

Plan **B** 10 Steps



TERESA LINDSAY

In 2014, I wrote this heading in the front of my journal...

“Boldness has genius,
power and magic in it.”

~T.L.

Guides are just that, guides. You apply the work. The Steps below are yours to try. Try all of them to get a real boost, or at least as many as possible! Look for the positive side effects and write me! Email your: #BHappy in Life Story and yours may be chosen to inspire others!
teresa@teresalindsay.com or visit www.teresalindsay.com

Plan **B** 10 Steps

10 Physical Actions to #BHappy

- 1) **MOVE!**
Why did ratings for the Ellen Show ROCKET after opening her show dancing? Viewers at home got up and shook their bodies in the middle of the day! Endorphins induce Happy! Change your energy!
- 2) **DRIVE or RIDE with new eyes!**
Pretend you are driving to work like you are entering the city for the first time; pretend it's a different city you wish to travel to. Look at the life and down roads you usually are in a routine trance about.
- 3) **Sleep**
Find your sweet sleeping time zone. (Not including events.) Bed at 9:00 up at 5:00. Bed at 10 up at 6:00. Bed at 11:00 up at 6:00. Do a full set of a zone for 6 six days. Get up and move! Be still after.
- 4) **Apply a Grounding Point**
Use one thing that is in your daily routine to ground you. After a week avoid contact with it because you need to release dependency of a 'thing' to form a powerful memory. For me it's a ring that I bought myself that reminds me of my capability to achieve. Now it's just the thought of putting it on.
- 5) **Workout vs. Clean**
LOVE THIS! Instead of working out one of your mornings do a mad clean with muscle! Vacuum, overhaul shelves or cluttered areas, power wash, sorting of family boxes. Remember, stretch first!
- 6) **Mini-Personal-Challenge; Flights**
Even it is 20 flights of stairs, go up the first 10 (then hop the elevator) for 5 days starting Monday. See if you can improve your time on day 5 by knocking off a minute! Careful if you are in heals!
- 7) **"Why You Mad Fix Your Face"** ~ Bruno Mars (24Carrot Magic)
When you are doing '10 Mindset Actions', or walking between meetings or calling people on the phone notice if you are frowning. SMILE! People hear it, see it and reciprocate. Fix your face!
- 8) **Alarm Breathe**
Set an alarm twice in the day. One to follow your morning email replies or first meeting. One to happen at 3:00pm or on the drive home. BREATHE in through your nose for 7 seconds x 3. Reset!
- 9) **100 Rampage Appreciation - Record and Play back too!**
Write a list of your desires as present appreciations: "I am thankful I am an open person, that I have many interests, that I have great friends, that I have a cozy room, that I have transportation,..."
- 10) **Clap and Rub Your Hands**
When you want the next phone call or meeting or difficult conversation or weird/negative energy in your space to change to more positive. Think I got this! Clap your hands loudly and rub like mad!
- 11) **Bonus Step: Journal it into being!**
The physical action of writing pen to paper has a some well practiced power throughout history. Take whatever is meaningful out of your head and on to paper!



Plan **B** 10 Steps

10 Mindset Actions to #BHappy

- 1) **Turning Point**
Mark today as a turning point. Mark tomorrow as a turning point. Each day is the opportunity to reset.
- 2) **Hydrate and Affirm**
When pouring a glass of water affirm (quietly to yourself or out loud) two important areas you feel contribute to your well-being LOVE & PROSPERITY.
- 3) **Workout or Walking and Affirm**
When moving at a pace during your day affirm (quietly to yourself or out loud) what you know you are capable of “I am and I move Mountains!”
- 4) **Celebrate Someone Else**
Literally! Not just an email, not just a well done text. Pick up the phone, walk to where they are, make a high five, drop off a card (keep them always handy). Cheer!
- 5) **STOP Complaining - No one is coming to rescue you!**
No one wants a complainer in their bubble. Bring a solution up right away the next time you complain or explain how you are going to overcome something with a plan.
- 6) **Thinking Space**
Next time you are stuck mentally, go to a place (preferably outdoors), or somewhere you can drive up to with a view, or that feels grounding. And go CLEAR YOUR MIND.
- 7) **End Stress: Choose an Action**
Jeff Bezos of Amazon, explains stress, “Stress comes from things you shouldn’t be ignoring (in large part)... going about it with proper action and not just worrying about it.”
- 8) **Meaningful**
Do something meaningful. Work on Your WHY. Use your WHY every day.
Do something meaningful for someone else.
- 9) **Positive Conversation**
Turn conversations with people around to the positive side by first sharing you understand and then start a new more positive topic.
- 10) **Happy Challenge**
Make it your aim to be the happiest person in the room, on the phone call or on the bus. Listen to what makes you feel good. Stop a sad moment. Breathe. It’s temporary.
- 11) **Bonus Step: Forgive and Affirm**
I repeat this all the time, Resentment is like drinking poison and expecting the other person to die. Your thoughts become concrete to forgive and reaffirm yourself strengths. I.E. - “I am loving, I am enough, I love to create, I am great with people, I attract money.”



Plan **B** 10 Steps

10 Steps to Connect to #BHappy

- 1) **Build Friendships**
Avoid going down the road to earn people as friends. Look to people who think highly of you and that they will cheerlead you. Make a call in the evening instead or Netflix or text.
- 2) **Offer to Help**
Find a group you like in a project you appreciate and help out. Stop being a stooge. Volunteer at theatre, offer to be crew at a Festival, help out with kids, or mow a neighbours lawn, give extra hours to staff to help them out financially when possible.
- 3) **Buy a stranger lunch - (when possible)**
It happened to me. At lunch with my daughter on a weekend in a restaurant a person had seen us enjoying our time together, apparently. When I went to pay the bill it was covered.
- 4) **Sing out loud**
In the car. In the shower. I once heard that a happy person hums. Go figure. So start there next time its quiet while you are working.
- 5) **Commit to what you love... try this!**
Nod, to people when you agree. Say I love you. Promise yourself to do that one thing - clean a garage, start that website, go kayaking this weekend, and go to sleep on time!
- 6) **DO WHATEVER IT TAKES TO FEEL GOOD (that is legal)!**
- 7) **HOPE, JOY, ASK**
Think about things in a hopeful way. Think about them in way that is joyful, maybe include looking at nature, then ask for it to be so! make it so.
Then work on you being happy, go places to support your hope, do things to be joyful and keep emitting joy to others, expect that the things you have or want in life are present.
- 8) **SAVE**
Save money for something! Save for a house. Save for a vacation. Stop shopping for random items that aren't leading to EXPERIENCES. (FYI, Buy quality). Bargains are not items you set out to buy. Stores want the bargains off their shelf and onto yours instead.
- 9) **Money doesn't buy Happiness**
Happy buys Happy. It's magnetic!
- 10) **Happy is a state.**
What feel you hold as lazy, heartbreak or being fat is attached to disapproval, low self esteem, and stories. REWRITE YOUR DANM STORY!
Be happy that the person who left excused themselves from being in your way. Be happy that from the bottom there is only up! Be happy that most success can come at any age - Vera Wang started her clothing line at 45 and vodka was invented by a 72 year old!
- 11) **Bonus Step: Invent.** There is no failure, as Jeff Bazos says, "To invent, you need to experiment. If you know in advance that it is going to work, it is not an experiment. You have to be willing to do that." So paint, write, type, build, construct, sew or rebuild!



Plan **B** 10 Steps

10 Food Actions to #BHappy

- 1) **Food Substitute**
SO EASY! Each month pick one food you know your body negatively responds to, creates; fat, acne, headaches, bloating, irritability, difficulty sleeping - and replace it with a good food, IE. grapes instead of candy in a dish. By year end you will have an incredibly healthier diet.
- 2) **Sexy Foods**
Why women change towards sexual activities has lots to do with their hormonal changes and body chemistry reacting / processing foods. Check out the effects of your regular foods including; caffeine, kale, omegas, etc...
- 3) **Plan Food**
Plan a grocery list. Plan grocery delivery service to save time. Plan cooking large quantities at the beginning of the week to make meals faster and lower the need to snack to over lap.
- 4) **Stop Judging**
If THINKING a food is good or bad, or you have strong food opinions, find out the cellular effects of the foods you eat, the contents of the packages / ingredients, and study health and nutrition and reassess.
- 5) **Cut Off Time**
Oprah Winfrey had a public battle with her weight, until her new chef taught her one secret no other trainer ever seemed to bring up, DON'T EAT AFTER 7PM.
- 6) **Secret Poisons**
When you break down sugar you find toxin.
When you put gluten in your stomach you inhibit the absorption of nutrients.
The above are both fillers in most processed foods; ketchup, soup, cereals, etc.
- 7) **Moderation**
Lots of a good thing is also sometimes too hard on your system. Learn the appropriate portions of foods. Learn how to burn fat, for example, with the new science on proper intake and fasting, and types of exercise. I love walking 45 mins. I like eating in tune with my female hormone cycle, and have natural fasting times. But I did my home work. Do YOURS!
- 8) **Stop Complaining - no one is coming to rescue you!**
GET UP! I want you to win. I want you to feel good. GET UP! Do the thing that is hardest in the morning. Eat a healthy snack after 10am. Drink water when you wake up.
- 9) **Equipment to Burn Foods**
To add to eating right, physical exercise tools! I looked on the local online for used gym equipment and found a treadmill for \$25! Yes. I love it! I work out when I want, wearing what I want, and to burn for as long as I want. If you feel hungry a good 40 walk or movement and water can postpone a meal. (Avoid exhaustion. Ask your doctor about medical restrictions.)
- 10) **Eat & Repeat**
Affirm as you eat food, "This is healthy and will nourish me." If it isn't healthy, you will call yourself out on your own BS. Change your thought and go find healthier options!

