



DANCE!!

Motion leads to emotion.
Our physiology creates our psychology.

Physical movement is a no-brainer when it comes to establishing amazing health and vitality. MOST people avoid “working out” because it FEELS like work. Here’s where we offer you one of our ninja tools of goodness that is the secret sauce to a healthier, happier life AND a more rockin’ bod.

Today, all we want you to do is put on your favorite, upbeat song (you know, the one you always sing in the car when it comes on) and DANCE YOUR TAIL OFF from beginning to end. Lock your door if you have to, because we want you to feel FREE and on FIRE. If you’re worried about noise, put your headphones in and find a place to call your own for 5 minutes.

If you can do this before you head into work, even better. Notice how you “vibrate” a little differently after your dance. Notice how you feel.

YOUR STEP OF GREATNESS: Create a playlist with 10 of your favorite songs that make you feel unstoppable, confident and on fire. Dance to this playlist as you get ready in the morning or listen to it on your way to work or while you’re running errands.