

10 Things to Do Every Day to Lead the UltraFit Lifestyle

- 1** Schedule your time. From buying bananas to important meetings, put it ALL in your calendar.
- 2** Wake up early. It is a proven fact that highly successful people are early risers who begin their day with a strong morning routine.
- 3** Write in your journal. Daily reflections, ideas, frustrations, and Aha moments should all be written down so you can reference later.
- 4** Give up TV. Not forever and completely, but give up the habit of losing time in front of the tube.
- 5** Read and listen to positive, motivational material. Counteract life's challenges by filling your mind with inspiration on a daily basis.
- 6** Meditate. Even if it is 5 minutes per day of quieting the mind from its chatter. Of course, 15 minutes is better, but schedule it in and practice.
- 7** Drink more water. You should be drinking at least half of your body weight in ounces per day; more if you are active.
- 8** Move every day. Strive for 30 minutes of movement per day. It could be stretching, cardio, resistance training, or simply adding steps by taking the stairs or parking in the furthest away parking spot. Just move!
- 9** Surround yourself with positive people. If someone is dragging you down, stop hanging out with that person. Spend time with others who inspire and lift you up.
- 10** Set big goals and write them down! Make a plan of how you want your life to play out. Give yourself specific goals with a time frame. Dream big and take action!