. I WILL SHOW YOU HOW TO BEOME THE BEST VERSION OF YOURSELF.

DO YOU LACK:

- INTENTION
- DIRECTION
- MOTIVATION
- MEANING
- BELIEF
- VITALITY
- OPTIMAL HEALTH

YOU ARE NOW AT A CHOICE POINT. YOU CAN CONTINUE LOOKING FOR SOLUTIONS AND MEANING IN ALL THE WRONG PLACES. OR YOU CAN TAKE CHARGE OF YOUR JOURNEY.

MY BOOK IS A GUIDE TO NAVIGATING TOWARDS A HIGHER LEVEL OF LIVING AND A MORE MEANINGFUL LIFE. IT WILL BECOME YOUR OWN PERSONAL MAP, LOADED WITH PRACTICAL EXERCISES, REAL STORIES, THOUGHT-PROVOKING QUESTIONS AND DEEP THEORY. EQUIPPING YOU WITH THE TOOLS YOU NEED TO USE YOUR THOUGHTS, FEELINGS, AND ACTIONS FOR OPTIMAL HEALTH AND LONGEVITY. EMPOWERING YOU TO USE YOUR COGNITIVE, EMOTIONAL AND BIOLOGICAL ARSENAL TO ACHIEVE A HIGHER QUALITY AND QUANTITY OF LIFE – THUS UNLOCKING YOUR TRUE POTENTIAL.

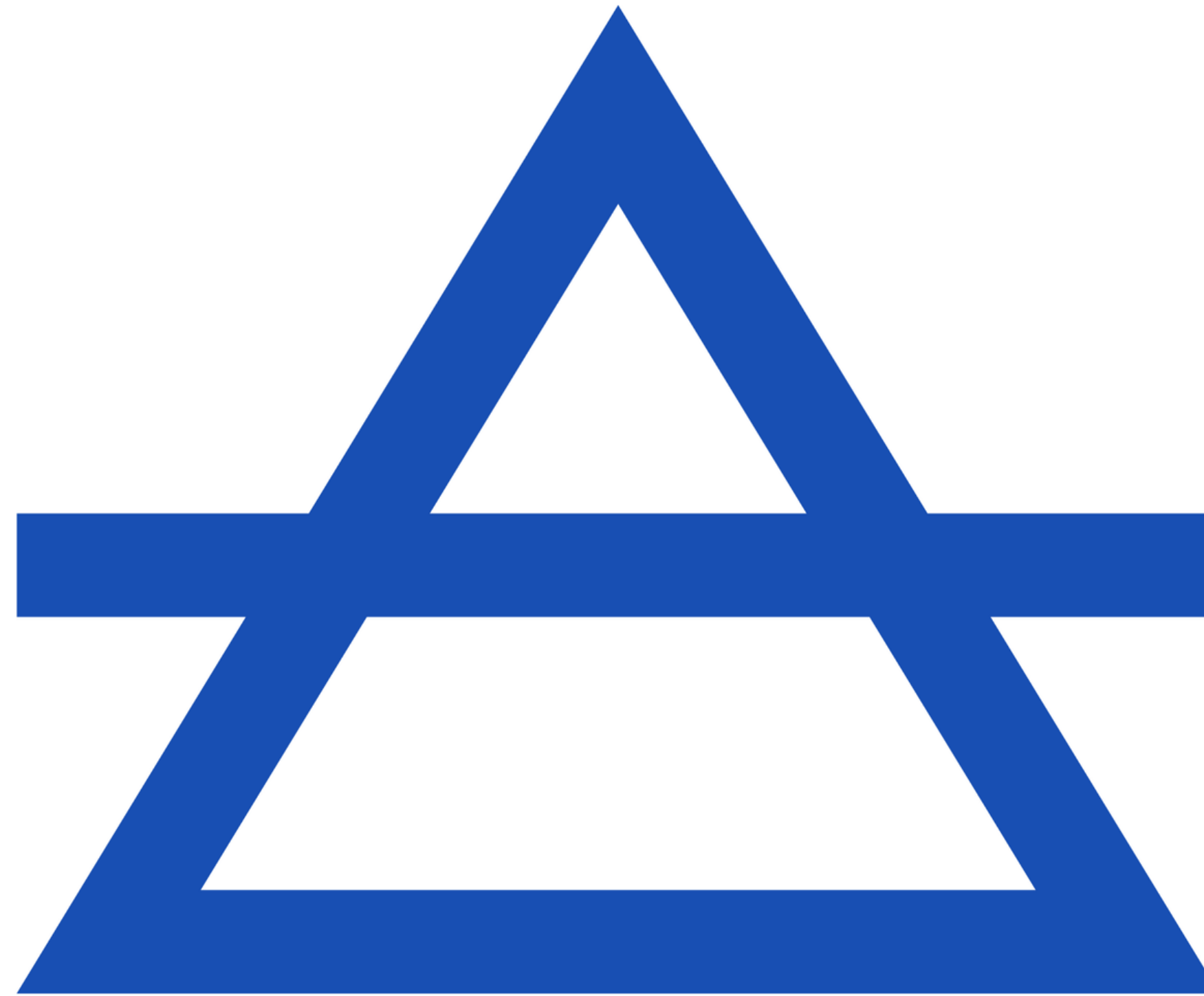


Get a copy of Keep Thriving

Learn how to use your cognitive, emotional and biological arsenal to achieve a higher quality and quantity of life - to unlock your potential.

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