



4 Super Simple Ways to Start Living a Happier, Healthier Life NOW!

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Want to Live a Happier, Healthier Life?

It *is* possible and it really isn't that complicated. We often make it complicated by biting off way more than we can chew. We set unrealistic, unachievable goals for ourselves. We jump in, feet first, before really stopping to consider what we're actually jumping into and then we give up because things aren't happening quickly enough or we're not getting the results we want. We want and expect perfection. From ourselves. From others. From our bodies. In our lives. And we want it all NOW!

GO FOR PROGRESS. NOT PERFECTION.

Strive for progress
not perfection.

- unknown

First things first – cut yourself some slack. You're not perfect and never will be. You're human. Accept yourself as perfectly imperfect. Learn to work with what you've got. Improve what you can. Let go of what you can't.

Secondly, life is not perfect. It's a journey of continuous twists and turns, obstacles, upsets, tragedies and a mixture of happy and unhappy moments. Love and loss. Life and death. And try not to compare your life to the lives of those who appear to be so perfect.

Remember: all that glitters isn't gold.

Coming to terms with all this is the key to living a happier, healthier life. If you don't, no matter how hard you work at it, you'll be miserable most of the time. Dissatisfied because you're always thinking there's must be something better. Something closer to perfection. And you'll punish yourself for who you are not and what you don't have rather than being thankful for who you are and what you have right now. And that kind of thinking and self-punishment impacts your health and wellness, your mood, your body's capacity to lose weight and keep it off; even your ability to achieve your hopes, dreams and goals. More than anything else. So much more than you realize.

EVERY LITTLE STEP IN THE RIGHT DIRECTION IS ANOTHER STEP IN THE RIGHT DIRECTION.

Don't misunderstand me here. This doesn't mean you don't hope for things. Or set and work toward specific goals or what you want. You should be trying different approaches and methods to improve yourself, your health, your wellness, your waistline, your relationships, your attitudes and your life. It's just time to stop expecting or demanding perfection. Especially from yourself. And, it's

time to stop punishing yourself because you aren't perfect. When you can finally do that, you'll be more able to set and achieve realistic goals for yourself and your life.

Read on for the 4 Super Simple Ways to Start Living a Happier, Healthier Life NOW.

Your partner in health and happiness,

Cynthia 



Cynthia Parrott is a Certified Health and Life Coach on a mission to help others achieve true happiness, health, wellness, permanent weight loss and success in all areas of life by teaching them how to nourish the body, mind and spirit. She has owned and operated Metamorphosis, her private coaching practice, for 16 years and works with clients across the globe. Cynthia is a kind, energetic and dedicated coach and companion to those who are finally ready to start living the lives they want and deserve. She is available for consultation in person or by telephone. Visit her website at TRUEMETAMORPHOSIS.COM to learn more.

4 Super Simple Ways to start living a happier, healthier life NOW!

#1. Drink more water

Did you notice when you drink more water you feel better? Water helps your body to run better and will even help you to lose weight. Water will help give you a beautiful, youthful glow too. Make sure that you don't just chug it all at once. Grab a water bottle and keep it with you throughout the day. This will be so healthy and beneficial for your entire body.

#2. Crowd out unhealthy foods

Unhealthy foods that are filled with sugar and toxins do our bodies no good. Instead of just eating because you have a sweet tooth craving or because something looks delicious, eat because you want to nourish your body. If you eat foods that will give you energy and help you to feel better, you'll be on track for a healthier you. So, start by eating whole foods that nourish and benefit your body.

#3. Move more

Did you make a New Year's resolution to be healthier by getting in shape? Most people think that means they have to head to the gym



The trick is to start off slowly and simply by setting realistic, easy goals that are anyone can achieve. Without having to invest a whole lot of effort, time or money. Without having to turn your whole life upside down. Without a huge amount of sacrifice or discomfort. And certainly without frustration, deprivation, manipulation or starvation.

every morning. Although this is a great goal, it can sometimes be difficult to achieve with your schedule. You do not need to head to the gym to move more. In fact, if you sit all day it's a very good idea to go for a walk on your lunch break, or stand up and move in between breaks. Make moving fun.

#4. Let go of negative thinking

Every person has thoughts that creep into their head. Sometimes we can become more judgmental and critical of others in our head, or even put ourselves down. Make it a goal of yours to stop the negative thinking. This will help you to be an overall happier person and will even help you to become healthier.

There you have it.

4 Super Simple Ways to Start Living a Happier, Healthier Life.

Easy, peasy, right?

You can incorporate these simple tips into your life today. Right now! They don't cost a thing. They won't suck up any of your time. You just have to begin. Remember, go for progress not perfection.

READY SET GO!

Did you find this helpful?

If so, let me know. Or maybe you have questions. I'd love to hear from you. Drop me a note [here](#).

Are you curious to learn how I can help you live a happier, healthier, more exciting life?

Why not schedule a COMPLIMENTARY *Discovery Session* with me? Whatever you're hoping to achieve: better health and wellness. Weight loss. Stress management. Let's chat about it and find out if we're a good fit. Your *Discovery Session* is FREE and there's no obligation. [Schedule Session](#)



Metamorphosis
Healthy Lifestyle Coaching