

My 5 STEPS a Day

Brief Overview



My 5 STEPS are a unique journaling program to improve your habits and attitudes. Every day ask yourself these 5 simple questions and shade-in your responses. It's the Physical act of shading-in your STEPS and Visually seeing your progress that activates your **Visual** and **Kinesthetic** learning centers to improve your habits and attitudes. You're the Chef! How are you feeding your body, mind, and spirit? Do you need to Change anything?

PHYSICAL



Did I get **PHYSICAL** today?



If you did, shade-in the 'P'

It doesn't matter and I'm not asking if it was a hard or easy workout? If it was aerobic or anaerobic? Or if it was a short or long workout. The question is, were you able to carve out some time in your day to do some type of physical exercise or activity?

I'm not asking if you lifted weights, ran, biked, danced, swam, or played pickle ball! Keep in mind, for some people walking to the store, gardening,

cutting the grass or shooting hoops with the kids could easily count as physical exercise for the day.

Let's not over-analyze it, the question is, did you carve out some time in your day to get some physical activity? Did you take a step forward today or not? If you did, lock-in that gratification, get that mini-victory and shade-in your step. If you didn't - tomorrow is another day, and you'll have another chance to take a step forward.

Don't get down on yourself if you didn't do your normal workout for the day. There are days I'm traveling, and I'll squeeze in a 20-minute walk at the airport, instead of sitting on my phone as I wait. So don't get locked into thinking it has to be a full fledge, regularly scheduled workout to count.

Keep in mind, physical exercise may not be one of those things you do every day. It's different than **Eat** and **Think**... which is something you do every day. The simple goal is to make physical exercise a positive and regular habit for yourself. And you do that by being consistent in your efforts.

This isn't a diet or fitness book. You get to decide if you want to be an Olympian or someone who simply wants to **Look Better, Feel Better and Sleep Better**. Just be aware that your level of health and fitness does impact other areas of your life. Maybe that's why we've always heard the phrase **Strong Body – Strong Mind!**

EAT



Did I **EAT** right today?



If you did, shade-in the 'E'

Garbage In – Garbage Out! If you are trying to lose weight, get in better shape or overcome some health issue...diet is important! Therefore, as your own personal chef, you need to look at what you feed your body. Are your dietary habits helping or hindering you? You can't get healthy and trim if you don't eat right, it's that simple! You don't have to eat perfectly, but you do need to eat better.

Did you eat good for the day? Did you leave off dessert, junk food, snacks, a late-night binge and all the sugary bad drinks for the day? Do you need to change some of your dietary habits? We're not counting calories, fats, or carbs. We're not asking if it was organic or not. Or if you followed your dieting program – perfectly. We're looking for good meals and better dietary choices - not perfect meals.

Please keep in mind, we are all coming from different starting points with regards to our dietary choices. I'm not looking to beat up packaged or processed foods. Yes, organic, grass fed is better but for some, simply staying away from junk foods, desserts, late-night snacks, soft drinks, and lattes are a big step in the right direction.

Keep in mind, eating three good meals a day is awesome, but two good meals and one not so good meal is essentially taking two steps forward and one step back. You still made progress! Home runs are great, but base hits will also help you win. You could have made more progress, but you are still headed in the right direction. Maybe you had your splurge or decadent meal for the week? Did you keep it to only one bad meal or did you drop the ball for the whole day? If you did do well, pat yourself on the back and keep moving forward.

Unfortunately, for some people, when they screw up and blow a meal, it sabotages their whole week. So, don't over-analyze your results. You simply want to keep moving forward and making progress. If you did Eat right for the day, **shade-in the E**, if Not, leave it blank. You don't get to blame someone else for your poor choices – you're the adult who's responsible for your own decisions. The question is are you putting in your **TEE** Time. Your **Time**, **Energy** and **Effort**? Your choice!

If you're looking to improve your level of health, you need to make that commitment to yourself. If that means getting up earlier to make lunch, snacks, or whatever – that's what it's going to take.

You are What You Eat and Think!

It's been said, "*you are what you think.*" If that's true, feeding your mind is like feeding your body. Some food builds you up and strengthens you, other foods, Not So Much! Therefore, wouldn't it make sense and be better to feed your mind more positive affirmations and uplifting self-talk instead of letting

your inner voice feed you with negative thoughts of fear, worry, and doubt?

Researchers estimate that we process about 50,000 thoughts a day. Of those 50,000 thoughts, 80% of your thoughts are from yesterday. And 90% of those thoughts are negative. So, let's get in the habit of feeding our mind better thoughts to chew on.

Your conscious mind runs during the day, but your subconscious works 24/7. Whether you nourish it with positive or negative thoughts and fears are your choice. Feed yourself fear, worry, and doubt – creates a less than positive mindset. Feed yourself thoughts of joy, success, and victory will build a more positive mindset and outlook for yourself.

If your thoughts do influence your tomorrow, doesn't it make sense to feed yourself with more positive, inspiring, and uplifting thoughts?

THINK



Did I **THINK** better today?



If you did, shade-in the 'T'

Whether you realize it or not, your mind is always thinking and processing thoughts. It starts from the moment you wake up until the time you go to sleep. The thing you need to remember is that you are the chef who is responsible for choosing what to feed your mind? Do you tell yourself and create that

mindset that it's going to be a great day first thing in the morning? Or do you wait till after a shower, breakfast, walking the dog, feeding the kids, driving to the office, after your workout, etcetera. How long does it take before you give yourself some positive word of encouragement?

Positive thinking goes back to biblical times, when we first heard a man is as a man thinketh. So, what kind of self-talk are you feeding yourself? Is your internal dialogue telling you Yes, I Can or No, I Can't? Are you building up your self-esteem and confidence? You don't need to repeat a magic phrase a zillion times, but you need to add some positive thoughts and affirmations to your daily mental diet. The last thing you want to do is fill your mind with thoughts of No, I can't – Not me!

Yes, positive self-talk and words of encouragement might feel a little awkward in the beginning, but that doesn't mean it's wrong. You need to change your internal dialogue to something that inspires and motivates you - not limits you! It's called self-talk! **People exercise, dine, travel, work, study, shop, and sleep by themselves.** So why can't you talk to yourself and give yourself some positive words of encouragement. It's less expensive than a coach, plus you can connect 24/7!

I know it's easy to get **mentally distracted** after you wake up - with the radio, TV, social media, kids, dogs, spouse, all calling for your attention. But you need to be mindful of your thoughts and internal dialogue and get it to help you, not hurt you? Take a minute or two after you wake up and give yourself some positive words of encouragement. The world isn't filled with **born leaders and positive thinkers** – they are both

learned skills. The question is, are you going to learn these skills for yourself or not?

It's easy to tell yourself... *work sucks, I can't do it, I can't buy a break, yada, yada, yada.* All I'm trying to do is get you to start adding a few more drops of something positive and uplifting into our mental diet and start moving the scale in the other direction.

SLEEP



Did I **SLEEP** with a smile?



If you did, shade-in the 'S'

When you slept last night, did you fall asleep with thoughts of worry, fear, and anxiety? Or did you feed your subconscious with positive, uplifting thoughts, and dreams for tomorrow? Did you know that the thoughts you feed your subconscious will get replayed throughout the night, and can affect your tomorrow?

I'm NOT asking how many hours you slept, or if you fell asleep quickly. But if you went to bed grumpy, anxious, or worried about tomorrow – what kind of attitude or mindset do you wake up with? But, if you fall asleep with a **smile on your face**, as you visualize your goals, dreams, and

accomplishments you are after – what kind of attitude or mindset do you wake up with?

Sleeping with a Smile happens when you take those last minutes before falling asleep and focus on your goals, dreams, and aspirations. The more vivid that mental picture is in your head, the bigger that smile grows on your face – it's one of those Pavlov's dog things. Try it when you go to bed later.

I know some people, may not know exactly what their goals and dreams are, but that doesn't mean you can't '**ready the ship to sail.**' Simple words of affirmation at bedtime like, *I feel great; tomorrow will be a great day, I feel strong and healthy...* are also a good way to feed your subconscious and sleep with a smile, instead of allowing those 8 hours to be ruled by worry, fear, and anxiety.

You spend a third of your life asleep, under the control of your subconscious. You decide if you want to nourish it with positive or negative thoughts. I'm sure you know **it's not good to feed your body junkie food before bedtime, so why would you feed your mind – junkie thoughts** before bedtime. IT'S YOUR CHOICE!

If you can't imagine your dreams coming true with your eyes closed – how hard will it be with your eyes wide open? Give yourself a destination, some direction! You don't set sail without knowing where you want to go. *If you're not focused on the land of milk and honey – don't complain if you arrive in the land of headaches and heartaches.*

If Sleeping with a smile is tapping into the power of your subconscious - doesn't it make sense to

have your subconscious mind working for you as opposed to against you when you sleep?

SPIRIT



Did I work my **SPIRITUAL** muscles?



If you did, shade-in the last 'S'

Have you let your spiritual muscles get flabby? Do you work on them weekly? Monthly? Annually? Do you have a spiritual connection? Or do you believe because you were born into a specific religious belief you automatically have the spiritual strength to get through the tougher times in life, even though you do nothing to strengthen your spiritual walk?

Like your physical muscles, you get out of it what you put into it! If you drive to the gym, but don't really exercise the way you should – is it really helping you? The same is true if you simply drive to your place of worship and are simply there for a nap, snack, and socialization. Can you truly say you strengthened your spiritual muscles? You get out of it – what you put into it, it's that simple!

We all come from different starting points! Some question a higher power. Some were raised with religious beliefs, others weren't, and others were taught it was nonsense. In other words, some of us may be lost, looking, or letdown in our spiritual

walk. Either way, please understand one thing – **you are Body, Mind, and Spirit.**

For years I had doubts, I wasn't connected and growing in my walk, but I finally started to ask questions. I didn't depend on what family, friends, acquaintances or talking heads told me. I put in my time and effort to read and learn for myself.

Reading is a great place to start for anyone who has questions. World history could be a great place to start, especially when you learn many of the earlier civilizations believed in a higher power. Like exercise, to build your spiritual muscles, it takes time and effort.

You can read and study privately or with others to strengthen your spiritual muscles. You can listen to and watch various programs and podcasts. And of course, you can also attend, serve, and fellowship with others to strengthen your spiritual walk daily.

Yes, reading the Good Book is a great way to strengthen your spiritual muscles, The basic goal is to strengthen your spiritual muscles more than simply once a week, once a month or only twice a year. **You get out of it what you put into it!**

I knew for years I was guilty of always finding excuses, something would come up. But thank heavens for the internet and 24/7 access to various shows and podcasts to help me feed my spiritual muscles. So, there are some advantages to all the technology we hold in our hands. The point is, like exercise, there are several different ways to exercise the body – and there are several different ways to strengthen your spiritual muscles. It all comes back to your time and effort!

THE POWER OF HABIT...

*I am your constant companion.
I am your greatest helper or
Your heaviest burden.
I will push you onward or drag
You down to failure.
I am completely at your command.
Half the things you do you might
as well turn over to me,
And I will be able to do them
quickly and correctly.
I am easily managed; you must
merely be firm with me.
Show me exactly how you
want something done,
And after a few lessons
I will do it automatically.
I am the servant of all great individuals
And, alas, of all failures as well.
Those who are great I have made great
Those who are failures
I have made failures.
I am not a machine, Though I work
with all the precision of a machine
Plus the intelligence of a human being.
You may run me for profit
Or run me for ruin;
It makes no difference to me.
Take me, train me, be firm with me,
And I will put the world at your feet
Be easy with me, and I will
destroy you. Who am I?*

I am habit!

Author Unknown

It's Feedback and Accountability! *CHANGE* is Not a four-letter word! *CHANGE* does Not happen by accident and *CHANGE* is intentional! Therefore, if you keep doing what you've been doing - you'll keep getting what you've been getting. **CHANGE** is all about **Creating Habits and Attitudes Now** for **Greater Expectations.**

Are your Habits and Attitudes helping or hurting you? Will it take 21 or 90 days to improve your habits and attitudes? Who knows, but if you want to improve your **physical, personal, professional, or spiritual walk** – you may need to change something.

My 5 STEPS are like Seinfeld's calendar – it's that visual image you see of your progress that anchors those better habits and attitudes. Just remember, You are the CHEF responsible for feeding Your Body, Your Mind, and Your Spirit. Not everyone is inspired by simply reading or listening!

The best thing about **shading in** your STEPS and **Visually** seeing your progress, is you get this little feel good, bio-chemical, endorphin hit for your accomplishment. You don't get that from other self-help programs. So, tap into your *visual* and *kinesthetic* learning centers to anchor those all-important changes you want to see in yourself.

Dr. Len

Check out **My 5 STEPS Guide** for more in-depth explanation of each **STEP.**

You can find it at www.5STEPSaDay.com