

A summary of what I spoke about on



Show 53 (Week 57) on 14th April 2014

You can listen again to this show (or any of our shows) in our Radio Show Archives on www.whocareswinsradio.co.uk

Set aside time for “you ltd”, how is your body? What is important?

Present Moment Awareness – Breathe, Calm the Mind and instigate the “relaxation” response”.

Review your New Year Goals/Intentions – refresh your Vision Board, Personal Action Plans.

Inject more Activity into every day, e.g. power walk, take 2 stairs at a time etc.

Nourish your body – What do you eat (how much), How do you eat (slow down), When do you eat (time of day).

Get up earlier, Stretch, Breathe in the fresh spring air, Enjoy every moment that arrives.