

The Mindful Eight

Food.

Eat enough and eat healthily. Nourish your body with all the vitamins and minerals it needs, for it gives you the energy to do all the things you love. Replace processed foods with fresh meals made from fruit and vegetables.

Drink.

Drink at least 2 litres of water every day so you don't get dehydrated. Completely eliminate processed, sugary liquids like Energy Drinks, Ice Tea and Coca Cola from your life. Keep track of your Coffee consumption. Drink tea, smoothies or lemon-water if you don't like plain water.

Sleep/Rest.

Give yourself all the rest you need. Go to bed early enough to get your 7-8 hours good nights sleep. Don't let your body run on low energy by staying up late or making too many plans for the day. Make sure to find time for yourself throughout your days.

Meditate/Journal.

In your resting times do meditation or journal daily (or weekly) to release the things that are on your mind. You will feel refreshed and clear minded afterwards.

Be Outside.

Go outside every day, no matter what the weather is. Be in nature and simply listen to the sounds of it, smell the trees and let the sun provide you with Vitamin D.

Exercise.

Move your body every day. It doesn't have to be long or intense, but your body and soul will thank you for it forever.

Do what You Love.

Stop wasting time on things that have no meaning to you and your life. Start doing what you love and shift your attitude towards a positive mindset. Change what has to be changed in order for you to be happy.

Love Yourself.

Without loving yourself the other seven points lose their meaning. Do all the above with self-love and see what great things are coming to your life when you start being positive and mindful towards yourself and everybody else.