



PEACE.

*"It does not mean to be in a place where there is no noise, trouble or hard work.
It means to be in the midst of those things and still be calm in your heart."*

- Unknown

THANK YOU!

I am so glad you chose to sign up to receive my [*"7 Daily Practices for Greater Peace and Balance."*](#) I firmly believe we all deserve greater peace and balance in our lives. With so many demands on our time – work to complete, emails to respond to, teams to lead, travel to take, family to support, children to raise, meals to fix, errands to run and organizations to support – greater peace and balance might seem out of reach. **I promise you, it's not!**

I am here to assure you; ***you can achieve greater peace and balance in your life.*** I've done it and I was just like most. **I was unhealthy, overwhelmed, overworked, stressed out and exhausted.** My mind ran at a 1,000 miles an hour and so did my life. I was the ultimate ***"SUPERWOMAN"*** (at least I was trying to be 😊).

Thankfully, that is no longer the case. I have *"retired my cape"* and transitioned to a place of greater peace. I now live with my more joy, happiness, and fulfillment than ever before. I am committed to helping as many women as possible experience the same. **You too can achieve greater peace and balance in your life!**

In all honestly, what I share you've probably already heard before. I had too. The key was actually **putting it into action** in my daily life. There is no specific order to these seven practices. Take a look at each one and see what speaks to your spirit. Along with the daily practices, I offer daily prayers and affirmations. I have personally experienced the transformative power of prayer and speaking positive affirmations. Both are core to my daily practice and help me greatly in my times of struggle (yes, I still struggle at times 😊). I hope they are helpful for you as well.

To help you out, there is a **“cheat sheet” on pg. 19** (*don't worry, I used large font ☺*). It summarizes the daily practices, prayers, and affirmations. I encourage you to print it out and post it up in your home as a reminder. You might even post it in your bedroom so before you start your day you have a good reminder.

Through embracing these simple daily practices, you too can be blessed with less stress and greater peace in your life. Now, seven may seem like a lot to remember, but believe me they truly are simple – so don't become overwhelmed. I try to do all seven each day, but some days I only remember three or four. No matter the number, focusing on these practices **always** make a world of difference in how my day and life flows. **Give it a try! I promise you won't regret it.**

Here's to you too having greater peace and balance in your life!

DAILY AFFIRMATIONS

To support you along your journey, I offer the following daily affirmations:

1. I deserve to live a balanced and peaceful life each and every day.
2. I deserve to put myself first, I choose to make **ME** a priority.
3. I deserve to live a happier, healthier, more fulfilling life.
4. I deserve **God's Best** in every aspect of my life.
5. I deserve to use these **7 daily practices** each day along my journey of inviting greater calmness in my life.

Need additional support with putting these practices into action? Feel free to reach out to me and schedule some time to connect. I'd be happy to see how I can help you bring greater peace and balance to your life. **Remember, you deserve it!**

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Dear God,

*I pray each woman reading this is blessed with greater peace and balance in her life.
I pray she remembers how much she deserves to live a happier, healthier, more balanced, and peaceful life.*

I pray you bless her with less stress and more joy.

I pray she begins to take more time just for herself and remembers it's ok to put herself first.

I pray you help her incorporate these daily practices into her life from this day forward.

Amen

1. PRAYER

Well, clearly I believe in the power of prayer 😊. It has been one of the most powerful ways I've achieved the peace and balance I am no blessed to have. No matter religious or spiritual beliefs, prayer is universally comforting, guiding, and healing.



Learning to pray at a young age, my parents taught me the same prayers many might have learned – *“Now I lay me down to sleep, I pray the Lord, my soul to keep”*...*“God is good, God is great, thank you for this food, Amen.”* Fortunately, I've matured greatly in my prayer life. **My prayers are now honest, open conversations with God, expressing my concerns, needs, worries, hopes, desires and dreams – and most importantly sharing my gratitude.** Through my prayers, I talk to God like

He is my best friend, remembering that He is as close as my next breath. He is around me and within me.

I spent many years attempting to imitate the way other people prayed. I now know it is best to just pray from the heart. I am committed to being authentic in my overall life and prayer life. God already knows my thoughts, feelings, and emotions – so I’m not hiding anything. In some of my most difficult moments my prayer has simply been **“Help!”**

I recall one day experiencing a relapse in my health struggles after an extended period of recovery. I was in such pain; I could do nothing but call out to God. Through tears I said *“God, I just can’t take this pain anymore. Please help me.”* The next morning when I woke up, I felt absolutely no pain in my body. The night before, I could barely get out of bed. That very next morning I stood straight up and felt no pain at all. **Another reminder God is ALWAYS listening and hears our prayers – and oftentimes responds immediately.**

In addition to prayer, each morning I also **read something inspiring and encouraging to lift my spirit for the day.** Some days I read scripture from the Bible or a daily devotional. I also receive daily posts from Donald Neale Walsh (*“Conversations w/God”*), Mike Dooley and Pastor Joel Osteen. I even receive inspiring words from the **“God Wants You To Know” app** on Facebook (*yes God can speak through Facebook and often does*). I receive inspiration from wherever God sends it 😊.

No matter where you are in your prayer life, I encourage you to remember it does not have to be complicated. Just take time to express how you are feeling. It can truly make a difference. I offer the following prayer as support and **know I will be praying for you each and every day!**

Dear God,

I open my mind, body, and spirit up to You.

I come to You just as I AM.

Your daughter in need of your love, guidance, and support.

I give my worries, concerns, struggles, hopes, and desires to You.

Please help me remember I am not on this journey alone. You are always with me.

Thank you for all you've blessed me to receive in my life.

I know my best is still yet to come!

Amen

2. MEDITATION

I struggled for long time with the idea of meditation. I recall my former therapist encouraging me to use meditation to calm my stress and anxiety. She shared she meditated for at least *2-hours a day* and it made a real difference in her life. I thought to myself – ***“I will never be able to do that, sit still and be silent for 2 hours??!”*** (And I never did)



I eventually came to realize meditation is a very personal and simple practice. It is simply just **being still**. A chance to close out all of the chatter and constant movement and be at peace, even if just for a few minutes. It's a time to remember to ***“be still and know that He is God.”***

It took me a minute to get this. I had been so used to constant movement, being still seemed foreign. **I had yet to realize we are “Human BEings” not “Human**

“DOings”. I had to learn to do less and be more. Fortunately, I eventually did. I learned to embrace stillness and calm my mind through daily meditation. Doing so helped me release fear, worry and anxiety that seemed to be a constant in my life. It helped to bring peace to my mind and cease the continuous flow of thoughts that seemed to run on autopilot.

Simply sitting in quiet, twice a day has profoundly impacted my life. This simple act prompted calmness in my mind, body, and spirit I long sought and struggled to achieve. Most importantly it strengthened my relationship, connection, and communication with God. ***It is often said prayer is our talking to God and meditation is His talking back to us.*** I completely agree. God has blessed me with some of my most inspired guidance and revelations in my time of meditation.

I want to emphasize that meditation can be a very simple practice. It doesn't require certain poses, postures, chants, or mantras. It can be as simple as sitting in silence for 5 – 10 minutes a couple of times a day. To allow time for your mind to settle and connect with your breath. If you are new to meditation, I encourage you to focus on just sitting and being still. As you grow in your practice, you will expand your time.

On the following page, I offer my daily meditation practice. I do it for 20 minutes, twice a day. **You deserve at least 40 minutes to yourself each and every day, don't you?** (*Actually, you deserve more, but this is a good start 😊*). I encourage you to give it a try. Don't worry about doing it perfectly. If you can't do it twice a day, try once. If you miss a day, start again the next day. Whatever you do, just try it. **I promise you won't regret it and it will be an amazing blessing in your life.**

DAILY MEDITATION PRACTICE

(From "The Wisdom Jesus" – Centering Prayer)

Step 1: Choose a Time

Choose a time twice a day for 20 minutes each.

(It's helpful to pick the same time each day to reaffirm your practice)

Do not be overly concerned if you miss a day, keep going until it becomes a consistent daily practice.

Step 2: Find Your "Sacred Space"

Find a quiet space where you will not be disturbed during your time of meditation.

Step 3: Choose Your "Calming Word"

Choose a word that calms your spirit that you can use during your time of meditation.

I rotate between "Peace", "Jesus", "God", "Love", "Abundance" – anything that calms my spirit.

Step 4: Place a Watch/Clock Nearby

The goal is 20 minutes, but longer is fine.

It's ok to open your eyes to glance at the time but try not to do it more than once or twice.

Step 5: Find a Comfortable Seated Position

Sit down in a comfortable position and close your eyes.

(Do not lay down as you may fall asleep; rest is good just not at this time 😊).

Step 6: Say an Opening Prayer/Affirmation

Ask God to quiet your mind, body, and spirit.

Following is the prayer I use:

"Father God, I give this time of quiet meditation to you. I pray to calm my mind and body and connect deeply with my spirit and soul. I declare your love, light, and protection around me at this time and always. I open myself up to any Divine guidance, revelations and help You seek to provide at this time."

In Jesus Name. Amen

Note:

Please know as soon as you sit down to meditate and quiet your mind, every thought in the world will come to your mind. Random thoughts, things you need to do, places you need to be, what you should be doing instead of meditating. We call this the "monkey mind". That is ok, natural and to be expected. Allow it to flow and it will eventually subside with daily practice.

Step 7: Sit Quietly

Once your "monkey mind" begins, allow each thought to come.

Once the thought is completed, silently say your calming word ("Peace") in your mind.

This re-centers your focus and connection with God.

It is the time in-between your thoughts where your peace, calm and connection with God resides.

Step 8: Meditate for At Least 20 Minutes

Continue to do this over and over again until the 20 minutes is complete.

It will take time for your mind to calm and for the random thoughts to cease.

Over time and through continuous practice you will begin to receive a calming in your spirit, release of anxiety and greater daily peace.

3. GET GOOD, CONSISTENT REST

Dear Mind, please stop
thinking so much at night,
I need to sleep.

Now I know you've heard this before, but I cannot reiterate how important it is to **get good rest**. We truly can't be our best without it. Our minds, bodies and spirits are all directly impacted by the amount of rest we get.

I struggled with insomnia for years. In my former **"Superwoman"** life of managing a demanding career and hectic personal life – *I recall not consistently sleeping for almost 2 years!* I used prescriptions to help, but that eventually only made it worse. Fortunately, I now fall asleep (*most nights*) with great ease. I sometimes use natural methods to help me fall asleep like *warm almond milk, tea, or yoga* – but most nights I only need to say a prayer, get in the bed and rest.

While we all know how important it is to get a good night's sleep, we rarely do. We are often sleep deprived and tired. **This is an area I know mothers in particular struggle with. I empathize with your struggle.** It's even more important for you to get good, consistent rest on a daily basis. I can assure you it won't take time away from your children. It just requires you to shift a few simple things in your life to **make rest a priority**. Whether you have children or not, we all do things that drain our quiet time in the evening that cause us to fall asleep later and later (*e.g., working, watching TV, Facebook, cleaning, etc.*). Let's "put these things to rest" 😊 so we can get better, consistent rest. Below are few tips to help you do so.

Keys to Getting a Good Night's Rest

Go to bed/get up at (around) the same time	This is such a good practice, but sometimes difficult to do. The caveat I give is <u>around</u> the same time. My sweet spot for good rest is between 10:30 p.m. and 6:30 a.m. But, pick what works best for you.
Make your bedroom a sanctuary for the 3 R's – Rest, Relaxation, and "Relations"	Your bedroom should be your sanctuary. It should only be a place for three "R's" – relaxation, rest and "relations" ☺. For years, I fell asleep to the TV and often set a timer to turn it off. Watching TV before going to bed severely disturbed my rest (<i>thus my not sleeping for 2 years</i>). I actually no longer have a TV in my room, and I rest SO MUCH BETTER!
Remove ALL technology from your bedroom	On that note, I also recommend removing all phones, computers, iPads, iPods from your bedroom – anything that distracts you from resting. Arianna Huffington, CEO of the Huffington Post shared in her book "Thrive", that at a certain time each night she shuts off and removes all technology from her bedroom. She set the expectation with her team that she was unavailable during this "sacred time". <i>She does not respond to emails, phone calls, etc.</i> When I heard this, I thought to myself, now if a CEO of a multi-million-dollar company can do this given all of the demands on her time – surely, we can too!
Do NOT watch the news before bed (read a book ☺)	Watching the news is absolutely the last thing you want to do before you go to bed. Given all of the violence, tragedy, and turmoil in our world – watching the news just raises our stress at a time when we are trying to calm our minds. (I know, I did this too!)
Keep a notebook by your bed	One of my former colleagues blessed me with this idea many years ago. As I tried to go to sleep – invariably tasks, ideas, and things I needed to do would pop into my head. To release those thoughts, I began to write them down. Try keeping a small notebook by your bed, jot it down and then let it go.
Use a "soft" alarm clock (or none at all)	I know most of us have schedules and need to wake up at a certain time. However, I have found once I began to consistently get good rest, my body automatically wakes up at the exact right time. I remember staying at a friend's house and she accidentally left her phone set for her 6 a.m. alarm. It went off and almost made me run out of the house. It was so extremely LOUD and disturbing. That is not the way we want to wake up in the morning. If you use an alarm clock, try one with a softer more calming tone. You don't want to be jolted out of the bed each morning. Even if you struggle with getting up to a softer tone, try it. You don't need to startle your spirit awake. Eventually your body will become accustomed to a softer tone, and you will likely be much more pleasant in the morning too ☺.

Nightly Affirmation

I deserve to get a good peaceful rest each and every night.

The more rested I am, the more productive I can be.

The more I support and nurture myself, the better I can support my family and career.

I choose to no longer live a life of exhaustion, but one of peace and rest.

I receive rest and restoration for my mind, body, and spirit.

And so, It is.

4. EAT CONSISTENTLY AND “OF THE EARTH”

The old cliché “***you are what you eat***” is still true. What we put in our bodies on a daily basis has a direct impact on not only our overall health, but also our ability to effectively manage our daily lives. There is also a direct relationship between what we put in our bodies and our peace of mind. Diets of excess processed foods – things from a bag, can or box – not only add to our waistlines, but also dramatically impact our ability to maintain our peace. **More processed foods equals more stress.**

The key to eating healthy? Avoid any food that has a TV commercial.

Changing what I put in my body took me from ***weighing over 240 lbs. with multiple health issues, to losing more than 90 lbs. and being completely healthy.*** I went from taking 7 different medications a day to none. How did that happen? Well, that would take a bit longer to explain. But, at the core I heeded God’s guidance to begin eating “*of the earth*”. I started consistently feeding my body things that came out of the earth instead of a box or can. I substantially increased healthy fruits, vegetables, grains, and nuts in my diet.

Not only did this change dramatically improve my overall health but increasing my fruits and vegetable intake – especially vegetables – did wonders to decrease my difficulties with stress and anxiety.

Along with better food choices, I also began to **eat consistently (at least every 2 – 3 hours)**. For years I struggled with not only what I ate, but at times not eating at all. When I was still in a place of chaos and excessive busyness in my life, I would go through the day and actually ***forget to eat (Can you relate?)***. It was often 3 p.m.

before I realized I hadn't even eaten lunch. (***No wonder I was so cranky at work 😊***). When I finally ate, I was so famished I just gobbled something down. These periods of starving my body wreaked havoc on my digestive system. Fortunately, I have learned consistently eating small meals throughout the day not only keeps our bodies in balance, but also strengthens our level of peace, calmness, focus and concentration.

What we eat also impacts our meditation practice. When our body and digestive systems are full of heavy, processed foods our minds and bodies are so consumed with processing the food it weakens our focus. There is a direct relationship between the "mind" in our stomachs and the one in our heads. ***What we put in our stomachs substantially impacts our ability to calm your mind.*** Most importantly it impacts our ability to hear more clearly from God.

After years of doing every diet ever made (*Weightwatchers, Jenny Craig, Atkins, Liquid, Cabbage Soup, etc.*) – I now just allow my body to tell me what it needs. **I eat for nourishment rather than entertainment or enjoyment.** I also learned there is truly healing power in our food. I've often heard it said, "*let your food be your medicine, let your medicine be your food*". I am a strong case study for that statement. Changing my diet transformed and healed my body in amazing ways. **Below are a few recommendations to help you do the same:**

DAILY EATING HABITS FOR GREATER PEACE AND BALANCE	
Eat “of the earth” (Foods in their natural state)	The more food you consume with limited processing (e.g., box, bag, can) the greater health and peace you’ll have.
Eat consistently	Eat consistently throughout the day; every 2 – 3 hours (8 a.m., 10, 12, 3, 6, 8 p.m.).
Increase daily vegetables and fruit	Increase the amount of fresh vegetables and fruit in your daily diet; Eat a variety of colorful vegetables and fruit.
Drink plenty of water	Drink plenty of clean water each day (see practice # 5 below); at least 64 ounces a day – more is better!
Drink green tea	Consider drinking hot green tea at least once a day (natural tea, not in a bottle – that has lots of extra sugar and other ingredients); also try it with natural honey.
Embrace natural remedies	<p><u>Aloe Vera Juice</u> – Pure, natural aloe vera juice helps to heal multiple forms of inflammation in the body; inflammation is the root cause of most health and digestive issues. (www.pharmaloe.com)</p> <p><u>Loose Leaf Tea</u> – Helps to heal various ailments, with different teas offering different remedies; green tea is my favorite as it has wonderful healing properties.</p> <p><u>Coconut Oil</u> – I love coconut oil! It can be used for so many different things and has a number of healing properties. It’s wonderful to use to sauté vegetables, as a daily body and hair moisturizer, in your tea – I even give some to my dog, who loves it (there are many others – these are just a few that have worked wonders for me).</p>

Dear God,

Help me nourish and feed my body well each and every day.

Please help me remember how important it is to my overall health, peace, and balance to eat consistently and “of the earth”.

If I am struggling with what to eat, guide me to the best food choices for my body.

I pray you remove all unhealthy dependency on food so

I may live the healthy, happy peaceful life you have for me.

Amen.

5. DRINK MORE WATER (LOTS AND LOTS OF WATER!)

Now this may seem like a fairly simple recommendation, but so important. **Many of my health issues developed because my body was severely dehydrated, and I didn't know it (*and I like water!*)**. Actually, that is the case for most. Many of us are dehydrated and unaware.



Water regulates our body temperature, moves nutrients through our cells, keeps our mucous membranes moist and flushes waste from our bodies. Our **lungs are 90% water**, our **brains are 70% water**, and our **blood is more than 80% water**. With the brain being 70% water, walking around with a dehydrated brain (*as I did for many years*) is just not healthy. Feeding our bodies with good, clean water daily keeps everything working well.

Like all of these practices, this one took me a while (actually, I'm still working on it 😊). But, just drinking more and more water each day has made a world of difference. **I feel so much better and my mind is much clearer.**

I started out trying to get down the recommended 8 – 8 ounces glasses a day. That was not enough for my body. **My body actually needs more than 220 ounces a day (I'm playing catch up)**. I have a 32 oz. water bottle I try to drink 7 times per day. (*Well, actually God told me to drink it 7 times per day*). Most days I get in less than that. But, much more than I used to.

Each body is different. Start from where you are and take small steps to increase your daily water intake. And yes, you will be going to the bathroom a lot more – but your body will thank you for it. Also, try to **get your water in before 7 p.m.** so your rest is not disturbed at night (*we all know that feeling of needing to go to the bathroom in the middle of the night*).

Drinking more water has also really calmed my stress, anxiety, and my mind (*I'm on bottle number 5 right now! 😊*). I also emphasize to **not** use artificial flavoring in your water. I did that for years and it made things worse. **Try drinking more water today – your lungs, blood and brain will thank you! 😊**

Daily Affirmation:

*I choose to fill my body with good clean water each and every day.
I commit to getting at least 8 glasses of water a day to nourish and cleanse
my mind, body, and spirit.*

*I know my body needs water to function at its best.
I am committed to giving my body what it needs.*

And It Is so.

6. GO OUTSIDE/GET SOME FRESH AIR



There is such healing power in nature and fresh air. **Fresh air is actually one of the most powerful ways we can get more peace in our lives.** There is something truly soothing about being outside in nature.

When we were children (at least those of us who grew up in the 70's 😊) – we were ***outside all of the time. We just had to be in before the streetlights were on.*** We were very blessed to be able to do so in confidence and

safety. Little did I know at that young age how healing and soothing those marathon days playing and riding my bike outside were. Unfortunately, now both children and adults spend way too much time inside. **We have to start getting outside more!**

As my body was healing, God guided I needed to go outside daily. Breathing fresh air was a natural stress reliever and very healing. When this became a daily practice, I began to do it more and more. **I now take the opportunity to not just rush through nature, but to take time to really appreciate it.** Even when walking to the train or bus, I take the time to observe the grass and trees, instead of rushing by. I highly recommend getting outside a few times a day. Just taking a 15-minute walk around the block and getting some fresh can immediately lift your mood. **Your mind and body will thank you!**

Daily Affirmation:

*I choose to spend time outside in fresh air each and every day to
nourish my mind, body, and spirit.*

*I am reminded that I am connected to nature and the beauty that surrounds me.
I choose to embrace the gift of fresh air and nature in my pursuit of greater peace and balance.*

And it is so.

7. EXERCISE DAILY



**EAT CLEAN
& EXERCISE
DAILY**

Now, I know this is something we all struggle with and can relate to – **the battle to exercise.** Given my former weight issues, I struggled with consistently exercising for the majority of my life. **It was the combination of healthy eating and daily exercise that blessed me with the optimal health I now have.**

Back when my daily schedule was full of chaos – exercise was virtually impossible to get in. **I eventually realized I was placing too much pressure on myself to “over-exercise”**. I was over-exercising trying to lose weight instead of focusing on taking the best care of my body. Because I was so focused on getting in the recommended 3 – 5 days a week, I struggled to exercise at all. **If I got in 3 days, instead of 5 I felt like I failed (so not true!)**. I had yet to embrace the simplicity of just moving.

A body that stays in movement is healthier than one that is sedentary. Any movement throughout the day greatly impacts our overall health and pursuit of greater peace. Being overly regimented does just the opposite. I encourage you to relax into your exercise routine. **Do not exercise out of obligation but do things you enjoy.**

I've done all kinds of exercise – *Zumba, Step Aerobics, Running, Treadmill, Elliptical, Weight Training* – I've done it all. **My daily exercise now consists of an hour-long morning walk/run and hot yoga.** During my walk, I listen to music I love and often sing out loud (*no matter how I sound 😊*). This truly lifts my spirit. And hot yoga has helped me tremendously in releasing toxins and strengthening my overall body.

I encourage you to find what exercise and movement you really enjoy and do that each and every day. To achieve the healthier body and mind you deserve, commit to at least a ½ hour of movement a day, and then increase when you can. **Your body will thank you!**

Dear God,

*I know daily movement is important for my overall health and peace of mind.
Please help me make the commitment to myself to get some form of
exercise each and every day.*

*I pray that in making the commitment to take better care of my body,
my health will improve, my outlook on life will be enlightened and
I will have greater peace and joy in my life.*

Amen.

Those are my **[“7 Daily Practices for Greater Peace and Balance”](#)**. I hope and pray they are helpful to you as you continue along your journey of managing all that comes with life. Remember, it’s not about how many you do – but that you commit to doing what’s best for you. Eventually doing all 7 practices will bless you with **less stress, greater peace, balance, and joy in your life – I promise!**

Sending you much love and blessings for a more peaceful and balanced life! (Don't forget the cheat sheet on the next page 😊).

Be Blessed,

April

DAILY PRACTICE	PRAYER/AFFIRMATION
1. PRAYER	<p style="text-align: center;">Dear God, <i>I open my mind, body, and spirit up to You. I come to You just as I AM Your daughter in need of your love, guidance, and support. I give my worries, concerns, struggles, hopes, and desires to You. Please help me remember I am not on this journey alone. You are always with me. Thank you for all you've blessed me to receive in my life. I know my best is still yet to come!</i> Amen.</p>
2. MEDITATION	<p style="text-align: center;">Dear God, <i>I give this time of quiet meditation to you. I pray to calm my mind and body and connect deeply with my spirit and soul. I declare your love, light, and protection around me at this time and always. I open myself up to any Divine guidance, revelations and help You seek to provide at this time.</i> Amen.</p>
3. GET GOOD, CONSISTENT REST	<p style="text-align: center;"><i>I deserve to get a good peaceful rest each and every night. The more rested I am, the more productive I can be. The more I support and nurture myself, the better I can support my family and career. I choose to no longer live a life of exhaustion, but one of peace and rest. I receive rest and restoration for my mind, body, and spirit.</i> And It Is So.</p>
4. EAT CONSISTENTLY AND“OF THE EARTH”	<p style="text-align: center;">Dear God, <i>Help me nourish and feed my body well each and every day. Please help me remember how important it is to my overall health, peace, and balance to eat consistently and “of the earth”. If I am struggling with what to eat, guide me to the best food choices for my body. I pray you remove all unhealthy dependency on food so I may live the healthy, happy, peaceful life you have for me.</i> Amen.</p>
5. DRINK MORE WATER	<p style="text-align: center;"><i>I choose to fill my body with good clean water each and every day. I commit to getting at least 8 glasses of water a day to nourish and cleanse my mind, body, and spirit. I know my body needs water to function at its best. I am committed to giving my body what it needs.</i> And It Is So.</p>
6. GO OUTSIDE/ ENJOY NATURE	<p style="text-align: center;"><i>I choose to spend time outside in fresh air each and every day to nourish my mind, body, and spirit. I am reminded that I am connected to nature and the beauty that surrounds me. I choose to embrace the gift of fresh air and nature in my pursuit of greater peace and balance.</i> And It Is So.</p>
7. EXERCISE DAILY	<p style="text-align: center;">Dear God, <i>I know daily movement is important for my overall health and peace of mind. Please help me make the commitment to myself to get some form of exercise each and every day. I pray that in making the commitment to take better care of my body, my health will improve, my outlook on life will be enlightened and I will have greater peace and joy in my life.</i> Amen.</p>