

Get a New Attitude @

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Earl Nightingale, Norman Vincent Peale, Zig Ziglar, Brian Tracy, Wayne Dyer and a host of others all said we become what we think about. Even Jesus said "You reap what you sew."

In other words, what you put in your head and body matters. How can you expect your body or your brain to give you the best service possible if you don't give them the best fuel possible?

Since our minds and bodies are so closely connected, the thoughts we think and the stress or peace we feel together with the food we eat affects both our bodies and our minds.

The Newstart Formula

Nutrition: Include fresh fruits, vegetables, nuts, grains, plenty of water and lean meat in your diet.

Exercise: Get regular exercise including weight training and aerobic. Exercise your mind by reading, writing or memorizing something.

Water: Drink plenty of water.

Sun: Get outside into the sun whenever possible.

Temperate: Live a temperate and sensible a lifestyle.

Air: Breath outside air by going for walks or working outside.

Rest: Get plenty of Sleep.

Trust: Trust in and have a relationship with the God of your understanding.

Once I'm eating as well as I can and have a relationship with the God of my understanding, I use the following tools to feel even better about myself. There's some overlap and there's some tools that are unique. I got these tools from my experience and from various books and charts. I'm sure you could find a different or a similar set of tools. What's important is that your tools work for you.

These tools work for me:

Express Gratitude at every opportunity, Take nothing for granted.

Example: I'm thankful I'm not in pain and that I have food to eat.

Exercise my body by walking, doing pushups, lifting weights, swimming or whatever I can do at the time. Exercise my mind by reading, writing or memorizing something.

Show up—put out the effort by exercising as best I can or taking classes or doing whatever else I can to be the best I can be.

Do good for others—happiness and thankfulness have boomerang effect.

Understand and use the power of self discipline. You reap what you sew.

Surround myself with people who inspire and believe in me.