

# Thank You!

Dear Clients and Friends, Thank you for doing what you do! It is always inspiring to see community come together to support, encourage and help change people's lives for the better! And thank you for allowing Storm Fitness to be one of your mentors. It has been our honor and pleasure to provide you with the tools, resources and inspiration to help you reach success in your lives through health and fitness. We look forward to providing you with more inspiration in 2010!

## ***SUCCESS HANDBOOK 2010***

### **Health:**

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants..
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray and/or meditate.
6. Play more games
7. Read more books than you did in 2009 .
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minutes walk daily. And while you walk, smile.

### **Personality:**

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake
17. Envy is a waste of time. You already have all you need..
18. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.

22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.

23. Smile and laugh more.

24. You don't have to win every argument. Agree to disagree...

**Society:**

25. Call your family often.

26. Each day give something good to others.

27. Forgive everyone for everything.

28. Spend time w/ people over the age of 70 & under the age of 6.

29. Try to make at least three people smile each day.

30. What other people think of you is none of your business.

31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

**Life:**

32. Do the right thing! (It's the hard thing)

33. Get rid of anything that isn't useful, beautiful or joyful.

34. God/the Universe heals everything.

35. However good or bad a situation is, it will change..

36. No matter how you feel, get up, dress up and show up.

37. The best is yet to come..

38. When you awake alive in the morning, thank God/the Universe for it.

39. Your Inner most is always happy. So, be happy.

**Last but not the least:**

40. Please Forward this to everyone you care about!

***We wish you lots of love, laughter, peace, happiness, success and optimal health in the New Year!***

***Jessica Storm & The Storm Fitness Team***