

Daily Affirmations

If you believe the phrase *you are what you think*, then life truly stems from your thoughts. But we cannot rely purely on thoughts; we must translate thoughts into words and eventually into actions in order to manifest our intentions. This means we have to be very careful with our words, choosing to speak only those which work towards our benefit and cultivate our highest good.

Affirmations help purify our thoughts and restructure the dynamic of our brains so that we truly begin to think nothing is impossible. The word affirmation comes from the Latin *affirmare*, originally meaning "to make steady, strengthen."

Affirmations do indeed strengthen us by helping us believe in the potential of an action we desire to manifest. When we verbally affirm our dreams and ambitions, we are instantly empowered with a deep sense of reassurance that our wishful words will become reality.

Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of "positive thought" neurons. In the sequence of thought-speech-action, affirmations play an integral role by breaking patterns of negative thoughts, negative speech, and, in turn, negative actions.

Try one of these today:

You can utilize any of these affirmations alone or create your own unique combination based on your personal wishes and needs. Say it with conviction, say it in your own unique voice, and make it happen in the real world.

- ~Today, I am brimming with energy and overflowing with joy.*
- ~I am superior to negative thoughts and low actions.*
- ~A river of compassion washes away my anger and replaces it with love.*
- ~I am courageous and I stand up for myself.*
- ~Today, I abandon my old habits and take up new, more positive ones.*
- ~Everything that is happening now is happening for my ultimate good.*
- ~My obstacles are moving out of my way; my path is carved towards greatness.*
- ~I wake up today with strength in my heart and clarity in my mind.*
- ~I am at peace with all that has happened, is happening, and will happen.*
- ~My life is just beginning.*

<http://www.huffingtonpost.com>



Reclaim Your Day

Planning Your Day With Style



If you are stressed at work, it can feel like there's more day than you. The trick to reclaiming your stamina and ambition perhaps lies in better planning your day. Here's what you can do.

STEP 1: Know Your Agenda. This will include everything that should, could, or, given the time, would get done. Make this list as extensive as possible-just dump everything in.

STEP 2: Know What's Most Important. The second step is to prioritize. This is also the time to decide what, if anything, you'll allow yourself to get sidetracked by. Some projects must be pursued at all costs, but some crises overrule the importance of a project. In planning your day, anticipate where you may need to divert your focus.

STEP 3: Know What To Do When. The specifics of how you will spend your day flow directly from the preceding two questions-it's simply a logical extension of what's on the agenda and what's most important.

STEP 4: Make It Jump. The final step is to energize the plan. Without a sense of excitement, your plan becomes a dark storm cloud filled with a day's worth of stress. But a perspective that includes some measure of excitement changes all of that.

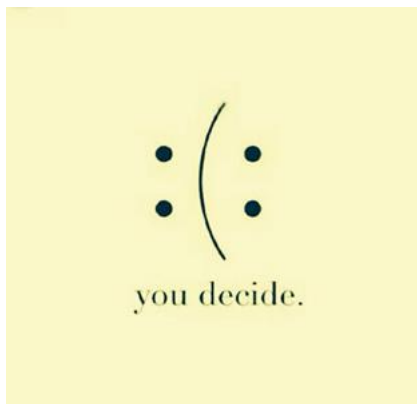
<http://www.welcoa.com>

WATER- with a twist

Drinking plain water all the time is like eating the same lettuce and chicken for every meal: It's healthy, but it can be boring.

Flavored waters have invaded the grocery store. But most commercial brands are nothing more than food coloring, sugar, and chemicals. You can jazz up an entire pitcher of water at home naturally with just a few ingredients. All you need is fruit and fresh herbs. Given water's many benefits-it can prevent headaches, boost brainpower, improve your mood, and even help you lose weight-these recipes will help you stay healthy and hydrated all summer long.

<http://www.prevention.com>



fruit infused water

easy combinations for natural detoxification

Fat-burning, digestion & headaches



green tea + mint + lime

Blood sugar support & digestion



cucumber + strawberry + kiwi

Hydration, digestion & appetite control



cucumber + lemon + lime

Immune defense, digestion & heartburn



lime + orange + lemon

For best results: combine each with 12-16 oz water!

PHYSICIAN'S PREFERENCE.