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The ABC's of Investing in You: Best Practices

Re-energize your mind, body and spirit with the ABC's of healthy living. The goal is to give you the mindset to naturally make conscious choices that fuel positive growth.

The process of change starts by being accountable. It takes a healthy blend of accepting where you are and becoming more aware of thoughts and actions.

Balancing the key areas of your life is one of the most challenging but important pieces of the puzzle. The first step is to identify the core areas and then to set goals in each one.

Clarity of thought emerges once you quiet the mind, raise your awareness level, accept where you are and focus on key priorities. The ability to make conscious choices is based on a foundation of clarity and mindfulness.

The trick to remember is that discipline, like any muscle that is conditioned, needs to be practiced and then practiced some more. Believe it or not, discipline lies in each of us.

Energize yourself by filling your days with at least one positive influence that makes you smile.

Focus on what's important to you, set priorities and make a commitment to follow through.

Goals are your blueprint for change. They lend a vision and much needed direction for both the short and long term. Focus on having goals that complement one another rather than non-harmonious goals. Be grateful for and recognize each win along the way!

Healthy living is a way of life. It's a dynamic change process that emphasizes sustaining positive routines rather than quick fixes. Healthy living cascades into all areas of your life and leads you into an upward spiral as you build confidence.

There's no better time than NOW to live a life that is filled with all that inspires you. I often hear people say tomorrow they will start something new. I challenge you to start today.

It's your option to surround yourself with people, colors, thoughts, dreams and adventures that are joyful!

Kindness shows up both internally and externally. You can be thoughtful, caring and

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Where is the love as the Black Eyed Peas sing? Choose to lose the fear, impatience, reactive approach, anger and frustration with love in all that you do. Next time you feel yourself flaring up, respond in a loving way and see what happens.

Motivation comes from deep inside once you have a clear vision of where you want to go. Motivation needs to be renewed along the way to stay focused, committed and on track.

Change and healthy living are a process, so it's best to check your attitude at the door and have no judgment while you move in and out of your comfort zone. People often get side tracked by focusing on what could have been, what should have been or the why's -- please re-read A and follow Pema Chodron's advice to start where you are with compassion and love.

The one thing you can count on every step of your path is obstacles. They remind you how important achieving something is to you. The higher a priority, the more you will strategize to creatively move past obstacles.

Whether you choose to believe it or not, fueling yourself with a positive mindset is one of the foundations for growth. When your alarm goes off in the morning, when you are asked to take on a new assignment at work, when it's a rainy day -- what are the words that come into your head? Try to become more aware of the words you use and the people that surround you. Listen without judgment to assess your mindset.

A quiet mind is a productive mind. Do yourself a favor and set aside a small amount of time for self-care each day. Even ten minutes makes a difference to think, do nothing or take a walk.

It all comes down to your readiness factor and ability to be resilient as you are faced with change and challenging situations. It's your readiness to see with new eyes, listen to a different tune, be open, bounce back and live outside your comfort zone when it would be so much easier to stay in a familiar place.

Believe in the power of small steps. It's fabulous to have a big vision but even the greatest companies started one step at a time. Whether you are working on getting back into shape or raising money for a new venture, it starts with one spin class or one investor and then builds one step at a time.

An effective way to hold ourselves accountable and stay true to our goals and blueprint is to always add a time frame when we write down our goals.

The ultimate life is yours for the taking. You can start by planting the seeds and picture what ultimate actually means to you (go on and dream)! It all starts with a goal and vision.

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Take an extra moment to match your values with your priorities and goals. You will make incredible progress once these are in sync.

The best way to stay accountable is to write down your goals and create a healthy living/leadership blueprint. Invest in a journal - it will be money well spent!

It's often the xtra ingredient of motivation that successful people tap into to reach optimal performance. Think of a challenging situation where you leveraged xtras and bring this same level of desire and intensity to the table.

Say yes to new challenges in your life and to moving outside your comfort zone.

Be mindful to fill your everyday activities with zest. Remember you can be zestful whether you are making dinner, commuting to work or exercising! The choice is yours so bring your spirit alive with a dash of zest!