

## **FOCUS ON HEALTH AND VITALITY...**

And that is what you will get



**I talk a lot about the fact that we get exactly what we focus on. In recent times I have been reminded again how important your mind & thoughts are in living a long, happy and healthy life OR not.**

I did a talk last week and spoke about some simple steps to being healthy. After the talk I was approached by a lovely lady to thank me for the talk, but also to ask me about her 47 year old friend that had recently died of cancer.

*She said; "I don't understand it. She did all the things you were saying; she ate well and exercised..." and then she made the key statement; "...she was so worried about cancer and wanted to avoid it..."*

Apparently her mother had died of the same cancer at a young age and so yes, there was a genetic predisposition, but she spent a vast majority of her time focussed on and worried about cancer – did this have an impact on her final outcome? Who knows? I know this subject may touch some nerves, as it did yesterday in a workshop that I did when I told the same story. There are always other factors involved and we will never know for sure what caused the final outcome. But how is that other people in seemingly hopeless positions with disease or other horrendous circumstances can overcome the disease or situations either totally or for many years to live a fulfilling life?

The secret is focus! What do you spend your time thinking about? Are you worried about 'Swine Flu' at the moment because if you read the newspapers or watch the news you can't avoid it? Do you worry about the economic situation right now and hope it doesn't affect you? It is hard to avoid focussing on these things at the current time.

**That is of course unless you decide to stop watching the news, stop reading the newspapers and choose not to participate in poor health or financial downturns!**

You can choose what you focus on. If you focus on being healthy, happy and vibrant then you will automatically do the things that will bring that into your life.

**Everyday you wake up focus on the following TEN things:**

1. **Gratitude** – for another day on this amazing planet with people that you love and opportunities to live an incredible life.
2. **Love** – for yourself and all the wonderful traits you have and love for your family and friends. What about how much they love you?
3. **The positive in every situation** – no matter how bad something seems there is always a positive side. I dare you to find it.
4. **What you want** – having lots of energy, being lean & healthy, making more sales in your job, meeting the person of your dreams or whatever is important for you.
5. **Forgiveness** – forgive others for dumb things they may have said or done. Forgive yourself for not being perfect – no one is!
6. **Laughter** – what an amazing thing to do. Laughter often and laugh loud.
7. **Eating a nutritious breakfast** – and feel the delicious and healing food surge through your body spreading goodness, energy and good health.
8. **Regular grazing** - eating a balance of fresh and natural grains, fats and proteins. Don't forget to enjoy some yummy indulgence in moderation
9. **Drinking purified water** – next to air, water is the most crucial nutrient on the planet. Are you drinking enough and it is the typew that will enhance your wellbeing
10. **Moving your body** – walk the dog, take the stairs, play with the kids, play golf or tennis. Do something everyday that causes your body to move and your heart and lungs to work

I have written articles on each of the above things in more details – please feel free to find the articles that relate to you.

**You can live a long, happy, healthy and prosperous life and one of the most powerful ways to do that is to focus on EXACTLY what you want no matter how impossible it may seem.**

