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Studio
Steffanie
WEALTH & WELLNESS COACH

3

CRITICAL
ELEMENTS FOR A
HEALTHY
RELATIONSHIP



3 Critical Key Elements For A Healthy Relationship

What's needed for healthy relationships?

“Personal growth will be achieved by the person that strives to reach their peak performance; that should be the 1st step in achieving healthy relationships. I can help you start implementing your desires as you start to experience the change!”



3 Critical Key Elements:

- Mental Mindset: Stress Management 7
- Physical Mindset: Health/Fitness Habits 12
- Emotional Mindset: Self Control 23

So, you've been looking for an opportunity to:

- **Attract** your true soulmate through discovering yourself
- Create a road map that will propel you toward an even **higher level of success**
- Gain a **better work/life balance** and infuse your life with more joy and fulfillment
- Surround yourself with the **powerful energy of other high achievers**
- Accomplish your biggest goals **faster than you thought possible**
- **Take these tips, use them, and feel free to contact me for my assistance**
- **Let's Get Started!**

How Will You Score? (1-10)

1. If you were to give a **SCORE** out of 10 for how **SATISFIED** you are with your life overall?

_____ / 10

2. If you were to give a **SCORE** out of 10 for how much **FUN** you are having in life? _____ / 10

3. If you were to give a **SCORE** out of 10 for how **HAPPY** you are in your current **CAREER**?

_____ / 10

4. If you were to give a **SCORE** out of 10 for how overwhelmed, **BUSY** or cluttered you currently feel?

_____ / 10

5. If you were to give a **SCORE** out of 10 for how your relationship is going now? _____ /10

You Can Improve Your Scores/Life; How Serious Are You? Contact me & let's discuss it.

Please Feel Free To Contact Me Now For A *FREE* Assessment!
(www.StudioSteffanie.com or StudioSteffanie@gmail.com)

(check all that apply)

I am looking:

- For More Meaning/Purpose in Life
- For More Fulfilment/Happiness in Life
- For More Ease/Simplicity or Balance in Life
- For More Freedom and/or Inner Peace in Life
- To Change or Move Forward in my Career
- To Achieve my Goals Faster/More Easily
- To Learn to Trust Myself More/Show More Self-Love
- To Trust more when it comes to my Relationships
- Other *(If there was something you haven't mentioned yet, what would it be?)*

I am ready to take ACTION and make changes in my relationships, habits, and life.

Maybe / Yes / No *(please choose one)*

3 Critical KEY ELEMENTS FOR A HEALTHY RELATIONSHIP:

Mind

- Stress Management
- Setting Financial Goals

Body

- Nutrition/Diet
- Fitness/Exercise

Emotions

- Attract What You Deserve
- Mastering Self Control

Mind

“BE THE TYPE OF PERSON YOU WANT TO MEET”

BALANCING YOUR MIND, BODY, & EMOTIONS FOR HEALTHY RELATIONSHIPS

*Healthy Relationships Require Real People That Want To Be In Healthy Relationships!!!
First things first, Relax. You deserve it, it's good for you (to relax), and it takes less time than you think.*

1. Meditate

- A few minutes of practice per day can help ease anxiety. “Research suggests that daily meditation may alter the brain’s neural pathways, making you more resilient to stress.”
- It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as “I feel at peace” or “I love myself.” Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

BALANCING THE MIND

2. Breathe Deeply

- Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.
- Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.

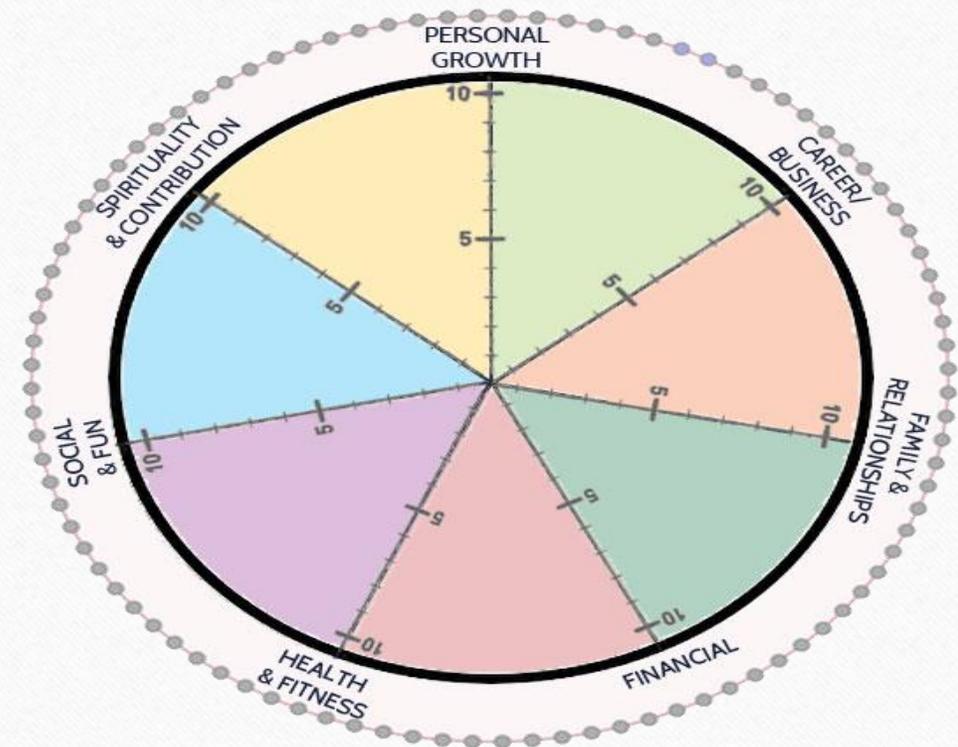
3. Be Present

- Slow down.
- Take 5 minutes and focus on only one behavior with awareness. Notice how the air feels on your face when you're walking and how your clothes feel against your skin or how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.
- When you spend time in the moment and focus on your senses, you should feel less tense.

Goal Assessment

Let's Focus on the Outcome:

- What is it that you REALLY want to accomplish? Dig deep...
- What is the SPECIFIC OUTCOME that you are looking for?
- What is the PAIN you're experiencing for NOT achieving your goal?



Setting Goals:

- **Find out what creates stress for you.** Try tracking your stress to record stressful events, your response to them, and the coping strategies you used. If you have a smartphone, you can download a free stress-tracking app to help you monitor your stress. If you don't have a smartphone, you can use a spreadsheet on your computer. Or pencil and paper work, too. The important thing is to keep track of your stress so that you can both learn what is causing it and work toward managing it. You can't enjoy a healthy relationship under a lot of stress.
- **Think about why you want to reduce stress.** You might want to protect your heart and your health by reducing stress. Or maybe you simply want to enjoy your life more and not let stress control how you feel. Your reason for wanting to change is important. If your reason comes from you—and not someone else—it will be easier for you to make a healthy change for good.
- **Set a goal.** Think about a long-term and a short-term goal to reduce stress in your life and create the life you want.

BODY

“BECOME THE TYPE OF IMAGE YOU WANT TO BE”

Health/Fitness Mindset

BALANCING THE BODY

Tune In to Your Body Physically by:

- Mentally scanning your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. Learn to love yourself as you are.
- Simply be aware of places you feel tight or loose without trying to change anything. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

Decompress

- Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

BALANCING THE BODY

Goals for the Body - What am I aiming for?

- In order to balance the mind, body, and emotions, we need to focus on the body and what it needs to have a positive influence on our state of being.

Goals for the body are:

- Remove toxins from your body and your environment
- Promote free flowing energy throughout your body
- Follow your body's natural rhythms

Listen To Your Body:

The body has an important purpose in the mind, body, and emotional equation. **The body was created as a vehicle for Your emotions to achieve growth and enlightenment in the physical world.** Everybody's purpose is different, therefore each body is designed to fulfil a specific purpose. We have different genetic traits, environmental influences and physical inclinations that together make our bodies and our physical experiences unique. If our bodies are not functioning properly, it is a sign that there is disharmony in our mind, body, and emotions.

The way in which you treat your body can have a profound impact on your mind, body, and emotional balance as well. The body has its own natural rhythms that are designed to uphold its state of balance. This includes the natural cycles of sleep, diet and exercise.

Diet & Nutrition - How can I feed my mind, body, and **EMOTIONS** with food?

It might surprise you to know that there is no universally applicable diet that every person should follow. Each body has its own constitution and its finely attuned state of functioning. However, there are some general principles that are designed to energize and purify the body of toxins that we ingest daily in food substances and liquids. **Not only do we ingest toxins in disguise, it is also very common to be addicted to certain chemically addictive foods without realizing.** All these factors contribute to our overall body chemistry which is either acidic or alkaline. To improve your body's chemistry, try to follow these principles listed on the next page:

Diet Principles:

- **The Golden Rule** when it comes to diet, ensure that you are **feeling good within yourself when you eat**. If you eat when you are angry or upset, your food will not digest as well and can turn acidic. Positive energy helps you to break down food, absorb the necessary nutrients and keep it moving through the body.
- Try to eat as much **live food** as possible. Fruits and vegetables contain more vitamins and minerals when they are raw than when they are cooked.
- Eat **less processed foods**. A processed food is subjected to several stages of production in order to be considered 'consumable' by humans (this may be a necessity to remove toxins or simply to make it taste better). Many foods considered to be healthy are readily available in supermarkets but they are actually highly processed and not digested well by the body.

Diet Principles:

- Try to eat **small portions regularly** - every 2-3 hours if possible - to maintain your metabolism. Freshly squeezed vegetable and fruit juice is a great snack and gentle on the body.
- Conduct a **detox** regime of some sort on a regular basis (every 1-3 months is optimal) to allow your body to rest and reset and eliminate toxins from your system.
- **Drink plenty of water daily** to cleanse and hydrate your system.
- Eat **organic food** - including meat, fruits and vegetables - to reduce your intake of pesticides and chemicals.
- **Limit the amount of meat you eat** as it is heavily taxing on the digestive system.

Diet Principles:

- **Try not to drink any fluids with meals** as it dilutes digestive enzymes in the stomach which inhibits the digestive process. Of course, water is always the best fluid for your body when it's time to drink!
- **Eat slowly and chew** your food thoroughly. The amount of saliva digested when eating greatly assists your stomach in the digestion of food. It also assists in portion control as you become aware of when your stomach is full sooner than if you eat quickly.
- **Always check the nutritional information before you buy food.** Try to avoid foods with artificial ingredients

Exercise: How to balance the mind, body, and **EMOTIONS** through exercise?

Physical activity is essential in maintaining a balanced body and mind. It increases metabolisms, generates endorphins (neurological chemicals that make us feel happy), and helps us to gain a more balanced perspective by bringing us out of our minds and into our bodies. The body is like a vehicle that needs to be maintained and well-oiled; it will only maintain itself to a certain extent. You have to do the rest! **Implementation is key!!!**

Exercise Principles:

Try these tips for exercising your body:

- Aim for **10,000 steps every day** (roughly 7km) through incidental or scheduled walking.
- **Vary the type of exercise** so you exercise different muscle groups and the mind does not get bored.
- Choose exercise **activities that you enjoy; hopefully 4-6 times a week.**
- Try to **exercise outside** where possible. The sun and fresh air, especially in a relaxing, natural environment, is energizing and will strengthen the body-mind connection.

Exercise Principles:

- Choose **low impact** activities. Strenuous exercise where your body feels strained is not necessary unless you are training for high-level fitness.
- Try **physical activity that strengthens the mind-body connection** into your exercise regimen such as yoga. Such activities can have a profound impact on your overall state of being as it works on the body-mind as a single entity. I am a certified Master Trainer and Yoga Instructor because I took the time to learn the information on how to take care of the body since we have to live in this body for approximately 100 years. Why not live life at its fullest?

EMOTIONS

“*FEEL* THE TYPE OF EXPERIENCE YOU WANT TO HAVE”

The Emotions Within Us All:

- Your emotions are an independent entity inside of your body.
- Your emotions have their own will, thoughts, and preferences.
- Your emotions have feelings.
- Your emotions have creativity.
- Your emotions have flexibility.
- Your emotions can communicate.
- Your emotions possess incredible wisdom.
- Your emotions can heal.
- **Whether you have experienced these aspects of Your emotions or not, there are several concepts that can enrich our lives and accelerate our healing in order to have better relationships and reach our peak performance-Now!**

MASTERING SELF CONTROL

PRAYER
changes things

PRAYER

When you take the time to pray everyday, you are humbling yourself and requesting happiness and pure bliss on a spiritual level. **In order to be the best you can be, this must be practiced by turning within to shine outwardly!** It's the best source for finding your soulmate, too because you're radiating positive energy!



PATIENCE

In order to practice patience, it takes a lot of strength and self control; however, once you've mastered it, there is no stopping you from accomplishing your responsibilities and desires.



PERSISTENCE

Once you become persistent in your life regarding your relationships, career, and your body as a whole, you will start to see improvement immediately. There's no time to waste. **Start living now and attract what you deserve! I can help you!**

Got Questions?

Please Feel Free To Contact Me Now For A *FREE* Assessment!
(www.StudioSteffanie.com or StudioSteffanie@gmail.com)

Contact me at any time regarding balancing your life or the life of a loved one.

It's time to create the life you want and own it! In order to be with the best mate for you, you need to be the best that you can be naturally or working towards that goal becoming a reality! **Call now: 678.330.8139.**

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