

JENNIFER TRINKNER'S

— TOP 10 TIPS —
FOR IMPROVING HEALTH
& BUILDING WEALTH



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Over the past ten years, I have encountered thousands of people seeking change. This desire comes from the natural human trait of wanting more and wanting to *improve themselves.*



We are clear that our health is our greatest asset, so these tips are written with that in mind.

Nothing great in our personal life or business is going to come from a vessel that is sick and tired. People want to do business with people who display confidence and posture. Your mental and physical presence has a great deal to do with your long-term success.

Money is an energy. It can be exchanged for other energies or experiences.

Once the stigma around money is removed, we can use this energy to engage fully in our passions. One person's passion may be to feed the homeless, while another's passion may be building something that will change the world.

To expand and reach our full potential, money becomes a vehicle to make massive contributions to ourselves and the world outside ourselves.

The focus is to find balance and to do so from a foundation of good health and wealth consciousness. This is how you attract abundance in your life and in your mind.

Here are my Top Ten Tips for starting a journey of amazing health and increased wealth.

01 DECIDE THAT YOU ARE GOING TO MAKE A CHANGE

Making a clear decision on your direction sets the compass in the right direction. It is essential to know where you desire to go so you can create a map to success in your mind. This is a crucial first step in creating change.

02 IDENTIFY YOUR WHY

What is it that you want to change and why?

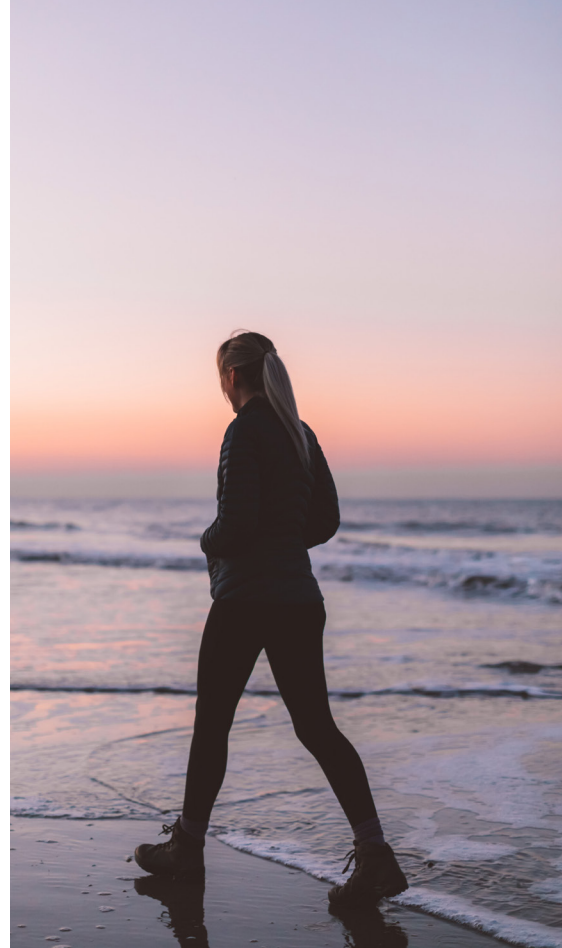
Examples: I want to feel better. I want more energy. I would like a new career. I would like a different circle of influence. I want to know how to make better choices about food. I want to spend more time with my children, etc.

Create a strong statement around this reason and make it your purpose.

Example: My why is centered around being more present with my family and spending more time with my children.

Example 2: My why is centered around creating additional income so that I can purchase a car for my daughter's graduation.

What is your WHY?



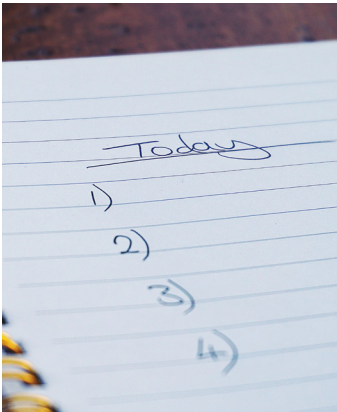
02 EVALUATE WHERE YOU ARE AND WHERE YOU WANT TO GO

Establish a baseline in the following areas. Here are a few ideas.

01. **Environment.** Your environment plays a significant role in your life. Your mood, health, productivity, motivation, mindset, and happiness are all factors influenced by your environment.
02. **Physical Health.** Our health is our greatest wealth. Without good health and fluid energy, we are operating at a lower capacity than we are capable of. Our body will create limitations if we do not feed it correctly and keep it in motion. No amount of money can truly give you back your health. This area is about doing the daily work to make this vessel we inhabit a beautiful place to live.
03. **Spiritual.** The old proverb that says, "If you cannot meditate for 1 minute a day, then you need to meditate for 20 minutes a day," is funny but true. Learning to be still and evaluate the world around you and the world within you is key to our strength. This is where hope and faith live. A strong spiritual connection will allow you to step outside this 3-D world and commune with the divine. The path to enlightenment begins with a single step.
04. **Personal Growth.** Are you growing personally and professionally? Do you know how to engage in personal growth activities? Prepare a strategy around growing in areas that need attention.
05. **Mental Health.** Mental health is key to feeling successful and breeding confidence in yourself and those around you. It is also the most significant factor in our happiness and our ability to be productive. Perform a self-check. How are you feeling on a daily basis? Are you speaking kindly to yourself? What would you like to improve in this area?
06. **Career.** Your career is likely a significant part of your life. If you have a career, chances are good you spend over half of your days at work. Because of that, your career holds a lot of power in your everyday life. Do you feel like you will be on this career path for the rest of your life, or will you change at some point? Are you satisfied with the career path that you are on, or do you want more?
07. **Finances.** What is your relationship with money? What role does it play in your life? Evaluate how you would like this to look now and in the future.
08. **Relationships.** Are your relationships filling you up or detracting from your cup? Are your relationships healthy? Do they bring you joy or dread? What would a great relationship look like with friends, family, colleagues or the opposite sex?

04 COMMIT TO SHORT TERM AND LONG-TERM GOALS

You may liken goal setting to navigating the open ocean. If you leave the port without a plan, you may end up in the middle of nowhere—or maybe even at the bottom of the ocean. Creating a map for yourself and using a compass is much better than putting your finger up to see which way the wind blows. We can compare short-term goals to checkpoints along the way. Long-term goals are more like a destination. (However, we all know the fun is in the journey, not the destination!) And once we arrive or while we are on the way, we will be setting new goals.



05 GET INTO ACTION

Perform daily activities to reach your goals! This could be anything from improving your food intake on one meal, getting to the gym, engaging in spiritual practice, making phone calls, or finishing paperwork hanging over your head. Get into action and check items off your list each day that keep you up at night. Get it done, and you have won!

06 MAKE BETTER CHOICES

Every choice you are confronted with comes with a feeling about that choice.

If it is a good feeling, then make that choice. If it is a bad feeling, do not make that choice.

The more you can do this, the better choices you will make.

When you have options at the beach like “pimento cheese and sourdough bread” or “fruit and raw nuts,” what should you do? You pick the one that is going to serve you best. Do you want to be bloated and sluggish when playing with your kids or walking on the beach with your sweetheart, or do you want to feel light, energetic and look like a million bucks? We all know which is the right choice, so make it. This is an easy plan to bring you daily success. Ask yourself “which choice” will make you feel the best, and then decide how you want to feel.

07 CONVERT CHOICES INTO HABITS

Now that you are making better choices evaluate which you would like to convert into daily or weekly habits and get into action.

01. Go to the gym or exercise outside. Create a daily habit and do your best to reach it. You don't have to be perfect; you just have to stay in action and commit to yourself.
02. Pick better food choices. Find the combinations that work for you and prepare them for yourself in advance. If you don't know what you are eating for lunch tomorrow, then you already have a problem. If you get busy or time gets short, you will inevitably make bad food choices that will affect your day.
03. Make your bed. This is always a good habit. It provides immediate success in the morning and lets you get a start on your checklist. This is an easy WIN for the day, and when you get home to a peaceful and clean environment, it will make all the difference in the world.



08 FOCUS ON IMPROVING 1% PER DAY

This concept is not new, but sometimes we need a reminder of what a 1% daily improvement could look like over a year or five years. Find a few attainable habits to start with, and work them into your daily routine.

There is a concept called habit-stacking. Think of it like this. Pick a habit you already have and pair a new one with it. For example, if you drink coffee in the morning and you usually sit in front of the TV, maybe change that to turning on some music, sitting on the floor, and stretching. Now you've had your coffee, your blood is pumping, and you are warmed up.



09 BE PATIENT WITH YOURSELF

This is truly important to making changes in your life. Love the process, don't rush it. Start to embody change and make it part of your routine. If you miss a day, eat something that makes you feel bad, or spend three hours in the social media "scroll hole," then just know that you are improving, not fully improved.

"Every master was once a disaster!" Do your best. Celebrate your daily achievements. Do not get off track because of a few bad decisions. Go back to your WHY, your list of daily goals and remind yourself of your path and commitments. Take a deep breath and reset.



10 ENGAGE ACTIVELY IN A PERSONAL GROWTH MINDSET

Before walking down the path, it is essential to understand personal growth. Here are some helpful definitions:

Growth mindset:

People with growth mindsets believe that skill and intelligence are something that people can develop. They think that while people have inherent qualities and traits, success comes from constant personal development.

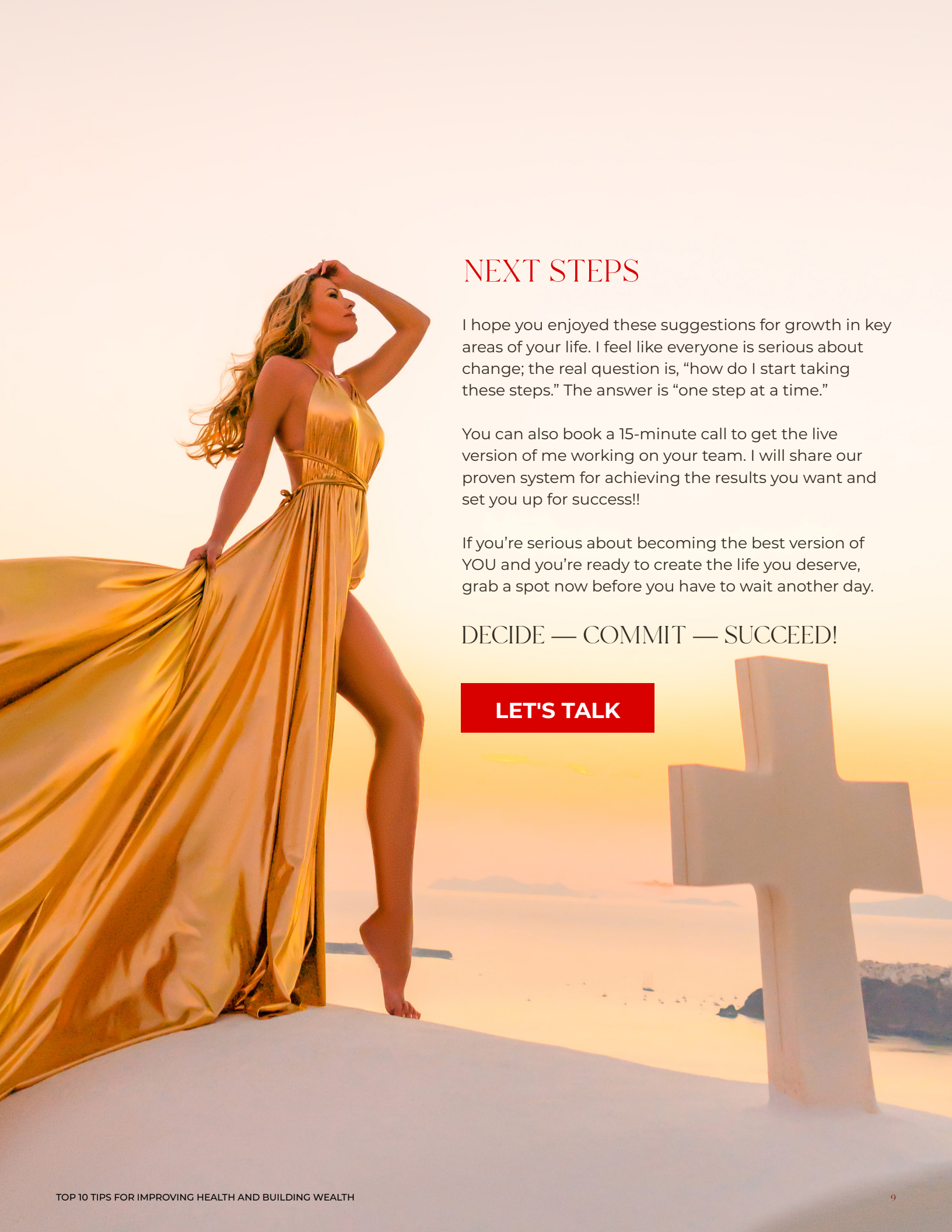
Fixed mindset:

By contrast, those with fixed mindsets believe that talent and intelligence are something you either have or don't.

I believe that people can accomplish almost anything they set their minds to. If you think you can't, then you can't. If you think you can, then you can.

That makes it ultra-important to define your strengths and develop them.





NEXT STEPS

I hope you enjoyed these suggestions for growth in key areas of your life. I feel like everyone is serious about change; the real question is, “how do I start taking these steps.” The answer is “one step at a time.”

You can also book a 15-minute call to get the live version of me working on your team. I will share our proven system for achieving the results you want and set you up for success!!

If you're serious about becoming the best version of YOU and you're ready to create the life you deserve, grab a spot now before you have to wait another day.

DECIDE — COMMIT — SUCCEED!

LET'S TALK