



Ten first steps to health & wealth

- Analyses of right now. Where are you right now in health, economy and relations? Take your time and understand how and why you are exactly where you are.
- Accept the result of your analyse and describe the changes you wanna do. "Leave" the past, and look forward. See yourself in one year, three years or even seven years from now.
- Set your goals and make an action-plan. A goal is comparable and in a certain time. You will set your speed of changes yourself. The most important is that you really take charge of the changes you have decided for, any later influences from outside there ever will be!
- Take small steps in the right direction every day. Realistic goals on the way makes it more funny. See changes and reward yourself when achieving.
- Your physical condition is a very important part and nutrition and exercise will affect your condition big time. If you don't have good eating habits and even if you do exercise regular, the most still need nutritional supplements such as Omega 3 and multivitamins etc for daily basis.
- To make time for exercise it is important that your business runs well. If you are employed you will have to

secure your employment for the future and see that your depts/rents/expensives is stabile on its level. If you are running a business of your own you will have to secure a stabile and high turnover to make your self comfortable in taking some time to exercise and to eat right. To be effective, and not work around the clock is one of the keys.

- The sleep is very important for you to have the energy to be effective at work and gain from the nutrition and exercise with which you'll feed your body.
- With a calm economical situation it is easier to care about your health.
- Do stuff that makes YOU feel good! Decide for yourself. Take control of your life, you only have one!

Use well and good luck,
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