

# 11 STEPS TO LIVING A BALANCED LIFE

SUSAN SMITH JONES, PHD • TALKING POINTS



Choose to Celebrate  
Yourself & Life



HEALTH  
UNLIMITED

*Be the change you want  
to see in the world.*

— Gandhi

Sometimes we just need some gentle guidance and daily reminders on how to invite more vibrancy in our bodies and resplendence in our lives. Here are Dr. Susan's 11 key suggestions and talking points that will make a mighty difference—when you incorporate them. See which ones you can embrace TODAY.

1. Take time to nourish your body and soul.
2. Drink at least 8 glasses of water daily.
3. Eat only as much as needed.
4. Exercise regularly with the “right” activities.
5. Sleep well—at least 7-8 hours nightly.
6. Simplify your life.
7. Live in the present.
8. Encourage the child in you to come out to play.
9. Communicate both your thoughts and feelings clearly.
10. Lift your attitude UP.
11. Love and celebrate yourself and live peacefully.