



ENJOY THE JOURNEY & BE THE BEST VERSION OF YOU

www.KetoLifestyleForWomen.com

Remember this is a journey and we get to choose to enjoy it. It a journey of discovering the depths of our soul and that can be uncomfortable but the beauty that arises from that is spectacular. Always do something that stretches you and makes you uncomfortable to be a better version of you!

- Invest in yourself – do the testing to find out the status of your health; most of the time insurance will not cover this
- Weekend seminar – spend a weekend at seminars that will improve and enrich different areas of your life (relationships, business, personal growth, finances, spirituality)
- Health conferences – these are incredible investments that will last a lifetime; the new information, the new friends, the number of people that are seeking to improve and maximize their health (One of my favorites: Women’s wellness conference with David Wolfe)
- Weekend retreats – it’s time to renew your mind and spirit where everything is taken care of including delicious healthy meals, workshops, massage, rejuvenation; you can always have a girl’s weekend at your house or rent a cabin in the mountains or a beach house for the weekend
- You will make mistakes – learn from them and do better next time
- Daily habits create the current life – choose those that create the best version of you