



A Daily Guide to Energetic Living

**"Self care is about giving the world
the best of you, instead of what's left
of you."**

~ Katie Reed

Thank you for downloading Mindful and Energetic Living Guide

Helping people live energetic lives is a passion of mine.

In today's fast paced world people are more distressed than ever before. Distress 'negative stress' can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, problems sleeping and more.

So how do we reduce the distress in our lives? **We become intentional** about self-care. It's about taking care of ourselves from the inside out.

The fact is, no one can take care of you but you. That is why I believe self-care is about self-leadership. It's about taking responsibility for our lives. Self-care isn't being selfish, it's a necessity for you to live a healthy and fulfilled life.

In this guide I give you practical steps that you can take every day to help you build a routine of self-care. The impact of these simple, daily habits can have a huge impact overall.

I am excited because you are about to start living an energetic life!

Mariana

Wakeup with Purpose

If you want to live a long and healthy life, you need a reason that makes you wake up and be excited about your day. Remind yourself each morning of your purpose.

Tip: Avoid the temptation to hit snooze on the alarm clock and avoid social media for the first 30 minutes.

Starting your day with gratitude will set the tone for a positive and successful day. Before you get out of bed, think of 3 things you are thankful for.

Tip: Elaborating in detail about a particular thing for which you're grateful carries more benefits than a superficial list of many things.

**A thankful
heart**

Time to Meditate

Start the day with a 5 minute meditation. Try thinking about something you want to achieve in the short term and visualizing your success. And as you see your success, voice your gratitude.

Tip: If meditation isn't something you are comfortable with, simply sit in silence and count your in-hales and exhales.

Meal Planning

Plan out your meals. This will help to prevent poor food choices during the day. Just as food can have an impact on your body, it can also have an impact on your brain and your thinking.

Tip: Have healthy snacks on hand for when those cravings strike.

Maintaining a high spirit and rewarding yourself every time you achieve a goal or accomplish even the smallest task, will keep your motivation up.

Tip: Remember you are human, you will make mistakes but the magic is in how you learn from them.



Give Yourself Breaks

To maintain your energy and to keep a clear head throughout the day take breaks. This will help you to finish your day without feeling exhausted.

Tip: Take breaks every 2-3 hours or stretch/stand up every hour.

Accentuate the Positive

A positive attitude can go a long way. So when people ask you how you are, respond in a positive way. Tell them you're doing great, that you're fabulous because you are!

Tip: Responding positively helps re-train your brain to have a positive outlook.

Once you are done with your day, take 5 minutes again to reconnect with your breath, mind, and body. Give yourself a silent moment. This will help to settle your mind.

Tip: Designate an specific area within your home free from as much distractions as possible.

End of your day

Before you close your eyes

We started the day with gratitude and we end the day with gratitude. Taking time to write out a few nice things that happened throughout the day can reduce your anxious thoughts and worries.

Tip: Practicing gratitude before you go to sleep can help improve the quality of sleep you get.

Hi! I'm Mariana Thomas.

I am passionate about helping people live better lives from the inside out, focusing on the mind, body and heart. I have been part of the the health and fitness industry for many years now. I was a regional manager for a large fitness company for over 20 years.

I'm a certified coach, speaker and trainer; mindfulness meditation teacher, DISC Consultant and I have been a certified Eclectic Yoga Instructor since 2002 and a Professional Certified Pilates Instructor

I have helped thousands of people including a few celebrities and professional athletes like singer Usher, comedian/actress Monique, NBA PJ Brown, NLF Reggie Brown and Toilolo Levine, and more.. I look forward to connecting with you!



If you want more tips on living energetically then I would love for you to join me on Instagram

Join me!

