



5 Ways to Feel Empowered with your Health Today!

Are you ready to take control of your health instead of feeling like it controls you? Do your symptoms creep up on you at the most inopportune moment and keep you from living your life? Have you ever left your doctor's office with more questions than answers?

Often we feel like we don't know where to begin and this feeling builds up and feels like a colossal task is ahead of us. How are we ever going to do it? Sometimes our biggest hurdle is thinking we have to do something BIG when all we need to do is begin with something small.



You're going to do it by taking small steps. You're going to accomplish little wins. You're going to chip it away, one thing a time. When you've done one, it's much easier to do another, then another, and then another until the momentum carries you and each step is easier than the last.

You CAN improve your health, with or without a diagnosis. Your body loves you and it wants to heal. It wants to take care of you.

Are you ready for some clarity, control, and empowerment?

Here are 5 ways you can take to feel empowered with your health today.

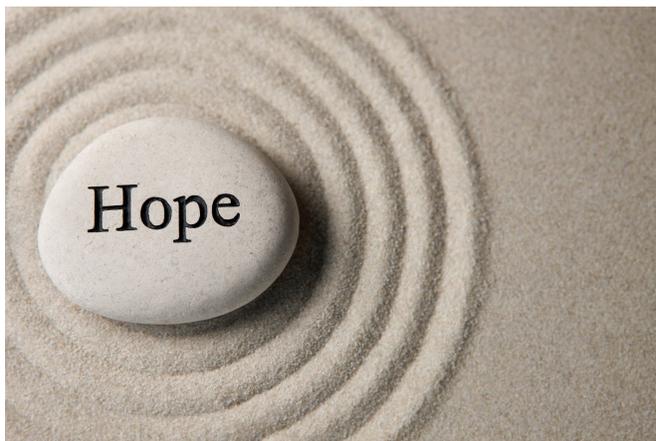
3. Create some kind of Plan (don't act on it yet) OR take one baby step.

Is there something in the forefront of your mind that your inner voice keeps telling you to do? It could be something such as meal planning so you're not stuck figuring it out at the last minute. Maybe it's starting a meditation routine or even a structured morning routine with journaling or setting your intentions for the day. Perhaps it's beginning a movement or fitness regimen.



Once you have it, just take ONE step to prepare for that goal. For instance, find and download a sample meal plan. You don't need to act on it, just have it ready. Ponder on what time of day you could take 5-15 minutes for meditating. Is it first thing in the morning? Before bed? Your lunch break? Maybe it's structuring out a morning routine to fit in meditation, a healthy breakfast, or exercise. Perhaps just purchasing a yoga mat would be an amazing step for you to take. The point is, doing something small is creating a plan which helps you gain momentum. You will feel more empowered with one small step. You're planting seeds that sprout into more.

4. Read an informative or inspiring book on the subject.



A significant piece to gaining control is gaining knowledge. Secondly, Inspiration sparks empowerment. Knowledge fed with inspiration is a powerful, motivating combination. Some books give us what we need to \}[, , some books give us what we need to ^^.

Follow your intuition and start reading a book that gives you what you need right now. Maybe it's something like V@Á], ^!Á [-Á], , by Eckhart Tolle or V@Á æ@ Á

Úi[q &], by Dr. Terry Wahls where she shares her inspirational story of beating MS with nutrition, or ÇÁÚ~ !çã[!qÁ~ ã^Á Á&ã *Áç &^!qÁÇ• by Dena Mendes, or T^ã&çÁ^ãã { KÁ Û&^ÁÇ @ãÁ^c!^Á)) ^•ÁçãÁ[, Á Áçç Á^ç, by Anthony William.

