

***"Nothing happens until the pain of remaining the same outweighs the pain of change."***

-Arthur Burt

What if transformation is a whole lot easier than we think it is?

What if it had to do with understanding just a little physiology, biology, and psychology?

Start with the physical aspect. Get moving - walk, dance, bike, or hike. Movement shifts our energy. Have you ever felt lethargic and heavy in spirit, and then exercised and felt amazing afterwards? Exercise creates happy hormones and helps to release the negative ones. It also corrects inflammation and calms the sympathetic nervous system.

Next, take a look at your diet. Food will do the transformative work as well. Your fork, pantry, and fridge are all transformation makers. Use the Hot Melt Sprint as your guide to transformation. When you eat better, you feel better and perform better.

Your thoughts are powerful and are crucial to your transformation. Remember, as Joyce Meyer said; "You can be pitiful or powerful, but you cannot be both!" Be aware of your thought patterns and flip the thoughts that no longer serve you. Use positive affirmations and "I am" statements.

Your environment either sets you up for success or sets you up for failure. Make your bed, clean up after yourself, decorate, use the good china. Create visual peace and allow your surroundings to bring you joy.

Write these gems down - this is your workbook of transformation!