

You, 2.0

YOUR GUIDE TO EXCELLENT SELF-CARE



THE LIFE-CHANGING POWER
OF LOVING YOURSELF

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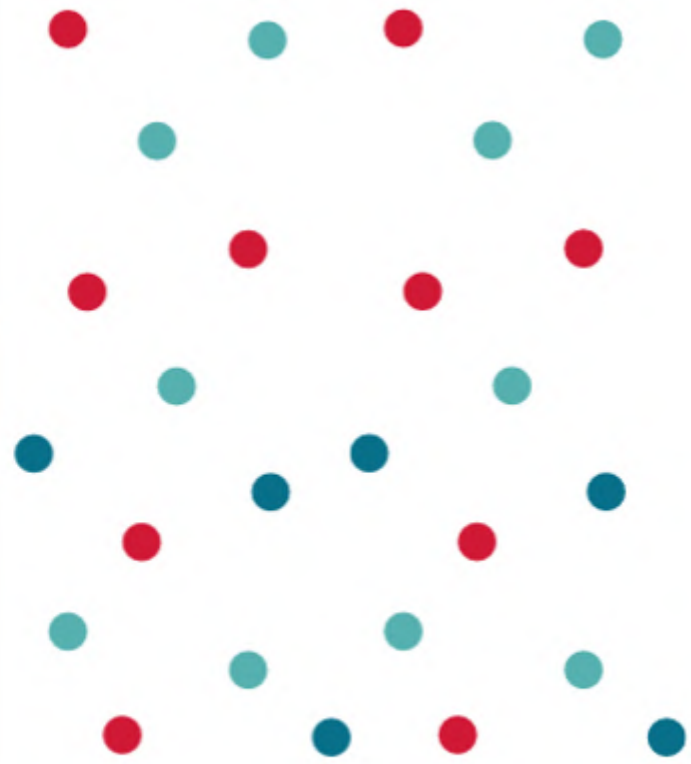
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You deserve the very best

Do you ever find yourself struggling to stick with your fitness and wellness routine?

It might feel like you're constantly starting over.

Or maybe you're always on the lookout for the latest trendy diet or exercise fad so that "being healthy" feels like less work ... is less tedious ... or so that it happens as fast as possible, so you can get it over with.

This guide is going to show you how making a powerful (but surprisingly simple) mindset shift can completely change your outlook.

In fact, in just a few days or weeks, you'll find that taking excellent care of yourself is something you actually WANT to do and look forward to.

What if you approached your self-care as a gift, because you know you deserve the very best?

Take a moment to imagine yourself as a 7-year-old.

Picture how you looked, and remember the things you loved to do, your family, your hobbies, your friends, and your dreams for the future.

You were a pretty awesome kid, weren't you?

Now, here's the question:

Are you caring for the grown-up version of that 7-year-old the way he or she deserves, so they live a full and vibrant life, fulfilling all that amazing potential?

Let's give them an upgrade!

This guide outlines 34 steps to begin taking better care of yourself starting RIGHT NOW ... because you deserve the gift of feeling GREAT.

Any time you need a little lift, just choose ONE of these items and start feeling the love!

MOVE

Your body was built to MOVE. Studies repeatedly show that working out helps us physically - preventing cardiovascular disease, cancer, diabetes and more, boosting our energy and also the "feel-good" hormones that lift our moods. Not only that, but it makes us faster, stronger and more fit ... and gives us shapely muscles!

Make exercise a gift you give to yourself and you'll be amazed at how it can transform your outlook.

01

SWEAT

Cardio exercise is good for your heart, your muscles and your mood! Walk, jog, run, dance, bike, swim, kick, punch ... just move your body's big muscles for 15 minutes (or more) and you'll feel more energized AND happier! Work up a sweat 3 to 5 days a week.

02

GET STRONG

Just like cardio, resistance training does a body good! Not only can it change how your body feels and looks, it changes how it functions as you become stronger and fitter. It's also good for lifting your mood and building amazing confidence. Try to get in *at least* 2 training sessions a week!

03

STRETCH YOURSELF

Want to stay young as you age? Stay flexible! Having a supple, agile body with pain-free joints will keep you moving easy. Try yoga or some other form of stretching at least 3 days a week. Bonus: studies show you'll sleep better and be in a better mood.





EAT

What you eat has a powerful effect on how you feel. If you don't believe it, just watch children after they eat sugary junk food!

When you make the effort to feed your body nourishing foods it will reward you with better health, fewer aches and pains and happier moods!

04

COOK

Cooking your own meals is a great way to take excellent care of yourself. One study showed that people who ate regular home-cooked meals ate more fruits and veggies, were more likely to have a healthy body fat levels and not be overweight.

05

EAT FEEL-GOOD FOODS

Eating a mostly plant-based diet that contains healthy fats and natural, organic proteins is the cornerstone for a body that feels great! Aim for a colorful diet: leafy greens, blueberries, omega 3s (found in salmon and flaxseed), beets, oranges and probiotics.

06

CHOOSE CHOCOLATE

Enjoy some dark chocolate in moderation. Studies show it may help keep blood sugar in check, battle anxiety and inflammation, and that its antioxidant content might help prevent disease.

DRINK

Experts still are unsure *exactly* how much we need to drink each day for optimal health, but the benefits of staying hydrated are pretty clear.

Depending on your size and how much you exercise, try to get 8 to 16 cups of water a day.

07

HYDRATE FOR HEALTH

Flooding your body with enough water helps with brain function, boosting your mood, improving your physical performance, keeping your digestive system happy and preventing headaches ... plus it can even help with weight loss.

08

INFUSE YOUR SKIN FROM WITHIN

Drinking more water helps to clear your skin and give you a healthy glow. Not only that, but it can cut down on aches and pains associated with dehydration.

09

TRY TEA FOR HAPPINESS

Did you know that drinking green tea can help you feel calmer and happier? Matcha green tea contains an energy-boosting adaptogen that helps promote alertness ... while at the same time promoting calmness! Brew a cup to avoid the dreaded afternoon slump.

10

KOMBUCHA LOVE

This trendy fermented drink contains lots of good-for-you ingredients that help improve your gut health. But that's not all ... it also contains lots of B vitamins, which can help boost your mood!



DO

Participating in life and stepping outside your comfort zone will go a long way toward boosting your happiness quotient.

11

TAKE YOURSELF ON A DATE

Explore a new store, visit an art exhibit, sit down and journal at a coffee shop. A change of scenery will do you good!

12

PLAN AN ADVENTURE

Try a new activity: try kayaking or aerial yoga. Grab some friends and go on a hike.

13

HOG THE REMOTE

Treat yourself to some downtime with a movie or a quirky Netflix show you've been wanting to see.

14

GET YOUR GROOVE ON

Make a playlist of your fave songs and turn it up!

15

LEARN SOMETHING

Expand your mind: take a class, learn a language, pick up a musical instrument.

16

GO OUTSIDE

Studies show that being outdoors helps calm our mind and lift our spirits!



BE

Taking some time to slow down and just "be" can help recharge your internal batteries and reduce stress.

17

SLEEP

Aim for 7 to 8 hours a night. Create a restful before-bed routine that signals your body it's bedtime, and avoid electronics for 1-2 hours before you lie down.

18

LOVE THE SKIN YOU'RE IN

Dry skin brushing before you shower each day helps to care for your body's largest organ. It sloughs dead skin cells AND revs up blood circulation. Simply brush your skin with a natural-bristle brush and then shower off. Be sure to slather on the moisturizer post-shower.

19

PAMPER YOURSELF

Treat yourself to a spa treatment: get a massage or pedicure.

20

ESSENTIAL OILS

Try diffusing essential oils. Some oils have been shown to stimulate happy feelings and make you feel more energized: lemon, orange, peppermint and jasmine.

21

EPSOM SOAK

Pour 1-2 cups of Epsom salts into a warm bath and enjoy a relaxing soak! Be sure to drink a little extra water when you're done.





BE, PART 2

22

SMILE

Most of the time we smile because we're happy, but studies also show that the act of smiling can actually make you feel happier and put you in a better mood.

23

CUT YOURSELF SOME SLACK

Does the little voice in your head constantly criticize you and talk to you in a tone that you would never use with another person? Tell it to back off and give yourself some credit.

24

TOUGH LOVE

On the other hand, do you need a talking-to about upgrading areas of your life? Do you need a lecture about getting out of your comfort zone? Maybe it's time to show yourself a little tough love. No one can take you to the next level but you.

25

CHANGE YOUR SHEETS

This is a simple and easy way to pamper yourself: put your favorite sheets on your bed and take a shower just before bedtime. When you crawl between the sheets ... bliss!

CONNECT

More and more, researchers are finding that our social connections are a vital part of our overall wellness. Taking time to connect with others will pay off in improved health and happiness!

26

SURPRISE AN OLD FRIEND

Send a message to friend, former coworker or family member you haven't seen in a while.

27

SAY THANK YOU

Buy a box of pretty cards and send a thank you note every day until the box is empty. You can thank former teachers, classmates, friends, mentors or anyone else you can think of who has inspired you along the way. Let them know exactly why you are grateful for them!

28

COMPLIMENT A STRANGER

Next time you're out running errands, make it a point to pay a compliment or say "hello" to at least one person you don't know.

29

JOIN A NEW GROUP

If you want to meet new people, put yourself in places to make it happen. Join a Meetup group, take a class, or attend a community event and give yourself a chance to mingle





REFLECT

Taking time for yourself can keep you on-track with your fitness lifestyle.

30

SLOW DOWN

If you find yourself constantly rushing, chances are you're not focusing on the present. If you slow down, you'll feel less stressed ... and chances are you'll actually get where you're going more quickly because you're paying more attention!

31

JOURNAL

Take 10 to 15 minutes a day to journal your thoughts and feelings. Often you'll find solutions to problems before they ever arise!

32

AFFIRMATIONS

Find 3 affirmations that resonate with you (*examples: "I am healthy," "I am strong," or "I deserve happiness"*) and repeat them throughout the day.

33

MEDITATE / BREATHE

Take 5 to 10 minutes during the day to focus on just one thing: your breath. This will instantly relax you and help stave off anxiety.

34

FIND INSPIRATION

Make time to read books and articles that challenge and motivate you.



LEARN MORE



www.missfitsbootcamp.com