

“My Secret Success Habits to be Stress-Less!”

By Dr. Cindy Brown, “The Relationship Doctor.”

To be a successful entrepreneur, coach and businessperson, I have had to learn to balance my various responsibilities and tasks each day to function at my very best. This can sometimes be challenging when there are more things to do than there is time available. Many of us seem to have this problem and this creates a lot of stress and anxiety in our lives and in our bodies. If you can learn to not only balance your life in a way that works with your lifestyle and then prioritize your responsibilities AND you can take care of yourself well, you have a winning formula.

Let's look at my Secret Success Habits that help me be Stress-less and they can help you too!

1. **I plan, plan, plan everything!** I plan in my schedule- my workouts, my meals, my errands, my massages, my social times, my fun, along with the blocks of time for clients, and writing and other work projects that come up. I find that if I plan everything, then I can make sure I have time for most of things I want to do each day. I use a paper calendar that is divided into weeks and hours. For me this works best because it is big 8 ½ X11, I can write in things fast or white things out when there are changes. It's fast and efficient for my needs (I never could get used to those small screens of the Palm Pilot or flipping screens on a computer.)
2. **I exercise at least every other day in the morning.** This allows me to gain endorphins (the happy hormone) and they last until my next workout. My workouts de-stress my mind and body and help clear my mind also. It allows me to keep my small figure, despite me eating some junk food now and then. I exercise so I can eat good food like sushi also. I love exercise because it keeps me feeling young!
3. **I eat every two hours to keep my blood sugar stable.** Eating every 2-3 hours allows your body to continually burn the calories you consume and helps your biological functions function properly. Eating this way also has been found to reduce stress and aging on your body, according to Barry Sears and his book *The Zone*. I feel better and I am less cranky when I regularly feed my body and mind with proper nutrition.
4. **I plan something fun to balance out my work activities.** It is important for us to balance our schedule so that we are participating in some activities we can look forward to and relax or have fun doing. I have found with my clients, and myself that if we don't do this we will rebel against our health and ourselves and choose an activity that's more destructive to our life and bodies

in order to just tune out. For example some people choose to go drinking, or smoke, or binge on junk food etc. For fun I choose to go rollerblading, horseback riding, swimming, or sit out in the sun and read magazines.

5. **I am social and I network, instead of isolating.** I plan activities with my friends and/or colleagues at least twice a month, where I practice my confidence and presence and get to share with others what I am doing and learning. I also get to learn what others are doing and expose myself to new opportunities each time I do this. Combining fun with this is a bonus!
6. **I relax each day and give thanks.** I start my morning each day with my own personal ritual. I light two candles on my mantel, I then read from my spiritual magazine *Science of Mind*, then I meditate on the theme mentioned in the magazine, I give thanks for what I am grateful for, I bless my family and myself and I set my intentions for my day. This daily ritual allows me to feel grounded and ready for my day.
7. **I get outside each day to smell the flowers and feel the sun on my face.** Being outside in the fresh air makes me feel alive. I spend so much time indoors working with my coaching clients that I need to refresh my self in nature to feel renewed each day. I have planted flowers and lavender outside my office door, when I walk my clients out each hour I rub my hands on the lavender and smell the sweet aroma and feel the sunshine. This little break is so necessary and rejuvenating for me.

What are you doing that is helping you be successful? However what you should also ask yourself is- What are you not doing that could be inhibiting your success? Think for a moment and write them down.

These are 7 things I do to help me be more successful. You too can instantly start to implement any of them into your schedule as you see fit. I hope you find them useful and helpful. *****Remember: In order to be the person you have never been, In order to have life and relationships you have never had, You must do what you have never done before: Give me a call or [contact me](#) so I can support you in having the best life you've ever had!**

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