

Living Successfully



A How To Book by Rod Dabney
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About the Author

Rod Dabney is an entrepreneur and success motivator. He's consistently trained in fitness for 40 years and leads a very healthy and successful lifestyle. He's learned and mastered what it takes to lose weight and maintain a healthy weight level and achieve personal success through a positive mindset, eating right, fitness and lifelong self-discipline. His goal is to help as many people as possible achieve health, fitness and financial success by sharing this life changing information.

In a nutshell, the keys to changing your life and living successfully are: 1) Get organized; 2) Get in the right mindset; 3) Get healthy; 4) Get balanced and 5) Get going.

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Preface

I want to preface this book by saying I am and have been a Christian since I was a young kid, but have struggled with OCD and negative thoughts throughout my life. This book is about practical and life changing techniques that have changed my life for the better and I believe, if used, can change the world for the better. This is a book about living successfully in both mind and body.

Medical Disclaimer:

Always consult your physician before beginning any exercise program. I am not certified to be a mental health counselor, fitness trainer or medical health expert. I am now almost 50 years old and have roughly 40 years of consistent fitness training. I simply want to share valuable information and experiences that

Preface

have transformed my life for the better and I hope will transform the lives of many others.

Get Organized

Clear the Clutter

Clear the physical and digital clutter first. This will immensely help clear the clutter in your mind and create a path for success! An uncluttered environment equals an uncluttered mind. I don't know about you, but I've lived much of my life in disarray. Meaning, I've always been very busy accomplishing goals, i.e. family, college, new and better jobs, etc. etc., but found it difficult keeping everything in order, including paperwork and computer files. Yet, this should be the very first thing you do to achieve ultimate success.

Believe me when I tell you that keeping and staying clean and organized is half the battle when it comes to being successful. Before I decided to make it a point to get and stay organized, I

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missed many deadlines and opportunities due to lost or misplaced paperwork or computer files. This was very discouraging and added to my stress and disappointment, let alone decreasing my chances at achieving success.

On that note, I advise that you immediately set up the right environment as you start your success journey so you don't miss any opportunities. Take time to clean up your whole living area (dust, vacuum ... everything). You'll want to keep it clean, so schedule time to do this or, if you can afford it, pay a cleaning service. You might be surprised at how much a clean living environment can clear the clutter in your brain and get you on the road to success.

Now, go a step further and organize all your personal paperwork and computer files so you can easily find and get to

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them. You can use our Biz Organized business organization system as a reference if needed. [You can find this at bizorganized.com](http://bizorganized.com). Even though this is mainly for entrepreneurs starting up or maintaining their businesses, it also works for organizing all of your personal paperwork and files since it's based on the same principles.

Also, put up some amazing and colorful paintings and photos in your working environment. They don't have to be expensive, but they should reflect your goals and dreams, things that you truly want to achieve in life. Maybe a nice big poster of a vacation destination that you haven't had the pleasure of visiting yet or a big blown up photo of that perfect house in the neighborhood you want to move to when you become wealthy. The idea is to envision your life the way you want it to be when you've achieved ultimate success, so having these pictures and

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paintings up on your wall will help remind you of your goals and dreams while you're working your way toward successful living.

Get in the Right Mindset

Once you're organized, getting in the right mindset is first and foremost when it comes to living successfully. The two actually go hand in hand since clearing the physical clutter greatly contributes to clearing the mental clutter. Having the right attitude and thought processes allows us to grow and succeed in every area of our lives, including our mental and physical health and accomplishing all of our goals and dreams. So, how do we get in the right mindset?

Think Positive

All our everyday activity, struggles and enjoyment begins in our brains. We decide how our days are going to turn out by the way we think. I believe all of us can agree on that point. Even when terrible things happen to us, our thoughts dictate how we are going to react to every event in our lives. The more often you

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think positive about your surroundings, and life in general, you'll notice that more positive things will happen. This is because you are the one creating the environment for which you live in. A positive attitude positively transforms your lifestyle.

We are not perfect, but we can strive for greatness. And this starts with how we perceive the world and our surroundings and how we decide to deal with them. So, why not deal with our surroundings and the world in a positive, constructive way each day to allow ourselves the opportunity to better our lives? You'll notice the more you do this, the better life will get and eventually you'll be living successfully.

I am living proof that a better outlook on life gives us the ability to enjoy our surroundings and perceive the world in a better light producing more positive energy and excitement giving us

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the ability to feel better about ourselves and accomplish more in our lives. For a long time, I allowed negative thoughts to infiltrate my brain and control much of my behavior. This caused a lot of heartache and disappointment in my life. But, not any more. By making the positive changes mentioned in this book, my life has drastically changed for the better. If we can find a way to always think positive, there's no limit to what we can do with our lives.

If you want an amazing life for yourself and your family, then train your brain to start thinking positive, believe in yourself and follow the processes in this book. We can all completely transform our lives and start living successfully by following a few simple methods. And a key ingredient for adhering to these methods is self-discipline. You must make up your mind to consistently, and without revocation, follow these methods to

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live successfully. It's up to you. Nobody can make you do it. You must make it happen for yourself.

Begin transforming your mind and fill your head only with positive and uplifting thoughts, even thoughts about the people around you. This may seem like a daunting task, but it is very feasible. For one, make up in your mind that you will always assume the best in people, even people that have somehow wronged you, belittled you or otherwise have rubbed you the wrong way. Because that type of behavior coming from them is their issue, not yours. It's probably more damaging to them than it is to you. Don't let them negatively influence you. Who knows, maybe your positive outlook and energy can influence them in a positive way.

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As a matter of fact, you don't have to let that type of behavior affect you at all. You can stay away from people that treat you that way and, instead, surround yourself with friendly, uplifting people. Or, as another approach, you can help those type of people by being positive and uplifting toward them in an attempt to positively influence them. Of course, if they continue to be abusive toward you for too long, then it's probably better to get away from them and feel good that at least you tried to help them.

This process takes self-discipline. As a matter of fact, every technique I will talk about in this book takes self-discipline. The key for this technique is that you put yourself on a new path of positive thinking and letting go of all those negative thoughts about people, your surroundings and the world. But, what do

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you do when those negative thoughts begin to creep in and control your behavior again?

Dismiss Negative Thoughts

Getting rid of negative thoughts is as easy as 1, 2, 3 - (1) Deflect (2) Reflect (3) Reject. Always be thinking positive, but if the bad/intrusive/OCD thoughts enter your mind, follow the process just below:

1. Deflect - You don't want negative thoughts sticking around, so stay calm, relax your mind and immediately deflect them (like a shield) so as not to give them substance. Pretend you're Mel Gibson in Braveheart and the negative thoughts are all those arrows being fired at you, but you hold up an

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indestructible shield in front of you and all the arrows are either blocked or bounce away.

2. Reflect - At the same time you're deflecting, reflect and recognize why the negative thoughts are there in the first place (experiences from your past, fear of the unknown, etc.). This will help you come to grips with them and more easily dismiss them if they come around again. This is not the same thing as taking ownership of the thoughts (which are happy thoughts you want to hang on to or dwell on). It's simply acknowledging that they are there and why they are there. It's a way of helping us understand ourselves better to rid ourselves of the negative past (or present) while moving on to a brighter future.

For example, as you reflect, simply tell yourself things like "Oh, that's just OCD" or "Oh, that's just negative" or "Oh, that's not

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me" or "Oh, that's just my bad temper" or "Oh, that's just from past mistakes" or "Oh, that's just anxiety" or "Oh, that's just me feeling sorry for myself", etc., etc. Do you see what I'm getting at? Once you start labeling these negative thoughts, it makes it much easier to laugh them off and let them go.

Better yet, as time goes on, you'll want to deflect, reflect and reject as quickly as possible. In that light, as soon as it works for you, shorten the above reflection sentences to things like, "Just OCD" or "Just anxiety" or "Not me", etc., etc. This allows you to spend even less time on the negative to positive transition process and gets you on the road to ultimate success that much faster.

3. Reject - Once you've deflected and reflected these negative thoughts, it's time to reject them .. for good. Tell yourself you're

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not ever taking ownership of such thoughts (because they're bad for you) and, in your mind's eye, watch them being swept away (ie. like with a broom) and disintegrated into thin air. Then immediately refocus and channel your thoughts onto positive things in your life.

Here's an example: Say you're driving along on a nice sunny day minding your own business and someone cuts you off. They come very close to hitting your car, but they don't. This happens way more often than it should. I know. I've been in that situation many times in my lengthy driving career. It used to really anger me that they would do that and my first thought was always some kind of retaliation, at least in my mind. I would stew about it for a while letting the negative 'angry' feeling ruin part of my day, including the pleasant drive I was experiencing.

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But, why? They didn't hit my car and retaliation would only lead to something worse, like a fight or car accident. So, does it really make sense to dwell on the negative? No. The positive is that I was still alive, my car was intact and the sun was still out. So, I should have immediately let go of (deflected) those negative thoughts, saw them for what they were - unnecessary angry feelings (reflected), dismissed them (rejected) and focused on the positive, like a beautiful sunny day, a nice drive and no car damage. This would have prevented unnecessary stress and positively contributed to my overall wellbeing.

In the beginning, this whole process should only take few seconds. After a while, with practice, it should only take a split second and eventually it will be so easy that the negative thoughts will all but disappear and most of your brain activity will be occupied by positive thoughts. The key is to do your best

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to always follow this process, but if you find yourself getting off track, immediately get back on track and continue following the process.

By constantly following this process and actively thinking positive, the negative thoughts should lessen and all but disappear over time. One key element is to allow your mind to be calm and relaxed when the intrusive thoughts come instead of becoming frustrated and agitated, which will just increase their presence in your mind. So, keep your mind calm when the bad thoughts come and use the above process to get rid of them. Bad thoughts include all negative thoughts (OCD, intrusive, harmful, evil, etc.)

All too often, many of us tend to dwell on the negative. Due to our circumstances, we feel that life is unfair and that bad things

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keep happening to us (like losing a job, being dumped by your girlfriend, etc.). I say join the club. We're not alone. Bad, or negative, things happen to all of us. It's up to us to deal with negative life events in a positive way. The reality is we can overcome negativity by staying positive.

That's what this book is all about - changing from the negative to the positive in every area of our lives, including our thoughts, our mental and physical health and ultimately to overall success in our lives. For us to be successful, both personally and professionally, and to achieve financial independence, if that's what we desire, we must stop feeling sorry for ourselves and focus our attention on productive and positive changes in our lives.

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For myself, as I'm getting older, I tend to drop things a lot more often than I used to and this is very frustrating and actually used to anger me to the point where I'd do and say things that I regretted afterwards. This is just one example of the type of negativity we just need to let go of and turn it into a positive. For example, now when I drop things I either laugh it off or simply ignore it and pick up whatever I dropped and get back to business. By the way, laughter is positive and good for our health.

This is a much healthier and constructive way to deal with a frustrating experience and doesn't cause unnecessary negative energy and stress. It's uplifting when we can laugh at ourselves, so it's another way to keep things positive and moving forward in the right direction, which, ultimately is success in life.

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After you go through this process and notice the negative thoughts are becoming fewer and far between, then come up with one word to replace the whole process, such as 'no'. For example, as soon as you recognize the intrusive (negative) thought, in your mind, say 'no' and move on to your positive thinking again. The word can be anything that makes sense to you. For me, I chose 'no' because it's simple and reflects my view of 'no more', meaning no more negative thoughts.

When you get to this point and when negative thoughts attempt to creep in, your mind will immediately say 'no', or whatever word you decide on, and this will be the whole process of getting rid of the negative thoughts because your word is all you need to deflect, reflect and reject all negative thoughts. But getting to this point takes time so don't rush it.

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Be Kind and Respectful

Do your best to be in a good mood and be kind and respectful to others. What comes around, goes around. From personal experience, I know that positive behavior is contagious. The more you're positive around other people (even those so called 'Debbie Downers'), the more they tend to react positively. Just like smiles and yawning can be contagious, so can positive behavior. I've experienced this myself in the workplace and out in the public arena.

For example, due to mounting debt and frustrating relationships, I'd arrive to work pretty grumpy at times and would dwell on all the negativity in my life throughout the day. Even though I kept my composure for the most part, I noticed

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others being put off by the negative energy coming from me. Many times, they would pass by without acknowledging me or look the other way. But, this was my fault.

When I finally decided to put all that behind me and not allow myself to dwell on all the negative things in my life, and at the same time make a concerted effort to be positive and kind to those around me and engage them in a positive way, I noticed they started warming up to me and engaging me more often than they used to. I believe this is proof that positive behavior is contagious and can produce a more uplifting and positive environment. And who doesn't want that? Right?

As many of us do, I was letting the negative in my life (the emotional pain, financial stress, family issues, etc.) dictate my behavior in other areas of my life, like driving, work, dealing

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with store clerks, etc., and I had only myself to blame for their negative reactions toward my negative behavior. I'm not saying that I was always negative or that it was always my fault, but when I was in a grumpy mood, people noticed and would react negatively because I believe that's how we are wired as humans. From my experience, it's normal that a person's bad attitude elicits a negative response. I'm sure most of us can agree on that point.

But, it doesn't have to be that way. We can improve our relations, our health and our mental outlook on life by being first to be positive toward others and reacting positively in every situation even when others are being negative. It doesn't mean we sit around taking abuse, but we can be kind when others are having a bad day or otherwise negative and then move on with our lives. Kindness breeds kindness.

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At the very least this will allow us to keep our own stress down and not have the feeling of guilt that comes from our bad behavior. As you practice this positive attitude toward others, you'll notice it becomes easier as time goes on and the dark cloud that comes with the negative behavior will be lifted. This has been my experience and I like it. I feel less stress and less guilt. It's opened my mind to all kinds of positive opportunities in my life.

Many of us are negative toward others because of our own emotional turmoil. And we do this thinking it's going to make us feel better, but it doesn't. It only perpetrates more negativity in the world. This act of transference is very common, but doesn't do anybody any good, especially ourselves. We sit around feeling sorry for ourselves for the negativity in our own lives and transfer this to others in the form of bad behavior. This is why

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there's so much bullying, road rage, domestic abuse and other acts of violence in the world. It doesn't have to be that way.

We need to suck it up, stop feeling sorry for ourselves, dismiss the negative thoughts and get in the right mindset to better our lives and the lives of those around us. We must let go of the emotional stress and negative behavior to live successfully. The way we do this is to focus our thoughts onto positive and productive activity and this includes our ability to be kind and positive toward others even when they don't reciprocate.

Now that you're in the right mindset, let's move on to the all-important physical elements of successful living.

Get Healthy

Fitness is a Key Element

Want to feel stronger and healthier every day and enjoy more restful sleep at night? Then starting and maintaining a fitness program is key and will increase your overall health. You can join a gym or, to save time and money, work out at home. Pick the type of training and workout routines you can enjoy. There's so much to choose from! (Maybe watch some of my at-home workout videos on YouTube. Here are a few of the links:

<https://www.youtube.com/watch?v=Q0QVo6D0c-w&t=865s;>

<https://www.youtube.com/watch?v=pLtj2ECsawk;>

<https://www.youtube.com/watch?v=9h8PW4NV9vc&t=146s;>

<https://www.youtube.com/watch?v=fw5htmT0BhE;>

[https://www.youtube.com/watch?v=phj9Cc-fkWs&t=13s\).](https://www.youtube.com/watch?v=phj9Cc-fkWs&t=13s).)

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Being in the right mindset will also help you fulfill your fitness goals and everybody should have fitness goals. We were not created to be inactive. On the contrary, when humans were first placed on earth and for many years afterwards, we had to work hard to be able to eat and survive. Our bodies were made to be more active than not and to be able to work for our food and families, which means we had to be out there hunting, gathering wood and building things. It's only been recently that we've allowed ourselves to be complacent and basically lazy due to so many technological advances and 'office' jobs, for example.

Since the dynamic of our lifestyle has shifted for so many of us from hunting, farming and actively raising families to employing full time babysitters and working full time in an office environment (i.e. sitting in front of a computer), we need to modify our activity regiment to compensate for today's lack of

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physical exertion. Our bodies were created to mostly be active during the day and then resting at night. We need to schedule in physical activity every chance we get and you don't have to belong to a gym. There are so many workout routines you can do right from the privacy and convenience of your own home.

Working out at Home

Remember to follow the safety guidelines and first check with your medical provider before starting any new workout regimen. There are many workout routines that you can do at home to stay fit. I relinquished my gym membership years ago and have been working out at home ever since. And I'm one of those guys who works out every day, come rain or shine, or even snow. Obviously, you don't have to work out every day to stay

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fit, but my point is I don't need a gym and I'm in tremendous shape and feel healthy every day.

If you've never worked out before or it's been a long time, you may want to consult a fitness expert so they can cover the correct body movement and different routines you can perform based on your fitness goals. You can also watch my fitness videos on YouTube for different ideas. I do have almost 40 years fitness experience so I won't steer you in the wrong direction. But, remember, I'm not certified as a fitness trainer. I'm simply sharing with you what works for me and the different workout routines that I do to stay in shape.

First, I jog every morning in my own back yard. Some people buy treadmills to walk or jog inside their house. I prefer to watch the squirrels and hear the birds chirp, so I came up with the idea

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of jogging back and forth on a 4' x 8' piece of plywood located right next to the fence in my back yard. What's cool about the plywood is that it gives you a flat, yet flexible surface to jog on making it easier on my joints.

I used to jog many miles on the street or sidewalk when I was in my 20's, but the hard surface started wearing out my knees, ankles and hips. The plywood, on the other hand, has some give because it sits on top of uneven ground which gives it some bounce when I jog. I've been jogging on plywood for many years now and don't have the joint issue I had when I was in my 20's.

Whatever way you can get your cardio, even if it's just walking back and forth in your living room, it's very important for your health that you do so throughout the week. Exercise improves oxygen flow to your brain. Essentially, when you start

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exercising, you feel better because your brain and body can do more. For example, you can eventually get upstairs without being winded. Your heart rate and blood pressure goes down, which decreases your risk for many diseases and gives you more energy.

So we know getting your cardio workout (running or jogging or walking) is very important for your health. But, what about strength conditioning, i.e. building up your muscle size, strength and power? This is also very important. Stronger muscles can improve your posture and help keep your body in balance. Weight training helps to tone, lift, firm, and shape your body. Weight training can increase your lean body mass and therefore increase your metabolism, helping you to lose weight, maintain a healthy weight level and stay fit.

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My mom bought me a used weight set when I was just 10 years old. I remember watching an old Bruce Lee movie while trying out my 'new to me' weight set. I've been lifting weights ever since. It makes me feel stronger and more durable as a human so I plan on lifting for the rest of my life. I'm a bit older now so I don't try to lift a lot of weight like I used to. I simply do more reps (repetitions) with less weight. I don't want to unnecessarily injure myself.

I recommend starting off slow with light weights and don't overdo it. If you do, your muscles will be sore for a few days. It will be hard to move around. Believe me, I've been there a few times in my lifetime and it's not much fun. So, when starting, just use light weights and only a few reps. Let yourself build up to more weight and reps. If you gradually increase the weight and reps, you won't be so sore and there will be less chance of injury.

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Let's get back to the different workout routines you can do at home. There's so many to choose from that I could write all day long about them. Instead, let me just put this thought into your head: when you eat, your hand holds onto a spoon, fork, whatever, and your arm moves up and down to the bowl or plate, right? I'd consider this a very minor and very light weight workout routine. But, what if it was a 10-lb. spoon or fork? This would be a better workout that would build up your muscle mass over time.

Here's my point: If you use a little imagination and make sure you follow safety guidelines for weight lifting and working out in general, there's no end to the fun and invigorating fitness routines you can come up with and enjoy right from the privacy and security of your own home. You don't have to buy a bunch of expensive equipment either. Why pay top dollar when you

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can pick up a few things at a garage sale for pennies on the dollar? You probably have the necessary equipment right in your own home to get started.

For example, you can use just about anything for lifting (chairs, 5 lb. sugar bags, medium sized rocks from your yard, etc. etc.). If you can grip it with your hands and it's not too heavy, you can start lifting right now without spending a dime. Then, as you start becoming a success from your new business or save enough from your job, you can buy actual exercise equipment.

Also, what's wrong with the traditional pushups, jumping jacks, crunches and no-weight squats? You don't even need equipment for these workout routines and they will also help you get in the best shape of your life. Feel free to watch some of my workout videos on YouTube to get more ideas. I haven't been to a gym in

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years and I must say, I'm in pretty good shape for being close to 50 years old.

The key to beginning and maintaining a successful workout routine is simply self-discipline and getting in and staying in the right mindset, knowing that you are going to work out throughout each week no matter what. You have all you need right now in your home, so why not get started? You can always buy additional equipment later when you can afford it and you can also change your workout routines anytime you want.

On that note, you do want to mix things up and change your workout routines periodically, or even constantly. The changes don't have to be major. They can be minor changes. Changing up your routines will shock your muscles and helps them to grow and get in shape and stay in shape. You don't want to be stagnant

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with your workout routines. Otherwise, you may not get the best results.

The idea is to have fun with your routines and to try new things or at least slightly modify your routines to keep your whole body healthy. Changing your workout routines has many benefits: Helps you break through a weight-loss plateau, prevents overuse injuries, builds new muscles, helps you overcome workout boredom and helps keep your brain healthy, just to name a few. You can go online and read about more benefits when you have time.

There should be no stopping you. Believe me. I've been working out consistently since age 10. Before that I played a lot of sports (basketball, football, soccer, etc.), mowed a lot of lawns, walked all around town and much more to keep in shape without

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realizing (because I was just a little kid) that all that activity was keeping me healthy. So, why not get started today and see how it goes? Then post a comment for us at keenconceptsllc.com so your success can encourage others to do the same thing.

Successful Mindset (for fitness)

Part of your successful mindset is that you simply must make up your mind to regularly and consistently follow your fitness regimen NO MATTER WHAT! Excluding going in for surgery or seriously become injured, your mentality must be "I will perform my fitness routine at all costs, even when I'm tired or feeling lazy". I'm not saying you should work out when you're exhausted from a hard day's work, because depending on your job, you may have days where the job itself is the workout.

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I'm referring to those of us who don't have physically demanding jobs and need to set aside time throughout the day and each week for healthy exercise. Even those who do have physical jobs, there may be days where scheduling in additional fitness routines is beneficial. The idea is to ensure you are achieving enough physical activity throughout each day and week to keep fit and healthy.

For example, while working in the office, it's important that we take time to get up off our chairs throughout the day and take walks either around the office or, on nice days, around the office building. This needs to be the rule, not the exception. Better yet, if possible, we should utilize standing computer equipment or equipment that can rise and lower at your whim. If your company is not willing to pay for such equipment, you can still

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get up out of your chair and stand throughout the day in addition to taking your walks.

My motto is that every little bit of exercise helps, so making it a point to stand or taking those short walks throughout the day will benefit your overall health and contribute to your weight loss. You should implement this same technique at home. Instead of putting things like mini refrigerators or snacks within arms' reach by your recliner in the living room, keep those things where they belong, in the kitchen, so you must get up and take that beneficial walk to grab your snack or beverage.

Eating Right

Eat the right foods at the right time. What I mean by eating foods at the right time is that the bigger portions should be eaten earlier

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in the day when you're active and it has time to process throughout your body and burn off. This doesn't mean you should gorge yourself on as much food as you can eat during the day. You still want to be mindful of the amount and type of foods you eat. And it's best to eat smaller amounts, but more often through the day instead of the typical 3 main meals (breakfast, lunch and dinner). This is something you'll be able to train yourself to do with a little self-discipline and practice.

The smaller portions should be eaten at the end of the day, but not too close to bedtime, so the food doesn't just sit in your belly in a slow processed state turning into fat. Our bodies are resting while we sleep so eating too much too late won't allow the food to process and burn off like it does when we are active during the day. This may seem difficult because I think we all love to eat big dinners at the end of the day when we're relaxed with our

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families or in front of the TV. There's something about having a full belly before going to bed. But this type of behavior is exactly why we get into the rut of continuously gaining weight even if we work out.

A normal schedule for us is to be active during the day and to sleep at night. So, we don't want to eat too much too late or it will just sit in our bellies turning to fat while we sleep. This takes self-discipline and it's not the easiest thing to do at first. But, once you train yourself and settle into a routine of eating the right foods at the right times, it becomes second nature and there's no need and hopefully no desire to go back to the old ways of unhealthy eating.

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Successful Mindset (for eating)

As mentioned previously, you need to train your brain. This may be the first and most important goal to achieve for your healthy lifestyle journey. You need to focus your attention on positive and fulfilling thoughts and behaviors. When it comes to eating, you need to always be thinking healthy thoughts and continuously remind yourself of the benefits eating healthy and achieving and maintaining a healthy weight level will give you, like more energy to get you through the day and less weight to lug around, which will also decrease the pressure on your back and joints and relieve some of that annoying pain.

Always keep those good thoughts in front of you and give yourself an imaginary pat on the back each day you stick to your healthy eating goals. This will reinforce your positive thinking

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and motivate you to continue achieving your health goals. Allow yourself to be excited about your progress. Maybe dance around a little and laugh to yourself (preferably when nobody's looking, of course) to release those endorphins and continue feeling good about yourself. There's nothing wrong with being confident and feeling good about yourself as you progress toward healthy living and achieving your daily goals. It will motivate you to continue the right path!

Proven Techniques

First of all, don't eat just for the sake of eating. Wait until you're hungry. Through self-motivation, positive thinking and self-discipline, I've created and maintained certain techniques that have worked for me and can work for you. I've discovered a

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couple of very helpful tidbits that allowed me to get on and stick to my eating regiment, but still enjoy delicious foods like everyone else.

First, you don't have to give up all the foods you love, but to be healthier and get down to a healthy weight level, you will need to keep tabs on what, when and how much you eat. This begins with your mind and all of us can use our minds to do extraordinary things and change our bad habits to good (healthy) habits - refer to the '**Successful Mindset**' section just above.

Here's what has helped me lose the necessary weight and maintain a healthy weight level: First, I've reduced the amount of carbs in my meals. I'm still eating things like rice, pasta and breads, but in smaller amounts and for dinner I've taken it a step

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further and leave out the buns for my turkey burgers and eat a much smaller amount of rice and pasta with my flavorful, yet healthy ground turkey and chicken dinners.

My dinners consist of a small portion of things like rice, pasta and healthy sauces, a larger amount of cooked vegetables and a decent portion of meat, like boneless, skinless chicken or lean ground turkey. I also mix in salads throughout the week, consisting of a couple of different kinds of lettuce, some veggies (like avocados, onions, green onions, tomatoes and beets) and shaved almonds, along with either some balsamic vinaigrette or Italian dressing mixed with a small amount of blue cheese or French dressing, for example.

Secondly, we bake healthy cookies (available for sale from our website at thehealthycookies.com), which are packed full of

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nutrients, and I use them as fillers between meals to satisfy my hunger, along with some milk or water. If you feel that you must snack after dinner, but before you go to bed, it's better that you only have a very small amount of actual dessert or a moderate number of healthy snacks, instead of large portions which will just sit there turning into fat.

So, a very helpful technique for curbing the nightly 'unhealthy eating' habit is to first eat your healthy dinner a few hours before going to bed and, if needed, fulfill your late-night cravings with just a small amount of dessert, like a bite or two of ice cream, a banana with Adams peanut butter or a couple of nutrient rich and flavorful healthy cookies.

It's amazing how once you get used to it, just a bite or two of desserts, like Nutter Butters or even cake, can satisfy the hunger

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and sweet tooth. Of course, as time goes on, you'll want to cut desserts back to only a few times a week and eventually replace the dessert foods with something healthier, like dried fruit, nuts, bananas with peanut butter or our healthy cookies. I've lost weight and gotten down to and maintain a healthy weight level by consistently following this type of eating regiment.

This may seem difficult at first. So, you need to get yourself in the right mindset. Part of getting yourself in the right mindset is self-discipline. Sticking to the plan at all costs. When those cravings come, but you're not actually hungry and you simply want to eat because you enjoy it, you must refocus your energy off food and onto something productive and positive. Overeating is not productive and positive, so this is where you need to channel your efforts on your business, your family or something fun and off food.

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Instead of thinking about food during these times, you should pour yourself a drink of water, juice or tea or another healthy beverage (as a substitute for food) and then focus your energy on something other than food that will get you closer to living successfully (like your business, organizing, etc., etc.). You should do this each time you start thinking about food but know that you don't need to eat until it's time to eat.

This will eventually become second nature to you and food will become the afterthought instead of your focus. By conditioning your brain like this, you'll be able to lose weight, maintain a healthy weight level and get in the habit of performing productive and routine tasks that will get you that much closer to living successfully and becoming wealthy if that's one of your end goals.

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So, when you're at work and everybody's passing around or offering you donuts, cookies and every other type of dessert under the sun, you need to resist each time unless it's been a while since you've allowed yourself dessert and you are hungry and don't have a healthier snack tucked away in your purse or backpack. But, if you do, eat that instead. At this point, your self-discipline and positive mindset come into play. Use them to continue down the right path and make the right decisions about your health.

In my experience, the norm is for people to accept these dessert offerings without giving it a second thought because, why not, we all love tasty desserts and we tell ourselves that we can always work it off later. The problem with that type of thinking is that people usually don't work it off later because they either don't have the time or they are simply too tired (from being in a

Get Healthy

sugar coma!). Extra weight continues to plague many people. Don't be one of them. You can lose the weight and be healthy. Just follow the success model outlined in this book and get on the right track to superior health.

Health Checkups

As mentioned, staying fit and eating right goes a long way toward your overall health and success in life. But regular medical (including chiropractic care), dental and even mental health checkups also contribute toward a healthy and balanced lifestyle. So, do yourself a favor and schedule those teeth cleanings, routine physicals and counseling appointments as needed and don't let coughs, pain and other physical ailments

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go unchecked. Get to a doctor right away when you're feeling poorly and don't know why.

Get Balanced

Take Breaks

As most of us are aware, "All work and no play makes Johnny (or Sally) a dull boy (or girl)" As you are working toward a successful life to achieve your personal and business goals and dreams, it makes no sense to leave fun and relaxation out of the equation. Believe me. I know. I did that for many years. Doing so can create a hot bed of disappointment, resentment and unfulfillment. So, take those much-needed breaks to relax and enjoy yourself.

Get Balanced

Enjoy Yourself

If you let go of the stress and anxiety that inherently comes with the hectic, yet, fulfilling, journey toward success and allow yourself time to have fun and relax, your overall life can become very enjoyable and terribly exciting. So, schedule time each day or throughout the week to enjoy yourself.

Spend time with family. Take a stroll at a nearby park or through the city. Take in a good movie or go out on that date you've been putting off. You should take time to enjoy yourself every week, not just sometimes. That way you're resetting yourself (like a computer) and you always have something enjoyable to look forward to. This will renew your perspective on life and give you the energy and excitement you need to continue the right path.

Get Balanced

Rejuvenate

The idea is that you invest in your personal needs, the things that are fun and bring joy and laughter to your life. This will rejuvenate your mental outlook to ensure you keep harmony and balance in your life and allow you to counteract the inevitable (good) stress that occurs while on your path to success.

Get Going

Don't Fake It Till You Make it.

If you follow the methods in this book, you won't have to fake it. You are already becoming successful. Once you make up in your mind that you will live successfully no matter what, there is no faking it. You start living successfully right there and then (if you stick to the plan). So, don't give up. Keep going. Keep following the process until you've lost the weight, achieved your fitness, health, business and financial goals (and other major goals) that allow you to achieve and live your dreams.

Get Going

Motivation

By the time you get to this part of the book, you should be pretty pumped up and motivated to start or continue your new journey of successful living. We'll help motivate you, but you can also motivate yourself like nobody's business. Just look in the mirror, smile big and tell yourself you can do anything you put your mind to. Then, get started! You can succeed in every area of your life. It just takes a little effort each day.

Want to Start a Business?

What are you passionate about or what do you really like to do in life? Think of ways you can make a business out of it. Be

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creative! Having trouble thinking of things you like or ways to create a business. How about this? Go get good, or even become an expert, at something that's marketable (there are a ton of marketable skills, services, etc.) like programming, creative website design, image and video editing, cooking delicious healthy desserts, dinners, etc., etc., etc.

Then, market your skills to the public, locally, nationally, maybe internationally and market those same skills online. Don't know how to market? Find out. There's tons of free marketing information online, plus companies that can help you market. Get started today. Baby steps. This doesn't happen overnight, but it won't happen at all unless you do something towards your goals each day!

In Summary

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In summary, the path to living successfully is to **first** unclutter the physical and mental clutter by thoroughly cleaning your living and work space and organizing all your paper and computer files using our Biz Organized complete 'in and out' system which you can find from our website, bizorganized.com.

Secondly, get yourself in the right mindset by always thinking positive about people, your surroundings and the world in general, dismissing those negative (intrusive, OCD, evil, etc.) thoughts using the deflect, reflect and reject system, and by being kind and respectful toward others.

In Summary

Thirdly, get yourself healthy by scheduling time each day and throughout the week to exercise, and otherwise stay active, by taking walks or jogging (cardio), performing some strength training, like lifting weights or other objects around your home (making sure to follow safety guidelines), eating the right foods at the right times and getting regular mental and physical checkups, including chiropractic and dental care when necessary.

Fourthly, as part of your overall well-being and success journey, you need to take periodic breaks during the day and throughout each week to relax and enjoy yourself. This will enable you to refresh your mind and body and be ready to accomplish further success tasks and goals.

In Summary

Fifthly, get out there and get going. It does nobody any good to sit around feeling sorry for themselves. When you make up your mind to become successful in life (personally, professionally and financially), you have what it takes inside you to make it happen.

You can start a new successful business if you so desire. You can get down to and maintain a healthy weight level. You can begin a new fitness routine and achieve a healthy eating regiment. It's simply a matter of staying positive, setting your goals, accomplishing daily tasks, getting help when needed and maintaining that momentum until you realize your goals and dreams. **To Your Success!**