

Carolyn Strauss

OPTIMAL OUTCOMES: COMMUNICATION THAT CREATES RESULTS



The "Optimal Life Tune-Up" Follow up

It's been a little while since you participated in the "Optimal Life Tune-Up" session; so to re-enforce your time with Carolyn ~ here are some little reminders:

Take '10 deep breaths' at the top of every hour

*Surround yourself with images, things and sounds that inspire you to move forward**

Remind everyone around you what your vision is, for the result you wish to achieve

Show appreciation to your partner; it costs you nothing and gets you everything

Take at least 10 minutes everyday to recalibrate and realize that "it's all good"

Do something in the next 48 hours that feeds your soul

Remember, the instruction manual for your body: Feed it, Water it, Rest it, Move it

Ask yourself: What game am I playing, and what does it look like for me to win?

If you are using a vision board (and I hope you are), please be sure to put yourself in your vision! Put at least one picture of yourself somewhere on your board...

Namaste!



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