

Life is Short. Rock yours NOW!
(10 ways to live an amazing life)

** see disclaimer below

I- YOU ARE WHAT YOU EAT.

When you eat fresh real whole food, you feel energized, vibrant, healthy, and whole. Sounds so easy and basic- But think about it- When you eat a huge Thanksgiving dinner with potatoes and stuffing and turkey... you're ready for the couch afterwards. Then you say, " I ate and feel exhausted! I can't move! I am never doing that again!

" That's because you're eating White flour and white sugar. Your cells and your body and your muscles and your stomach are speaking to you and feeling the results of that!!

When you choose to cut back on sugar and white flour and processed foods and fill your body with energizing & whole & healthy- vitamin filled foods that nurture your spirit, mind, and body- you feel energized with a blast of enthusiasm and you feel like you can take on the world! AND YOU CAN!!

Yes, vegetables and fruits are wonderful, but I'm about thinking outside of the box! You can enjoy all kinds of foods like bread, pasta, and desserts! Don't you want to eat cookies and enjoy bread?! Just choosing and replacing what you make it with, changes EVERYTHING! If you eat a ton of Oreos and a big huge Italian sub you will feel one way! Bloating, yucky, and crappy!

If you make homemade cookies with coconut oil and flaxseed meal, plus other ingredients or make a loaded sub with fresh pesto and fresh tomatoes and a good bread choice you feel totally different! Energized, clear, filled, and satisfied!

Food is to be enjoyed and received with love as it nurtures and feeds your brain your body & spirit. Making replacements and little choices ADD Up and can change your brain, metabolism, and turn you into a fat burning machine full of energy and clarity, and pain and disease free! WHO DOESN'T WANT THAT!?!

(For nutrition in more detail or recipe books click here
www.theswstudio.com/shop)

2- MOVE AND GROOVE

Moving is considered going for a walk, dancing in your house, taking the stairs, parking your car farther to get to the store, taking a fitness class, cutting the grass (with a push mower, people!), running around after kids, biking outside, hiking, or doing a DVD.

When you move, you are feeding oxygen and energy to all of body and organs. Your brain wakes up, you're getting your blood pumping, and you're getting your ligaments and muscles lubricated. You feel awake and it's making you feel alive and everything is functioning better.

When you sweat and when you're breathing heavier than usual from a work out you are doing so much! It is a stress release plus it's important for your mind, body, and soul!!!

You are stretching your joints, you're burning body fat, you are keeping your organs rocking at their best, and more importantly you're keeping yourself young and vibrant and healthy. You always feel accomplished of yourself when you move! A healthy self esteem is the best gift to give you!

Start moving and grooving in anyway that brings you joy- Maybe you love to run maybe or you love to meet up with a buddy and go walk around your development or maybe you love to go in your backyard and run after your kids or maybe you just like to listen to music and start dropping it like it's hot. Even if cleaning your house is fun to you, make it a workout! Don't PLAN on doing it, don't start tomorrow... DO IT RIGHT THIS SECOND! (go ahead...Come back to this. Do some jumping jacks)

3- WHAT SCREAMS- YOU YOU YOU!

Expression: Whether it's talking, writing, moving, art, the way you dress, the way you cook, the way you do anything- that is an expression of you is very important to living an amazing life---

Every body has an authentic unique: Vibe, walk, talk, look, voice, perspective, thoughts, ideas, OVERALL VIBE AND SPIRIT!

What screams you?

Are you a homebody or have a cool haircut going on or do you have a soft laid-back vibe or do you love to design & paint or do love to cook or are you super talkative and passionate or you have heart

for those in pain, or do you secretly love 50 shades of grey books or want to be a lounge singer?!

Whatever is unique and authentic and makes you feel alive AND expressive AND real deal you ---do more of it every day!!

You are special, you are magnificent, you are a warrior, and there's absolutely no one else in the world like you!

The world needs more of you! The more you fall in love and become more of your true real deal self, then the more easy your life will flow. BLESSINGS AND MIRACLES AND GOOD FAVOR with your name on it will flow easier into your world. All aspects of your life will start to fall into place because you're just putting out energy that's natural. It is just you being you. You won't have to question things because you're being you and you're attracting that in your life.

4- GRATITUDE ATTITUDE

Just being thankful all day and every day no matter occurs in your life---can change the entire dynamic of your life.

A thankful attitude changes relationships, it changes your mood, it changes your attitude, it changes the way you see the world. Get out of bed and think-- thank you that I got to sleep last night, and that I had blankets, and that my feet, hands, organs, head, and eyes are working to get out of bed and I FUNCTION AND CAN SEE AND BREATHE.

Thank you -that there's food in the kitchen to eat. Thank you that I have shoes to put on my feet and I can walk to the car and drive to work.

It's really what your experience has been - for me-Even when I drive in the car and I'm stuck in traffic I think thank God I'm not taking the bus or walking in the snow with baby and having to leave for work two hours ahead of time (bc I used to!!)

And then if you are that person taking the bus with your baby in the snow to get to work- You will be saying- thank you God I have a job to go to, and that there's a bus that runs to pick up me and baby & I will be warm on it

Plus, I can walk to the bus and have legs & shoes to do this!

Say thank you at the store, thank you to your family, thank you to your kids, thank you to the person that drives you crazy because

you can always learn a lesson from them, thank you that the sunrises and the sunsets and you did nothing to make that happen, it does it regardless. Thank you that spring is after winter. Right, that is awesome!

Stop and really truly connect to your breath and say thank you that my organs are working and that I'm breathing. Being thankful can change everything- Life becomes a beautiful experience no matter what! You become a warrior and life is a treat! Everything is a gift a blessing and smiling and giving and wonderful to you.

5- ONE NEW HABIT

Just to show how powerful and magnificent you are- pick one little habit to do every day. It could be saying thank you every morning when you wake up. It could be writing a little love note to family member and leaving it for them everyday. It could be packing your lunch every day instead of eating out. It could be spending 5 minutes each morning in silence thinking of your blessings.

One little thing that you can do every day. This will show you how powerful you are! Your life is a canvas waiting for you to paint it with beautiful colors of your words, your actions, your choices, and what you put to action!

It can be a huge masterpiece and art piece that's blowing your socks off!! Or it can stay blank! (boo hiss on that choice)

You have the energy, the light, and the talent to do it no matter how busy or where you're at in your life! One new habit to create and bring into your life forever to bring more love, more sunshine, and more good energy in your life. YOU CAN'T have enough.

(need more inspiration and motivation to do this:

www.sashawestray.com)

6- SPIRIT

Get in touch with your deeper self-Prayer is speaking and talking and communicating through words, arts, music, thoughts writing, feelings, movement. or through any kind of expression that feels right for you! Connecting or talking to your higher power, God, Jesus, Universe... something bigger than you -your SOURCE!

When you feel stuck in your journey or you're having a frustrating day or you feel lonely or feel pissed off or misunderstood or you

feel like you don't know what the next step is in a relationship or in your life or just in your spiritual journey--- Prayer changes everything because it's like an electrical plug --it plugs you into your Source that created you your-Divinity. It doesn't matter how old you are or who you are or where you are you in your journey, YOU are divine and IMPORTANT and SPECIAL and powerful AND GREATLY LOVED IN A HUGE WAY. Imagine not even tapping into that. You have something bigger and better and greater operating your life!! Tap into that greatness. Be still and think about it. If this is foreign to you, GO IN NATURE. Watch ocean, or put your feet in the grass or sand or watch the sun rise or the moon and stars. BIG HUGE UNIVERSE that is beautiful and YOU ARE CONNECTED TO THAT CREATION!

7- MORNING

Your morning is setting the tone for your day. Get into a schedule or routine, so you don't feel rushed. You want time to have a great start to the day that is full of positive energy and a great attitude.

If you have kids, be sure to have a routine which still leaves time for you to say an affirmation, stretch, have a tea/coffee routine, whatever you need to do that SETS the tone of sunshine for your day.

It's important to say an affirmation or say a prayer or take five minutes to start your day saying something like, "I'm thankful. Today's a brand-new day of possibility. Everything comes easily and effortlessly to me. Today is full of blessings and miracles and laughter. This day will be filled with good people, good things, and I embrace and receive it. I'm excited and thankful to live this day boldy and with expectancy of great things.

OR MAYBE:

I am a warrior. I'm a rockstar. I am unapologetic of the love and goodness that I'm bringing to the world today!

Hug and kiss and say I love you to your pets, your family, your roommate, whatever home is for you, and TO YOURSELF. BE love, spread love, give love, talk about love, put that energy all around you first thing in morning because it will generate and radiate tenfold!

8- WRITE IT AND SAY IT

Remember in school, teachers would say "Here are 10 definitions, please write the word and write the definition." And you think, okay that's homework? I don't have to memorize anything or study ---just write stuff!?

Or way back in the day, they made you write- I will not chew gum in class all over the chalkboard hundred times.

The purpose to this is when you write things and when you speak things out loud ---they change the actual cells and energy of your entire being. You feel it, you become it, and it's a lot more easier to actually BELIEVE IT AND DO IT AND FOLLOW IT!

If you make it a practice of writing- I am blessed I am thankful I am vibrant I am healthy I am alive I making great choices God has my back. I am happy. I am making good choices.

Anything you want- Write it and say it!! you will actually see your attitude and your day change and be blessed and full of miracles! You will feel different!

I have this belief, that no matter what's going on in your life, even when you're not feeling great or things are sucky- you still need to say it and speak it and say it and speak it- REPEAT. EVEN WRITE IT- Words are powerful. They change your being they affect your deep inner soul and they can either vibrate and uplift you or Bring you down. Your subconscious mind SOAKS IT IN, regardless of if you think it is doing anything. SO ROCK THIS!

9- BOUNDARIES

If someone, something, a circumstance, an action...anything makes you feel "off", or is not adding good energy, positivity, or connecting to you....create boundaries. You deserve to be You, be happy, feel uplifted and loved and not drained or beat down, or defeated because of someone elses "stuff" or energy-vampire like ways. The more you surround yourself with people, places, events, and things that are more LIKE YOUR REAL DEAL SELF, the more life is fulfilling, exciting, and flowing.

Don't let anyone or anything BLOCK YOUR FLOW, your blessings, and your REAL DEAL loving, powerful, dream filled SELF.

10- LET YOUR TALENTS BE OF SERVICE TO THE WORLD

When you change your outlook and your perspective from what does the world do for me? What can I get out of this person? What is my work doing this for me?

AND SHIFT TO:

A place of service- I'm blessing the world with my gifts and talents and heart. My voice, my heart, my BEING is blessing this relationship. I appreciate that I'm bringing my specific talents and personality and gifts to work today. I matter and I count and I am contributing to the world by being me.

Whether it is grand because you KNOW what your purpose is or you are starting out in this thinking and it is your smile and knowing it can rock someone's DAY and bring sunshine!

This opens up opportunities It opens up your journey to receive more blessings and receive more joy and receive more miracles and RECEIVE a deep meaningful profound gift inside your SOUL....that money, power, fame, stuff, and things can never fill.

For more love and encouragement AND inspiration and motivation come follow me at www.twitter.com/sashawestray
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