

The PUSH Podcast

PUSH

with Janelle & Eddie

10 SMALL MICRO SHIFTS

that can make a HUGE
difference in your life!

freebie

EPISODE

12

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#1 WORKOUT

Movement, because YOU GET TO, not because you HAVE TO! Working out for a few minutes a day improves cognitive skills, your attitude, your energy, etc. and ultimately INCREASES CONFIDENCE! A side benefit: It makes you want to eat better! Increases confidence.

#2 MAKE HEALTHIER FOOD CHOICES

The average American consumes 3,600 calories per day, yet the average woman only burns 1,800-2,000, and the average man burns 2,600 a day. That's a 1,000-1,800 calorie surplus! Every 3,500 calories equates to 1 pound, so that means if you continue to eat the way you do for the next 365 days, and consumed on average 500 extra calories per day $\times 365 = 182,500 / 3,500 = 52$ pounds a year. Luckily because lots of women are dieting, the average woman only puts on about 10-15 lbs a year. (But ladies, THAT'S A LOT!)



Oh, and stay away from DRINKING YOUR CALORIES! Here are some Starbucks stats that should make you think twice about your daily coffee order!

Eggnog Latte – 610 calories.

White Chocolate Mocha – 510 calories.

Chocolate Chip Frappuccino – 610 calories.

#3 BE PRESENT

Be mindful of what you're doing and who you're doing it with. Checking phones at the table, pulling them out of your purse in the middle of convos. Work on practicing strong listening skills vs. being distracted. Be present, talk less, listen more, be curious. ENGAGE with the people you're with.

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Also be mindful of your apple watches and fitbits. I invited friends to church and who've been distracted the ENTIRE service by their Apple watches. Don't do that!

**I also have another friend who puts the phone face down on the table, but checks it every time there's a pause. Exercise some self control and really ask yourself: "What's the worst that can happen if I don't check my phone for 30 minutes?" And "What's the BEST thing that can happen if I DON'T check my phone for the next 30 minutes?"*

#4 PLAN SOCIAL MEDIA BREAKS

The average person spends 2 hours and 22 minutes a day on social media. That's 142 minutes a day x 7 days a week, 994 minutes a week, which is 16.56 hours a week! That's 2 whole work days A WEEK spent on social media! (Yet, we all have NO TIME for things that we KNOW we should actually be doing!)

Here are some small tips for better managing SOCIAL MEDIA consumption:

- » *Don't check it first thing in the morning! You're starting the day allowing your mind/attention to be blown around like the wind and be distracted. I don't know about you, but when I first wake up in the morning, I am easily influenced. You're just realizing that it's a new day... and boom, you see something distasteful or annoying on social media, and now your "whole day is ruined!"*
- » *Your Mind Is So Much Clearer in the morning, don't muddy it with other people's problems, opinions, accomplishments, rants, etc.*
- » *Change notification settings*
- » *Monitor Your App Usage*



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#5 BE IN INTENTIONAL PRACTICE OR IN REHEARSAL OF SOMETHING

Your kids are learning 6-7 hours a day, then going to volleyball or soccer practice, or drama rehearsal, then PRACTICING their learnings every night while doing homework, so they're learning on average, about 8 hours a day. WHAT ARE YOU LEARNING everyday? What are YOU IN REHEARSAL FOR? Are you learning a new language, playing a sport or an instrument, learning about a particular topic, (investing, finances, psychology, communication, your faith, fitness, sales, something to further your knowledge, or something to help enhance your knowledge for career advancement? etc.)

- » *Pick one thing that you can improve on in your life, that you can practice daily for a min of 15mins.*
- » *Be mindful of the unintended and unconscious practices in your life. Are practicing laziness? Are you practicing poor relationship habits? Have you been practicing poor time management?*
- » *What troubles you in life? And if you made improvement you could change the trajectory of your life? Practice that one thing openingly with purpose.*



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#6 PRACTICE GRATITUDE DAILY

Through prayer, meditation or journaling. Write down 3 wins for the day, capture moments that help you with reflection in order to keep wins and small occurrences top of mind. Create an appreciation for the small things. We ask / pray for MORE... More money, more opportunities, nicer cars, bigger houses, greater connection, deeper relationships. We pray for better health, more blessings, more happiness, but practicing more GRATITUDE literally creates more joy, love, contentment, and happiness. When you voluntarily APPRECIATE and acknowledge what you have, you're conditioning your mind, body and spirit that you are living in ABUNDANCE of blessings, which has all sorts of positive health benefits. People who are happy and appreciative live longer, have a greater appreciation for life, they're more optimistic, they're easier and more enjoyable to be around.



#7 CHECK YOUR ENERGY

Set Intentions (Be mindful of "transitions"). Be accountable for the energy you give / project onto others. This 60 second practice can literally change your entire relationship!

- » *Be responsible for your energy. That means take time to settle your mind and gracefully move towards your next transition.*
- » *Take 60 seconds to breathe and prepare yourself for who needs you to be at your best.*
- » *Set intentions on what outcomes you would like to achieve or how you would like to impact others during your interactions with them.*

#8 ADHERE TO A BUDGET

Set goals for transaction counts OR dollar amounts, but be on a BUDGET in some way in order to protect/preserve your finances better.

- » *Reduce your spending by creating a budget. It's not about retraining your spending it's about giving every dollar a worthy job. Maybe that job is to be saved or maybe it's for coffee everyday. As long as every dollar has a job you know where your money is going.*

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#9 TAKE / SPEND ONLY WHAT YOU NEED

Do you need more clothes? Do you need that much food? Do you need to spend that much money at Target or Costco?

CHALLENGE: Can you live off of the food in your cabinets/freezer/fridge for an entire week?

#10 TRADE TV TIME FOR LEARNING

In 1951, Americans spent on average 3 hours and 58 minutes a day watching TV. In 2018 it was reported that Americans spent up to 7 hours and 50 minutes a day. That's nearly an 8 hour shift a day on TV, (Netflix, Youtube and media content included)! #DoLessGodBless! There are literally a million other things you could do to increase your knowledge or better your life than spend 8 hours a day on TV! THAT DOES NOT ADD VALUE TO YOUR LIFE!

BONUS:

Make your bed. This small act that literally takes 2 minutes, could be the extra 2 minutes of quiet time you need each day to transition from sleep to alertness. It sets the tone for structure, order, cleanliness, commitment and habit. It's a routine that sets the tone for the rest of the day. (P.S. We suck at this! We are ALLLLL a work in progress!

