

## Top Nine - Take Ruthless Care of Yourself

**1. Just Start.** It is actually selfish to not take care of yourself. It depletes you and affects your entire life.

**2. Feed Yourself First.** I feed myself first — mentally, physically and spiritually. I am very loving and kind to myself. Then I can be kind and loving to others.

**3. Sleep.** Sleep is sanity. Period. The times that I do not get enough sleep because of life or travel, I am a totally different person.

**4. Nutrition.** I will make it very easy for you. Love yourself enough to eat real food and lots of colorful veggies, fruit and very little sugar. It's called "junk food" for a reason.

**5. Exercise.** Stop making excuses for not exercising and look for creative ways to incorporate more of it into your routine.

**6. Meditation.** I had to learn how to meditate, to quiet my brain. I need silence to balance my life. My stress level will be at an unhealthy level if I don't.

**7. Acupuncture.** Nothing I do makes me feel better. It prevents and heals. It helps the muscles, nerves, hormones and blood circulation.

**8. Affirmations.** Turn around the negative feeling you are feeling with a positive affirmation and say it over and over again.

**9. Positive Messages.** Don't eat it, watch it, read it or surround yourself with it if it does not make you feel better about yourself! What are you doing to make yourself "better?"