

# Five Tips to Fuel Your Excellent Life



## *Make your bed everyday*

Making your bed creates smooth energy and clean lines in your life. It signifies the day beginning and ending with grace.



## *Read the ingredients*

If you read the labels on everything you eat you will be shocked at the unnecessary and toxic ingredients in most "food." Lean towards short, simple ingredient lists with only words you can pronounce and recognize. Ideally, if you are eating it, it would be something you could cook with in your kitchen.



## *Move your body*

We do not stop moving because we age, we age because we stop moving. The more wide ranging your movement is, the younger and more vital you will remain.

If you don't have a daily movement practice, start with a 20-minute walk each day. Building muscle mass, flexibility, and strengthening your heart are all activities that make you feel and look better because they build health and vitality. So dance, stretch, run, walk, and lift your way to a better life.



## *Listen to podcasts/audiobooks*

There are tons of moments in the day that you can fill with inspiration, uplifting thoughts, and learning. Choose an inspiring book on Audible or a podcast in an area of your interest and listen to it instead of the voices in your head.

Listen while you drive, clean, organize, do dishes, workout, go for a walk, before bed, in the shower. Change the dialog in your mind and change your life.



## *Surround yourself with inspiring people*

We are a product of the 5 people we interact most with. Ask yourself if the people you surround yourself with are raising you up or dragging you down. Replace a toxic friend with the voice of your favorite author or thought leader. The words and energy around us matter. Change what surrounds you and your inner world will change.



### **Leigh Ann Orsi, Certified Life Coach**

Offering personalized one-on-one coaching and group courses. For more information and to sign up, visit my website, [leighannspeaking.com](http://leighannspeaking.com).

**"We are what we repeatedly do. Excellence, then, is not an act, but a habit." – Aristotle**