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MINDSET TOOLS

BODY MIND SOUL

MINDFULNESS & GRATITUDE





The following simple hacks identified in this e-book will help give you a clear and practical mind, body & soul tools.

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FREE HABIT QUEST



You can start implementing these today to set you on-track to arriving at the ultimate destination of sustainable wellness.

*The only person who can make a change to the way you feel RIGHT NOW and TOMORROW and the NEXT DAY is YOU.*



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**F**ocus on the trail of stress and it will lead to your deepest fear.

What are your biggest fears? Are your beliefs limiting or empowering you? When was the last time you took a moment to pause, breathe and feel the energy we unconsciously create?

We don't know how to shape our thoughts. Rather, we let them shape us. Unfortunately, though, our mind will never make us happy. The biggest handbrakes on our life can actually be our beliefs about ourselves and about our world as a whole. The challenge with most of our current beliefs is that they are often developed unconsciously. Unlocking our deepest fears to uncover the patterns that are holding us back from unleashing our true potential can be one of the most challenging but exciting processes of our lives and it's equally important to celebrate your wins!

Loz will teach you that it's possible to turn crisis into opportunity - she has done and continues to do this herself!



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# MIND BODY SOUL CLEANSE



## #1

### BE MINDFUL OF YOUR SURROUNDINGS

In today's world, everyone's influenced by environmental triggers - whether they be stories in the media, advertisements or social media posts from friends.

It's important to assess the impact these outside influences have on your mental state. Today, work to become mindfully aware of how your surroundings make you feel.

As you go about your day, stop once in the morning, once in the afternoon and once before you go to bed to jot down notes on the day's events and how they made you feel. Come up with ways to phase out the activities that negatively affected you and play up the positive ones.





## #2

### ALKALIZE THE BODY

You can alkalize the body by consuming two glasses of vegetable juice each day and eating plenty of superfoods. Consuming alkaline minerals will catch the toxic acids that the body releases to prevent them from being re-absorbed. Alkalizing foods include wheatgrass, goji berries, maca, bee pollen, spirulina, blue-green algae and hemp seeds.



## #3

### PURGE YOUR MIND

Free yourself of past hurts, worries and disappointments. Write down your thoughts and feelings about everything that happened to you.

Read it over one last time then shred it!

This allows you to cleanse your mind and bring final closure to a situation without causing additional conflict or further thoughts.



#4

## PERFORM AT LEAST 30 MINUTES OF CARDIO

Perform at least 30 minutes of cardio exercise every day. Cardio Exercise elevates the heart rate and creates perspiration which helps remove toxins from your body.



#5

## GET RID OF CLUTTER

When our week isn't planned, it often leaves us feeling powerless in our own lives. Use a day planner to pencil in your schedule and avoid the temptation to fill every single time slot. If an interruption in the schedule arises as the day goes on, add it to the calendar too. Keep yourself focused & clear by knowing what you need to be doing and actually do it!!! You won't have to wonder what happened to the day - you will know and it will lead to increased confidence and security in the days to come.



## #6

### DRY BODY BRUSH

**B**efore showering/bathing, dry brush your body from head to toe using long strides toward the heart. This activates the lymphatic system, stimulates blood circulation and enhances toxic elimination through your body's largest organ - the skin!



## #7

### CRY A LITTLE

**W**e must all release some tears to help us shed layers that prevent us from growing in every aspect of life. Learn the value in the storms that test you.

Don't be afraid to weep. A silent cry never hurt anyone. It simply cleanses your spirit and helps you move on. It can be an empowering experience if you let it.



## #8

### LET GO OF OBSESSIONS

You likely hear the sentence ‘I have so much going on’ in daily conversation. Maybe you even say it yourself from time to time. Busy people can often list their never-ending montage of tasks and end with a flurry of “Whew!” They’re obsessed with handling every one of life’s details and they love the feeling of control. But at the same time they are stressed! If you find yourself overwhelmed with your ‘to do list’ you need to let some things go. Today, look for ways to delegate your energy to those tasks that are most important and drop the rest



## #9

### GET A MASSAGE TODAY

This deserves two exclamation points.

Massages increase circulation, stimulate the lymphatic system and remove toxic build-up. They also feel pretty good.



## #10

### TRY HYDROTHERAPY

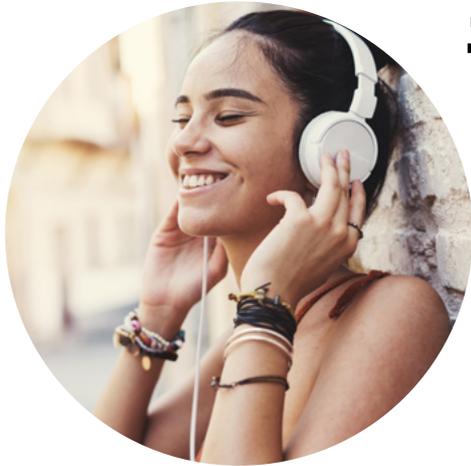
Hydrotherapy encompasses a large range of approaches and methods. An easy way to incorporate hydrotherapy daily is by alternating between hot and cold water every 30 seconds in the shower. Cold water stimulates causing blood vessels to constrict while hot water relaxes and causes blood vessels to dilate. This alternation of hot & cold water decreases inflammation, removes wastes from tissues and stimulates circulation.



## #11

### COUNT (& RECOUNT) YOUR BLESSINGS

Counting your blessings once a day just isn't enough to keep your mind squeaky clean. Today, work to harness a constant stream of gratitude. Take a quiet moment to flip through your phone pictures and let joyous memories wash over you. Place sticky notes filled with positive mantras throughout your home and leave them there for the rest of the week.



#12

## HIT 'FAST FORWARD' ON THE REPLAYS

One of the most destructive games our minds play with itself is replaying painful events on a loop. Someone could have said or done something hurtful to us years ago and our mind will hit rewind and punch play over and over again. When those negative thoughts arise today, press fast forward to the present and focus on the positive things happening right now.



#13

## MAKE YOUR HOME HEALTHY

Introduce plants to your home (peace lilies, ferns and palms are great natural air filters), change air conditioning filters regularly, avoid harsh household chemicals, install chlorine filters, introduce an air purifier and consider a reverse-osmosis water system.



#14

## RESIST THE REACTIVE

Today it's the time to take a breath and think about the first five days of your mental reset. Did you respond mindfully to the situations placed in front of you? Were you reactive? When did your mind and mouth get out of control? Take a few minutes to write those instances down and reflect. Ask yourself how you can respond differently next time?



#15

## JUMP DAILY

Rebounding is great for stimulating the lymphatic system and increasing circulation. Small portable trampolines are a quick and easy way to build jumping into your daily routine.



#16

## SCRUB YOUR BRAIN

**G**o back through your entire week and write down positive influences, great conversations and celebrated wins. Scrub your brain with the good and positive. Help your mind become more aware of the wonderful things about life and avoid those things that don't deserve your attention.



#17

## GO GREEN

**W**ant to attract a few whistles? Put the teapot on the stove & fix yourself a cup of green tea. Green tea is extremely rich in catechins, a type of antioxidant that speeds the liver's capacity for turning fat into energy and increases the production of detoxification enzymes in the body that can fight off cancer. That means in addition to looking and feeling great, you'll be



#18

## SIMPLIFY YOUR EATING

Keep things simple today. Forget fancy recipes and eat real, fresh, wholesome life-giving food. Radishes, broccoli, sprouts, mango, kale and salad should be on the menu.



#19

## LOOK AFTER YOUR RELATIONSHIPS

Friends, family, parents, children and co-workers - how you deal with others is how you deal with yourself. Happy relationships support you and make you feel like you're not alone. Healing a difficult relationship is far more beneficial to your well-being than any amount of spinach you eat.



#20

## EXPRESS YOURSELF

Do something creative today. Redecorate a room, dress up or write poetry. Try to find a way to express yourself that makes you happy.

# GRATITUDE TOOLS



## #1

### GRATITUDE

Gratitude unlocks the fullness of life.



## #2

### THANK YOU

When you wake let your first thought be, Thank You.



## #3

### SEE WHAT IS THERE

Gratitude helps us to see what is there instead of what isn't.

# GRATITUDE TOOLS



## #4

### BE GRACEFUL

Be grateful when things are going your way. Be graceful when they're not.



## #5

### BE GRATEFUL

Grateful for small things, big things and everything in between.



## #6

### LESS ATTITUDE

Less attitude more gratitude.

# GRATITUDE TOOLS



#7

## PRACTICE GRATITUDE

What consumes your minds controls your life. Practice gratitude.



#8

## APPRECIATE

If all you did was just look for things to appreciate, you would live a joyous, spectacular life.



#9

## HARVEST OF HOPE

Small seeds of gratitude will produce a harvest of hope.



# GRATITUDE TOOLS



## #10

### INTERRUPT ANXIETY

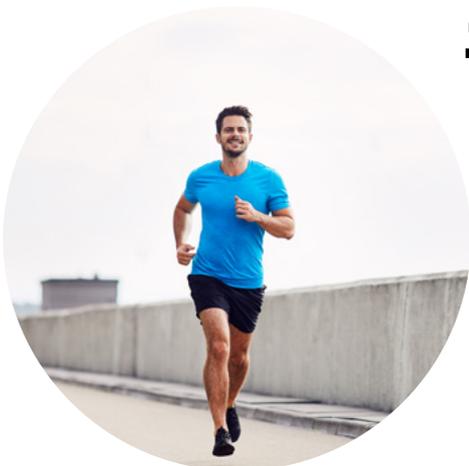
Interrupt anxiety with gratitude.



## #11

### FIND THE BLESSING

Train yourself to find the blessing in everything.



## #12

### PRIVILEGE

What separates privilege from entitlement is gratitude  
(Brene Brown)



# GRATITUDE TOOLS



## #13

### ROOT OF JOY

The root of joy is gratefulness.



## #14

### GRATITUDE

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude (A.A Milne)



## #15

### BE THANKFUL

There is always something to be thankful for.

# GRATITUDE TOOLS



#16

## ALREADY HAVE

**B**e grateful for what you already have and you will attract more good things.



#17

## VITAMIN FOR THE SOUL

**G**ratitude is the vitamin for the soul.



#18

## FLIP A SCRIPT

**T**rain yourself to flip a script. When a negative thought enters your mind, replace it with thoughts of gratitude.

# GRATITUDE TOOLS



## #19

### BE PRESENT

**B**e present in all things and thankful for all things



## #20

### BREATH

**B**reath and be grateful.



### ***MORE INFORMATION***

Visit my website to find out more information about leveling up your life and the The Healthy Habit Hierarchy

**Gratitude & Mindfulness lead to a happy and healthy life.**

X 

**JOIN NOW**  
21 DAY  
**MEDITATION**  
**CHALLENGE**

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