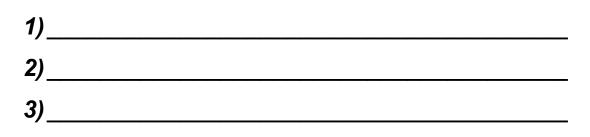
## **MY PRIORITIES**



Health must be kept up at **all times** in order to fulfill the above goals. Health consists of:

- Diet Mostly high calorie foods
  - **a)** Eat excess carb calories, a wide nutrition profile, and raw foods
  - b) Avoid known negatives such as spicy, salty, fatty foods, and oils.
- 2) Hydration All day
  - a) After waking, before meals, around exercise, and before bed.
    Aim for clear pee ~10 times a day!
- 3) Sleep Early nights
  - a) If work prevents them then nap or have make-up days. Window should be open for fresh/clean air!
- 4) Exercise Pump your lymphatic system everyday
  - **a)** Devote time, even just walking for 20-30 minutes.
  - b) Work out at least once a week. Challenge yourself.
- 5) Sun/Fresh Air
  - a) Time in nature is important. Relax, be green.
- 6) Positive attitude/outlook Attitude of gratitude
  - a) Things are what you make of them. Anything is only positive if you think it is. Be happy, smile!
  - **b)** When in doubt: open windows, stretch out, and inhale deeply. Oxygen will help wash the worries away.