

Checklist for Radiant Health
6 Easy Things You Can Do to Achieve and Keep It
What, Why and How

To Begin

Believe you can.
Start small.
Be patient.
Every little bit you do helps.
Notice and celebrate each small success.

1. Exercise

Pick an activity you like.
Check with a doctor if you are at risk.
For 6 weeks record:
What activity, and when (day/time)
How long, intensity (easy, middle, hard)
Did it include strength training?
Review your progress each week.
Adjust or add another activity if you wish.
Get help if you start slacking off.

2. Sleep

Pick a bed time. (arise time - desire sleep hours)
Stay away from caffiene, sugar, eating before bed.
Turn off electronic devices one hour before sleep.
Pick a pre-sleep relaxing ritual.
Is your bedroom?:
Dark? if not get blackout curtains.
Quiet? if not use earplugs, white noise, or calm music.
Cool enough? If not adjust temperature.
Comfortable? If not change bedding.
Comfortable? If not remove kids and dogs.
Non-electronic. If not turn off the lights and tv.
Non-radiating. Keep your phone 3-4 feet away.
Too dark? Get a red bulbed flashlight.
Still can't sleep? Are you exercising?
Still can't sleep? Practice meditation.
Still can't sleep? Get professional help.

3. Nutrition

Drink enough clean water.
Cut down on fast and processed foods.
Eat a variety of fresh colorful food.
Eat your vegetables.
Use olive oil and consume more omega-3's.
Add a new food to your menu every week.
Cook more fresh food at home.
Treat yourself occasionally.

4. Mind & Body

Be nice to yourself.
Put a smile on your face.
Stand up straight.
Notice when you are having an emotion.
Breathe into the emotion and feel it.
Once the tension lessons, let it go.
Think of a benefit from a past bad experience.
Practice kindness and forgiveness.

5. Breathing

Breathe though your nose.
Learn and practice belly breathing.
Exhale a little extra air out (gently).
Belly breathe when you are upset.

6. Attitude

Don't let things bother you.
Stubbornly follow your dreams.
Believe in something outside yourself.
Engage meaningfully with others.
Contribute to the welfare of others.
Practice the 4 immeasurables.
Share the health!

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This publication is intended to broaden your understanding of health and wellness and help you make informed choices of health options. It is not intended as a replacement for medical treatment or therapy by any physician or licensed health care provider. Always consult your physician or qualified health-care professional on matters regarding your personal health before adopting any suggestions in this checklist.

Affirmations from the Radiant Health Music MP3

Relax, Take a deep breath in. Let it out. Relax.

I am good.	I am strong.
I am healthy.	I enjoy life.
I feel good.	It is ok to be good.
It is ok to be strong.	It is ok to be healthy.
It is ok to enjoy life.	It is ok to feel good.
I forgive myself.	I forgive all others.
I am forgiven.	I love myself.
I am loved.	It is ok to forgive.
It is ok to be forgiven.	It is ok to love.
It is ok to be loved.	I exercise regularly.
I enjoy exercising.	Exercise is good.
It is ok to enjoy exercise.	I eat wholesome food
I eat what I need.	I treat myself with love.
I treat myself with kindness.	I love all others.
I drink clean water.	Water cleanses me.
I sleep soundly.	I wake-up refreshed.
I care for myself.	I choose health.
It is ok to care for myself.	It is ok to choose health.
I breathe deeply.	I enjoy breathing deeply.
I relax.	It is ok to breathe deeply.
It is ok to relax.	My relationships are joyful.
My relationships are loving.	My relationships are respectful.
It is ok to have good relationships.	I have true friends.
I have good friends.	I radiate good energy.
I radiate good feelings.	I radiate good health.

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