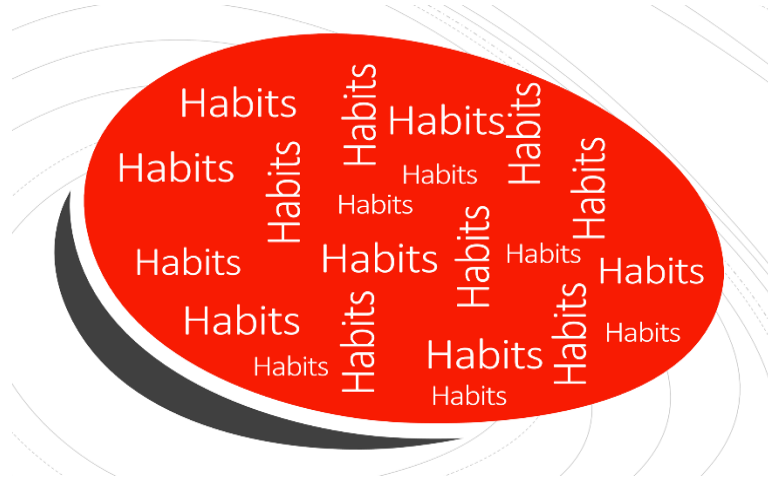


Daily Habits for an Overall Better You



10 Part Series

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Disclaimer: The information contained in this series is strictly for informational purposes. Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.

Realizing that most of us have busy lives we want you to understand that this program is self-paced. We don't want to overwhelm you with information. Take your time in reading/studying each of the ten parts...the next part will be there when you are ready to proceed.

This is powerful information that can transform your life. If you only read through the material and don't take the time to understand and implement what you learn, you will not receive the full positive effect available.

Each "Part" will have a short article followed by and download link to a special report. The special reports available are:

- Six Daily Habits that Improve **Life Quality**
- Four Daily Habits for Optimal **Mental Health**
- Six Daily Habits for Optimal **Emotional Health**
- Six Daily Habits for Optimal **Social Health**
- Eight Daily Habits for Optimal **Physical Health**
- Seven Daily Habits to Boost Your **Self-Esteem**
- Six Daily Habits to Better **Manage Stress**
- Five Daily Habits to **Boost Mood**
- Six Daily Habits that Improve Your **Personality**
- Six Daily Habits that Promote **Personal Growth**


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Part 1

The Top Five Ways Your Habits Can Make or Break You

How you act and what you choose to do in every situation has an immense influence on your overall happiness, well-being, and success in life.

And when it comes to changing your life, the most effective way to do that is to focus on developing or eliminating habits that may be influencing your well-being.

Nearly 40 percent of all the things you do in a day are the result of a habit, not a choice, so replacing these can significantly change your life.

Your habits form most often without much real thought from you. You do something, it works, so you do it again.

These habit loops, though, are not always comprised of healthy ideas or choices. Here are some ways that habits could be helping or even hurting you.

#1. Your cravings drive your habits. When you crave something, you are anticipating the reward at the end. Therefore, to develop healthier habits, you must learn to want the reward of an outcome that is more conducive to your well-being.

#2. Most of your daily activities related to keeping yourself alive, like eating, drinking, and seeking shelter or safety, are based on habits, not conscious choices.

#3. Your values about food and activity are formed incredibly early in life, and these are what form the basis for many of your habits later in life.

#4. We are really bad at recognizing the actual need that a habit may be fulfilling.

For example, while we may eat sweets to ease a craving for sweets, what we actually desire is a break in the routine and some stimulation from something new.

#5. Forming new habits is like building strength in a new muscle, and it takes time, patience, and dedication.

Your habits play a significant role in your ability to reach your goals and to reach your potential, and through careful cultivation and refinement of your habits, you can gain greater control over your life and your success. .

[Click Here](#) to Download “Six Daily Habits that Improve Life Quality”

Part 2

Does Your Mental Health Need a Boost? Here are Four Tips to Help

If you want to take care of anything, it requires regular attention, maintenance, and care. Without these things, problems arise, and soon, you have serious issues on your hand.

Caring for your mental health is no less important than looking out for your physical or emotional well-being.

And it takes daily focus and attention to ensure that your mental health stays strong and healthy. There are four tips for daily mental health care.

#1. Try to be more mindful. If there is one practice that you could adopt that would help to protect your mental health, it is this one.

Being mindful is simply being aware of your thoughts and learning to control and train where you devote your attention.

#2. Focus on your gratitude. Even when things are not going well in your

life, simply looking for the positive and focusing on what you are thankful for will help you feel more optimistic about your situation and future.

#3. Take care of your body. Your physical well-being influences your mental health tremendously.

Eating a healthy diet, getting regular exercise, and having a healthy sleep routine are all critical habits that will contribute to your mental wellness.

#4. Spend time with friends and loved ones. Socializing is also a critical component of mental health.

Having a strong social network and support system reduces your risk of mental health problems like depression.

[Click Here](#) to Download “Four Daily Habits for Optimal Mental Health”

Part 3

Get Those Emotions Under Control to Create a Better You

Your emotional wellness is about how you think and feel, as well as how your emotions affect your actions and choices. Emotional health also means recognizing how you affect other people and being able to understand their feelings. When you have robust emotional health, you can manage your feelings, express them in healthy ways, and know how they are affecting your body and your mind.

Ready to help manage your emotions and start controlling them instead of them controlling you? Try one of these ideas.

- Find ways to avoid stress triggers, such as spending time with relatives who create tension
- Make changes to your life to reduce chronic stress,

such as finding a new job to replace a more stressful situation

- Practice daily meditation to help you become more aware of how stress is affecting you
- Use deep breathing exercises to focus your attention, reduce your stress level, and clear your mind
- Pay attention to how a particular feeling makes you physically and mentally feel
- Name your emotions with specific terms
- Focus on the triggers that often lead to intense negative emotions
- Experiment with how to express your feelings in productive ways and how these activities make you and others feel
- Connect with your social network regularly
- Take time out of your day to help someone in need
- Stop comparing yourself to other people

- Set small, daily goals and reflect on your accomplishments each day
- Dedicate time to yourself

[Click Here](#) to Download “Six Daily Habits for Optimal Emotional Health”

Part 4

Is Your Social Life Helping You or Holding You Back?

Your social health is about your relationships, how you interact with others, and how well your social network acts as a support system for your life.

Your social connections help you during challenging times and enhance your emotional, mental, and even physical self.

Having strong, healthy relationships that are supportive and nurturing is crucial to living a full, happy life, so that means you must learn to foster these connections. When you have strong bonds with others, you feel more confident about yourself.

Your friends and acquaintances support and encourage your interests and passions. Romantic connections help you feel loved and experience intimacy with someone else.

Connecting with others teaches you essential life skills like communication,

cooperation, compromise, trust, and conflict resolution.

Daily habits that can help improve your social wellness include modeling for others the type of friend you would like them to be, nurturing your existing relationships, practicing your listening skills, practicing honesty and integrity, and being more active in your community.

Your emotional and spiritual connections with others are an essential part of your overall well-being.

Engaging in daily habits that promote your social health will nurture existing relationships and help you forge new bonds, as well.

[Click Here](#) to Download “Six Daily Habits for Optimal Social Health”

Part 5

The Five Ways You Can Protect Your Physical Health Along with Your Total Wellness

Taking care of your body not only ensures that you will live a longer, healthier life, but it also influences your mental and emotional well-being. Eating a healthy diet affects everything else in your body, including how your brain works and how you feel.

Feeding yourself the most nutrient-dense foods gives you the benefit of getting all the vitamins and minerals you need.

To take better care of your body and protect your physical well-being you can:

1. Choose Whole Foods That are Primarily from Plants. Feeding yourself the most nutrient-dense

foods gives you the benefit of getting all the vitamins and minerals you need. And when you opt for whole foods, versus those that are more heavily processed, you ensure you are also avoiding many of the unhealthy additives that can harm your health.

2. Get Enough Sleep. Without at least seven hours of sleep per night, sleep deprivation can raise stress levels, increase blood pressure, impair cognitive function, and delay motor response.
3. Move More. Being more physically active can help you to maintain a healthy body weight and ensure that your heart and other systems remain healthy.
4. Stretch Often. Stretching helps to keep your joints flexible, reduces injuries, and keeps you strong while also encouraging blood circulation and reducing the risk of stress-related injuries.
5. Drink More Water. Because your body is made of mostly water, you must drink plenty of it to keep your systems functioning well. And your brain is a big consumer of water, so drinking enough ensures cognitive

function and helps you manage your emotions, too.

[Click Here](#) to Download “Eight Daily Habits for Optimal Physical Health”

Part 6

Try These Three Habits to Boost Your Self- Esteem and Raise Your Confidence

Your self-esteem is a measure of how confident you are in yourself and your abilities, and it can be higher or lower depending on the situation and your past experiences.

Those with a more positive sense of self are more likely to have higher resilience, more confidence, and a more optimistic outlook.

Committing to a daily practice that is aimed at boosting your self-esteem can help define and improve your overall sense of self. Having higher self-esteem can protect you from mental health issues, can help you achieve your goals, and can raise your happiness level.

Adopting just a few, simple daily habits can significantly improve your

self-esteem and help you recover from adverse events that may lower your sense of self. Here are a few from which you can choose. Here are three to try starting today!

Do something nice for others. When you do something kind for someone else, you feel better about yourself. Kindness contributes to a sense of purpose and connection with others, which can also boost your self-worth.

Exercise. Regular physical activity can help you feel stronger and more able to take on challenges. Exercise reduces your stress, which makes it easier to tackle problems and think more clearly about yourself and the world.

Set goals you can reach. If you want to feel more confident in yourself, you need to have more mastery experiences, which are any activities that enable you to reach a goal.

These types of opportunities can help you see your strengths while boosting your confidence.

[Click Here](#) to Download “Seven Daily Habits to Boost Your Self-Esteem”

Part 7

Do These Four Things Every Day for a Lower Stress Life

We all have stress in our lives. Because stress comes from unexpected places and is often unpredictable, our best defense at handling it is to learn how to manage our own stress and find ways to avoid or minimize those predictable or more avoidable stressors in our lives.

The daily habits that you need to help you better manage stress include those that teach you how to avoid it, how to cope with the stress you can't prevent and practice that make you stronger and better capable of dealing with those stressful events that will still occur, despite your best efforts.

Four options that can help you lower your stress and improve your well-being are below.

#1. Make exercise a part of your daily routine. Physical activity is an excellent strategy for relieving mental or physical stress. Exercise releases endorphins, which can boost your mood and help you feel better prepared to tackle stressful challenges.

#2. Drink more green tea. Green tea is exceptionally high in antioxidants, which combat the effects of stress on the body and mind. Drinking a hot mug of tea can also be a relaxing, rejuvenating experience because it gives you time to unwind.

#3. Evaluate your schedule. Your packed calendar and busy list of obligations are creating more tension in your life than you probably realize. Get rid of burdens that do not benefit your goals or match your values.

#4. Record your worries. Getting these out of your mind and onto paper is a helpful strategy for relieving your stress, and when you see the words

written, you are better able to process them and see viable solutions.

[Click Here](#) to Download “Six Daily Habits to Better Manage Stress”

Part 8

How to Boost Your Mood in Four Easy Steps

Your mood is basically whether you are more inclined to have a particular type of emotion, and those who strive to think positively and be in a good mood most of the time enjoy many health and wellness benefits. Positive attitudes reduce stress and lower cortisol levels.

When you are optimistic, you are better equipped to solve problems and exercise self-discipline. And those with positive moods are more likely to achieve their goals.

So, who wouldn't want to boost their mood now and then? The following are daily habits you can use to keep your spirit elevated or to boost your mood when you are feeling down or cynical.

Step 1. Be more grateful. Feeling, acknowledging, and expressing gratitude are powerful tools to enhance your mood and improve your outlook on life. The more you think about gratitude, the more you find for which to be thankful.

Step 2. Meditate. Meditation enables you to become more aware of your feelings and thoughts, to control how you allow them to affect you, and to have better concentration on what is most important to you

Step 3. Keep a journal. Journaling has many positive influences on your mood and outlook, and when you write in one every day, it can serve as a ritual for recording your thoughts and helping you see patterns of behavior that may be influencing your mood, as well.

Step 4. Eat nutritious foods. What you put into your body has a tremendous influence on your emotional health and your overall mood. Eating healthy, nutritious meals and drinking plenty of

water are vital parts of balancing your spirit and feeling more positive.

[Click Here](#) to Download “Five Daily Habits to Boost Mood”

Part 9

Ready for a New You? Start with Healthy Habits to Enhance your Personality

Your personality is made up of how you think, feel, and behave. It is unique to you, and it evolves over time. We all want to be liked by others, but what is more important is how much you love yourself.

And while having a more positive personality may gain you more friends, it is also highly correlated to higher levels of success and achievement in your life as well as overall happiness.

While it may seem like your personality is a pretty static part of who you are, it is, in fact, something that you can change.

There are many daily habits that, if done regularly, can help you improve

your personality and boost your appeal for other people.

Here are some of our top favorites.

- Become a better listener
- Expand your knowledge, interests, and skills
- Cultivate your interpersonal skills
- Pay attention to your body language
- Treat others as you want to be treated
- Don't be afraid to have fun and laugh
- Be genuine and honest

Your personality is who you are, and if you want to take it to the next level, it is not about changing it but about enhancing it and finding better ways to show it to others.

The daily habits like those discussed here are meant to enrich your connections with others, to help you feel more confident in yourself, and to provide you with more genuine

relationships by allowing people to see who you really are.

[Click Here](#) to Download “Six Daily Habits that Improve Your Personality”

Part 10

Focus on Personal Growth to Realize your Full Potential

Establishing and striving to meet goals for your personal growth and development is an important habit to maintain throughout your life.

Growing as a person helps you set and attain new goals, broadens your skills and perspectives, and helps you stay healthy and active throughout your life.

Personal growth is anything that you do that enhances the quality of your life. These can be rituals, activities, mental activities, and beliefs that enable you to know yourself and to achieve whatever goals you have for your life.

We all want to be happy and prosperous, and when you have personal development goals and use personal growth habits regularly, you are more likely to fulfill that purpose and realize your dreams.

And if you want to continue striving to be a better person and to achieve your full potential, you can engage in many daily habits that will further your personal growth over time.

So, what can you do every day to help realize your personal growth goals?

And what types of personal development habits should you invest your time and energy in?

Here are some from which to choose.

1. Write in a Journal Every Day
2. Engage in Creative Endeavors
3. Set Goals and Do Something Every Day in Pursuit of Them
4. Practice Self-Care
5. Establish a Morning Routine

Personal growth is vital to your ongoing development and the realization of your goals. Incorporating just a few, simple, daily habits into

your routine can help you to learn and realize your full potential.

[Click Here](#) to Download “Six Daily Habits that Promote Personal Growth”