# 777

|  |  |
| --- | --- |
| A picture containing grass, person, purple, outdoor  Description generated with very high confidence  7 easy habits  That will Encourage YOUR Life | As a man thinks in his heart, so is he. Proverbs 23:7 NKJV  Dawn Janelle  Coaching for the Life You Desire |

# Start Living the Life You Desire

# Easy Habits that Will Encourage YOUR Life

These are all things I do myself and have made a HUGE difference in how much I enjoy my life!

* As soon as your eyes open in the morning be thankful for my bed and another day. Think about who I can bless or encourage throughout my day. You can choose your attitude, make it positive! A drop of Peppermint Vitality Essential oil\* is energizing, mind opening. It can also help you focus and can give you digestion support.
* Start you day with 8 oz. of water (minimum), preferably with fresh squeezed lemon juice or Lemon Vitality Essential Oil\*. Continue to drink water throughout your day. Your body is 70-80% water. If you drink ½ your body weight in ounces of water a day, your body will function better, physically & emotionally. So, if you weight 100 lb., drink 50 oz. of water. Coffee and tea are dehydrating. They don’t count for hydration. If you like flavor in your water, essential oils\* are great for that, plus they provide other benefits. You will need more water after exercise or in hot conditions.
* Read your Bible and pray, for 1 minute to 1 hour a day. The more you do this, the more you’ll want God’s word in your mind and heart. You will find the time if you really want to do this. Be mindful of what else you are putting in your mind through the books you read and the TV you watch. When you put good in your mind & body, good comes out. If you put garbage in, garbage comes out. This is very true, not just a cliché. Citrus Fresh Vitality\* Essential Oil is delicious in water or tea plus supports mental clarity and is energizing while reading your Bible.
* Eat healthy! Protein and vegetables will keep you satisfied longer than carbohydrates and sugar. Eggs with veggies & cheese VS cereal? Choose eggs with veggies & cheese. A Protein Powder smoothie\* with fruit and veggies is good for a quick nutritious meal. We really like Orange Vitality\* Essential Oil in our smoothies with Vanilla Spice Protein Powder\*, along with coconut water, Ningxia Red\*, fresh spinach, fresh fruit and frozen fruit. It tastes like a Creamsicle, YUMMY AND NUTRITIOUS! Fresh raw vegetables are good to have a couple times a day. Green salads with a protein, like chicken, beans or hard-boiled eggs. Eat starches as well, like potatoes, sweet & white, along with cooked veggies and grains. Bottom line, eat a balanced diet. Eat Certified Organic and Non-GMO when you can. You are what you eat, so don’t eat cheap & easy. Who wants to be cheap & easy, right?
* Exercise (NO IT’S NOT THE DREADED “E” WORD) Get outside to walk or run. Breath in fresh air and get sunshine on your face. If you can’t get outside, walk around inside a building, use the steps instead of an elevator or go to a gym. Park at the back of the parking lot so you must walk farther. Can’t get away from your desk. Google exercises to do while sitting. If there is a will there is a way. If you get sore muscles after working out, PanAway\* Essential Oil is cooling and soothing when rubbed on muscles.
* Look in the mirror & smile 😊 Yes curl up the corners of your mouth! Smiling will make you feel better, guaranteed! Who doesn’t like someone smiling back at them when they are as beautiful as you are?! Yes, YOU are beautiful and loved! For those occasional times when I have a hard time smiling, I check my emotions, then I like to diffuse Stress Away\* Essential Oil & Peppermint\* Essential Oil. It’s like sniffing a candy cane with a hint of vanilla. It is SO relaxing and comforting.
* Sleep, we need 7-9 hours of rest a night. Life always looks better when you are rested. Lavender\* Essential Oil is calming, relaxing and supports sleep.
* Whoops, this is #8. I only promised 7, I over delivered! Last but not least, love yourself enough to take care of the body God gave you! Take care of it in a way that is pleasing to Him, without toxins in your food, personal care products or cleaning products. God LOVES you!!! You can’t go wrong with loving Him back by taking care of the body He gave you!

THERE ARE OBVIOUSLY MORE THAN 7 OR 8 HABITS THAT ENCOURGE. WE TALK FOR DAYS ABOUT THIS TOPIC!

\*I endorse only Young Living Essential Oils and Protein Powder. All the Essential Oils mentioned in 7 Easy Habits that Will Encourage Your Life you can get in a Premium Starter Kit with a diffuser**.** [**CLICK HERE**](https://yldist.com/dawnjharvey) to find out more or get your Young Living products.

Want to know more about your dealing with unwanted emotions enroll in Coaching for the Life You Desire with Dawn Janelle, [**CLICK HERE**](https://dawnjanelle.com/).