

Healthy FOR MY Soul

Breakthrough And Change Your Life!



HEALTHY FOR MY SOUL

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Healthy For My Soul



How is your life going?

Really, think about your life for a moment!

When was the last time you experienced energy, excitement, and the health you desire?

How do you feel right now?

Are you tired, exhausted?

Chances are your health is not as great as it could be like the 90% of all the other people.

Most people die young but are buried in old age.

But what does this mean? Think about it!

People give up on their health and life even though they have a lot more life to live.

Do you want to be most people?

Do you want to lead a life of regrets thinking you could have done that or do you want to live a life of your dreams full of excitement and happiness?

Think back to your childhood.

Think about the endless energy you and your friends shared. Running around the playground and never getting tired because you were having so much fun.

Now, take a look at your life.

Has climbing stairs now become a chore? Are you spending way too much time on your couch?

Would your 5-year-old version look up to you and thank you for making the most of your energy?

What is your answer to that dreaming little child?

What would that small child say to you when it sees that instead of enjoying your life, you are letting life pass you by?

Would your 5-year-old version be proud of you?

Well, I have some good news for you.

All is not entirely lost. You can change your life in this moment.

I was once the same.

I would go to a job that I did not like to buy things I did not need. I would work just to pay the bills. And I would come home too tired to exercise.

I would not watch what I ate and I let stress get the best of me.

What did I do about it?

I asked myself...is this how you want to live your life?

The answer was a NO.

A BIG NO.

What did I do then?

I changed my life.

Not overnight, but over time.

I wasn't afraid to put in the work for the healthy life I desired.

I started living a life that was closer to my heart and dreams. I found my child-like energy again and you can too.

You can re-energize the inner child within you.



As a great Chinese proverb says, “ The best time to plant a tree was 20 years ago. Next best time is today.”

If you want a healthy lifestyle, you have to start now.

Not in the future, but now...for your future!

All your actions start from the soul. You can not do anything that your soul does not desire.

If your soul desires greatness, you will achieve greatness.

And if your soul desires mediocrity, you will become mediocre.

That's why you need a healthy soul.

Now, you may ask what is a healthy soul?

A healthy soul is a balance between heart and mind.

A healthy soul is blissful connection, tranquil, with inner-peace.

It feels free.

It is like a calm ocean that is unconcerned with the so-called cravings of worldly thrills and desires.

Now, I am going to share with you my 5 methods to achieve a healthy soul.

A soul that works for you, not against you.

Remember, if you desire greatness you have to follow each one of these methods, not just one or two, but all 5 of them.

1. Take Care of Your Body



First, is **take care of your body.**

Sounds simple. Right?

No, the things that sound simple are often the hardest.

Taking care of your body is the hardest thing in the world, especially when life becomes stressful.

Remember, you are more powerful than you can even imagine.

It is your duty to take care of your body so it can take care of you until you leave it.

You have to move your body in a way that supports your health.

You have to maintain a healthy diet and exercise regularly.

By healthy diet, I don't mean to stop eating but eating the right foods in moderation.

You have to consume all the nutrients required by your body.

If you are not able to get all the nutrients through food, you can try supplements.

You have to make sure that you are not deficient in any nutrient because only a healthy body can create a healthy mind.

The mind and body are connected.

They both need to be healthy to find balance.

Remember to take care of your body.

Your body, your responsibility.

2. Take Control of Your Story 📖



Second we come **to Write your own story.**

We humans are very strange beings. John Locke gave us the concept of tabula rosa, the concept that people do not come with any predetermined goals but these goals are created for them by the society.

Your current lifestyle has been constructed by your surroundings and your habits.

What you are doing isn't all you can do, but what society has told you.

This means that you have a choice, a free will to do anything your heart desires.

You are under no obligation to listen to everything that society says.

You create your own healthy lifestyle.

Take charge of your own story.

Try to imagine what is your ideal healthy life.

What should your health look like in 5, 10 or 15 years?

Will you have more freedom? Will you be an ideal weight?

Will you be healthy and full of energy?

Will you be happy?

Try to structure your present life according to your future life.

No matter what anyone says, you do what you want.

Don't listen to negative comments of people.

Listen to your heart.

Your heart will tell your story.

Follow your heart's desire to a healthier you.

3. Meditation 🧘



Third, we come to **Meditation**.

I know you have heard about the benefits of meditation many, many times.

Believe me, it is the most powerful weapon to transform your life.

Meditation can work wonders.

If you want to become the best version of yourself, meditation is the only tool that can help you reach there, and most importantly keep you there.

It is common thing in life that we run into problems, worries, and stress.

If you will not manage and let them go, they will eat you from the inside.

Just like how water rusts the mighty iron.

Meditation could help you.

It could calm your nerves, let you take a look at the bigger picture and most importantly just relax.

It will create a calm lake in the middle of a storm.

So remember, if you want a healthy body and soul, Meditation is a great option.

4. Practice Gratitude Daily 🙏



Fourth, we come **to Gratitude.**

Practice gratitude in your life.

We, humans, are very strange creatures. We understand the value of those closest to us, only after we have lost them.

You must not do that to yourself or your loved ones.

Don't neglect your health and force your loved ones to grieve before you have lived a full life.

Be grateful for the moments you can share with them now.

Tomorrow is not a promise for any of us.

Everyday, we hopefully have 24 hours that we can make the most out of it.

Think of that each time you want to delay exercising or eating healthy.

Live each day to the fullest with a focus on energy and health for the people you cherish most.

Everyday, before going to sleep, think about the people you are grateful for.

You could be grateful for your parents, your siblings, your mentors, your friends, and your children.

Also be grateful for yourself, because it is you that has worked so hard and will continue to work hard to reach your health goals.

Show yourself love.

Don't get lost and focus on your failures.

Everybody fails sometimes.

It's about dusting yourself off and getting back up to fight again.

Be grateful for your failures and your challenges. They help make you stronger.

When you cultivate a habit of gratitude, it creates a positive loop in your mind.

This gives you clarity on the people and things that matter most to you and calms your mind.

When your mind is calm and you become present, you are readily able to make positive changes in your life without fears, doubts, and temptations.

All you need is a willingness to make the changes in your life.

Simply say “Thank you” to any difficult thoughts that arise and continue to move forward.

When we stop fighting with ourselves and stop seeing ourselves as flawed or unworthy, we can achieve so much more.

5. Don't Take Life Too Seriously...You Won't Make It Out Alive 🤪



Next, is the most important of all of the methods.

Take things lightly.

You have only one life.

You aren't getting it back.

While It may sound good to eat food without care or take health and exercise to extremes, at your deathbed it is not about any of that. It's the relationships you have built in your life that will matter.

You can live healthy and enjoy life.

And whatever you do, take things lightly.

Try to joke.

Improve your sense of humor.

Laughter will lower anxiety and stress levels, and it helps your brain release dopamine, serotonin, and endorphins to improve emotional health.

When you laugh, the world laughs with you. When you frown, the world frowns at you.

Never stop laughing.

We are here, on this earth, only for a small amount of time.

Try to have fun in this small amount of time.

This is the only life that you will have.

Remember, there will come many dark nights, but keep your eyes and smile on the horizon for the light will come soon.

Have a lot of fun before you reach your deathbed.

I have told you my 5 methods that have helped me build a healthy mind and soul.

The truth is nothing works unless you work too.

Reading and thinking about a healthy mind, body, and soul is good but serves no purpose if there is no action.

I want you to do one thing.

Take a deep breath, like it is your last.

Take a deep breath and think about what is important to you.

Think about how you are going to achieve it.

Now, make a commitment to follow the above methods and start building the life of your dreams.

Achieve the healthy body and lifestyle you always imagined.

You are worthy to achieve it.

You are more than capable to achieve it.

So, get mindful about what you put into your body.

Be active in your life.

And reach your goals.

Now is the time to take back control over your health, nutrition, and fitness.

Now is the time to find the healthy lifestyle that uplifts your soul.

Don't stop now, stop when it's over.

For more Health and Fitness ideas and tips, visit [Healthy For My Soul](#).

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