5 SIMPLE THINGS YOU CAN DO TO FEEL CONFIDENT POSITIVE AND HEALTHY

1.-**SLEEP**
- -7 to 8 hrs/night
- -Same bed and wake time everyday

SLEEP ☛ NICER

2.-**MEAL PREP**
- -Water intake: weight x 0.66 add 12oz per 30min Exercise
- -Healthy "grab options"
- -Be scheduled-preplan
- -Track macro nutrients

FEEL GOOD ☛ HAPPIER

3.- **VITAMINS**
- -Most recomended: Multi A,B,C,D,E,K
- -Probiotic➡IRON
- -Omega 3➡CALCIUM
- -Digestive➡ENZYMES
- -Supplementation is necessary
- -Fights depression and other conditions

Labdoor.com

4.-**EXERCISE**
- -General Rec: 30min/day
- -Breathing
- -Flex/stretching
- -Yoga
- -Mobility/Longevity

5.-**MINDSET**
- -We decide how to think
- -You can form your life
- -What do you want?
- -Personal development/Vibe
- -Gratitude
- -Abundance
- -You direct your life
- -Personal mentorship and coaching

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