

After learning about the Process, it is time to get to work. How do we make a day perfect to achieve our health and wellness goals?

One perfect method is start your day strong! You might be shocked by this but the very first thing you do is make your bed. Yes, make your bed. If you haven't heard Admiral William McRaven's graduation speech at Texas University you should look at this and you will see why making your bed is more important than you think. By making your bed you have already completed a positive and energy yielding task. No matter what the day brings you accomplished at least one positive thing. You will feel uplifted by this one simple task.

Next, drink a full glass of room temp water. This will kick start your metabolism and provide an energy boost. Hydration is key for your weight loss goals so this quick start will get you there quickly. The last way to start perfect is eating a nutritious breakfast. This is the foundation of your new eating plan and healthy diet. If you had a choice of one perfect meal in a day it is breakfast. Take control of it and crush it! Breakfast will also keep blood sugar in check throughout the day so you are less likely to have sugar and salt cravings later as well as preventing that "afternoon crash".

So now you have your perfect start so let's get into ideas to keep this good thing going. Here are questions to consider:

1. Do I have an exercise session planned?
 - Planning is key because if you wing it you are more likely to not do it or pass it off for tomorrow. Today is the new tomorrow. Did you schedule with your trainer or reserve a block of time at the gym? If neither plan how you will stay active throughout the day.
2. Do I have the rest of meals planned?
 - Ideally it is best to pack your meals and snacks the night before. By preparing in advance it eliminates the possibility of a bad choice. Preparing and packing your own food is cheaper, healthier and more fulfilling than settling for office food or restaurant food. Those who practice this often have better results.
3. Do I have ideas of lifestyle changes in mind?
 - This is tricky to think about but once you start thinking of it ideas will follow. Here are some perfect daily habits:
 - a. Parking your car further away.
 - b. Taking steps versus the elevator and escalator.
 - c. Walking on a break
 - d. Stand up every fifteen minutes at your desk.
 - e. Walk/play with your dog instead of letting him out.
 - f. Play with kids even if tired.

Remember, the little things matter and matter a lot. Human beings are meant to move not watch TV or stare at a computer screen. The above-mentioned ideas are not only great for the physical you but even better for you mentally. Remember, make the best out of every day and treasure the little things so you can get the greater results.