

Your 10 Keys
Presents

5 Tips That Lead to Greater Success

Kate Hellmers
Jacqueline Hellmers

1.

Put YOUR oxygen
on first.

Studies* have found, that when people are always putting other people first and not taking care of themselves, there is a greater tendency to get sick, feel overwhelmed, exhausted, and unhappy.

Make sure you are spending time meditating, praying, or quietly asking yourself questions such as, “What will bring me the greatest long-term happiness.”

Here's a list of things that you can do to de-stress!

Key Points:

- YOU time – all by yourself
- Nature is a good thing for de-stressing
- Doing something that will give you time to not think, connect with yourself internally, ask questions, and be able to listen for answers.

➤ Take a walk

➤ Sit outside and watch nature

➤ Play with animals (live in person)

➤ Watch a fish tank

➤ Veg out and throw a ball at a wall

➤ Close your eyes and just listen to your breath coming into your body and being exhaled for 5-20 minutes.

➤ Mediate or Pray

➤ Sit quietly and ask questions of yourself and write the answers down.

* The Studies

For Geeks
Like Us!



- According a 2003 Ohio State University study, 63% of caregivers die before the person that is sick.
- UC's Department of Psychiatry in 2004 found that 10 years was taken off the life of the caregiver. "Stress is an imminent risk factor with a documented negative impact on neuro-endocrine and immune system."
- Overall stress without an outlet, can result in, according to webmd.com: Becoming easily agitated, frustrated, moody, feeling overwhelmed, feel like you are losing control and need it, have difficulty relaxing, low self-esteem, lonely, worthless, and depressed, avoiding others, low energy, headaches, upset stomach, aches, pains, insomnia, sicknesses, nervousness, ringing in the ear, cold or sweaty hands and feet, dry mouth and difficulty swallowing, clenched jaw and grinding teeth, constant worrying, racing thoughts, forgetfulness and disorganization, inability to focus, poor judgment, pessimistic, change in appetite – too much or too little, starting to procrastinate and avoid responsibilities, increased use of alcohol, drugs, exhibit more nervous behaviors, such as nail biting, fidgeting, and pacing.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5808262/>

https://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body#2

2.

Don't be afraid to ask
yourself the tough
questions!

Instead of asking themselves what they should do in their life, some people avoid facing their life and go off and do crazy things to create excitement.

Even though the minutes or year of crazy was fun, the result 9 x's out of 10 is hurtful chaos and unhappiness in their life,

ASK YOURSELF HOW TO FIX YOUR LIFE TO MAKE IT HAPPY! It might be one little thing at a time, but the overall outcome could be great.

3.

What are you going to
GIVE UP to get to where
you want to go?

Successful people concentrate on what it is they are passionate about or what their goal is right then and don't worry very much about what they are missing out on to get it.

What is it that you can pass on for awhile in order to reach your dreams? TV, so much social media, partying?

Make your list and check it twice.

4.

Calendar it!

To Do lists just never seem to end. Make an A, B, C List. A's YOU HAVE to accomplish, B's you might be able to have someone else do and/or they are not quite as important, and C's is everything else. You really would like to get to them, but if you don't, the world will not end.

Then . . . Put a date to each of the A's as to when you are going to complete the task, or the next part of the task. Immediately put it in your calendar.

When you calendar items, they tend to get done.

5.

Peek and Re-peek

What works in your life and what doesn't? When analyzing companies, one of the questions we ask is, "What in your business is causing headaches or not profitable and can be done by someone else faster, cheaper, and easier?"

We never ask ourselves that though. So look at your life and ask yourself, "What in my life do I HATE doing and can trade with someone to do something for them, can create a way to make it fun, or pay to have someone do it for me?"

Then analyze what parts of making money, having good relationships, and creating happiness in your life you are really good at. Up-your-game in those areas and multiply your success! Continue to check and hone this process every year to find even greater success.

Your 10 Keys
Presents

5 Tips That Lead to Greater Success

For more information visit Your10keys.com or
contact customerservice@Your10Keys.com