

Best Year of Your Life

52 Weekly Strategies
for Taking Your Health and Happiness
to the Next Level



by Dane Findley

The Findley Fellas

Helping Others to Craft the Lifestyle
that Best Suits their Unique Needs

Hi, my name is Dane, and I am an advocate for joy.

I believe that joy is a worthwhile feeling.

One key to **feeling joy more often** is for each person or family to craft a daily lifestyle that *matches* their unique interests.

A fundamental way that I and my partner David assist others in crafting their ideal lifestyle is to help them obtain a home that will bring the most enjoyment.

We are so passionate about helping others improve their daily quality of life that we created two dynamic, resource-laden websites: ***Life Quality Examiner*** and ***Over Fifty and Fit***.

David and I enjoy providing stellar service to our clients - helping them to buy and sell high-quality estate homes and lifestyle properties. Please let us know how we can be helpful to you in creating your real estate dreams. You can phone us at 310-345-6911.

Taking It to the Next Level

Outrageously Effective Tactics for Living Your Life More Fully

Life provides us with ample opportunities to experiment with health protocols that can help us to feel better, look better, improve our health, lengthen our lifespan, and experience a higher quality of daily living.

What has been challenging is that we become so busy with the minutia of day-to-day existence – and overwhelmed with healthy-living information – that we rarely get around to changing our lifestyle habits in any significant or lasting way.

With that in mind, I've compiled this *concise* list of 52 tactics for becoming healthier – each divided into one core concept and one action step.

The information is as brief as possible, and you'll notice that some tactics contain a link that will take you to a deeper explanation (for those who desire it).

This report is 37 pages. You might find it helpful to read and reflect on **one strategy per week** so that the information becomes digestible (instead of overwhelming).

I specifically chose strategies for their effectiveness and for their tendency to be underrepresented.

As always, I strongly encourage you to consult with your medical doctor before undertaking any changes in how you eat or move.

If you choose to integrate one tactic each week into your lifestyle, I believe that it is highly probable that - one year from now you - will look and feel better than you ever have before.

WEEK 1. Engage the Principles of Manifestation

Core Concept: use [visualization](#) more often.

Action Step: sit down for 5 minutes and picture in your mind a healthier version of yourself. Imagine not only what you will look like, but what it will feel like.

WEEK 2. Craft a Healthy Template

Core Concept: start with a blank slate.

Action Step: print up a one-page calendar week to use for designing your ideal healthy week.

WEEK 3. Cook Bionic Oatmeal

Core Concept: use pre-soaking to make fun-foods less inflammatory.

Action Step: not everyone can thrive on grains; but if you insist on eating grains, instead of toast or cold cereal for breakfast try this [recipe](#) for a new way of making oatmeal.

4. Walk Yourself Well

Core Concept: [walking reorganizes](#) the body.

Action Steps: go for a long walk, then return home, block out a one-hour time slot on the weekly calendar template, and title it "Walk."

5. Do Mind Tricks

Core Concept: a prevention mindset makes all the difference.

Action Steps: decide how important your health is to you, on a scale of 1-to-10. Next, decide how important a role good health would play in what you'd like to achieve over the next 10 years.

6. Check Your Own Eyes for Clues

Core Concept: there are fast ways to determine which [foods your body likes best](#).

Action Steps: be more curious about your body's subtle responses – ascertain your energy levels after you eat; upon waking in the morning, evaluate your tongue and your eyes.

7. Take a Holistic Approach

Core Concept: lasting success is achieved in [incremental stages](#).

Action Step: begin to witness yourself more objectively throughout the day, noticing more clearly how and when you move, sit, breathe, eat - and, especially, witness your own thoughts and feelings as they occur.

8. Eat Fitness Desserts

Core Concept: a good way to wean yourself off of all sugars is to first begin by replacing refined sugars and refined grains with fresh fruit (then, later down the road, you can start to decrease your fruit intake, too).

Action Step: try this [blender recipe](#).

9. Build Your Wellness Team

Core Concept: people either [enhance your energy](#) or they drain it.

Action Steps: express gratitude to a person who enhances your energy; reflect on who in your life supports and encourages your increased desire for wellness.

10. See Solutions

Core Concept: habitual, negative feelings can create malaise and even illness; the way out of a negative feeling is a positive thought followed by action.

Action Steps: begin training your mind to [be solution-oriented](#) (this could put your wellness journey into warp-drive); when you encounter a problem or challenge, immediately imagine that the solution already exists.

11. Build Your Happiness Momentum

Core Concept: exercise is self-perpetuating.

Action Step: pause and do a self-inventory directly before you exercise. Observe your mood, how your body feels, and listen to your thoughts about the impending workout.

Post-workout, do another inventory - take special note of any differences between how you feel after (compared to how you felt before).

12. Understand Normal Health vs. Optimal Health

Core Concept: there's a different lens through which one can evaluate lab results from a yearly physical.

Action Steps: decide if you want to be generally healthy based on the averages within your current culture, or if you want to [be optimally healthy](#) based on your own dreams and goals. Schedule a physical with your doctor if it has been over a year since your last visit.

13. Rise Above the Times

Core concept: you are influenced by the time and place in which you live, in ways you might not even realize.

Action Step: notice which of the daily habits and automatic behaviors you engage in are inspired by what truly serves you, and which are “standing operating procedure” in our culture.

14. Know the Full Circle of Wellness

Core concept: to get healthier as you get older, each week needs to include cross-functional exercise, excellent food choices, and daily habits of stress reduction.

Action Step: notice when your environment seems to be making [good self-care](#) especially difficult or, alternatively, when it's you who gets in your own way.

15. Learn this Superfood Timesaver

Core concept: a key trick for improved health is to pack the most natural nutrition into the fewest amount of calories.

Action Step: experiment with [nutrient dense foods](#) until you find the ones that your own body especially likes.

16. Appreciate the Hardest Part of Being Healthy

Core concept: the actual acts of exercising and eating right get easier with time, it's the preparation that is often most difficult.

Action steps: look for moments in your day when better planning and preparation could have produced a more desirable outcome; determine in what specific ways preparation can help you exercise more and eat better.

17. Make an Impact

Core concept: the degree to which you enjoy excellent health correlates with your ability to make a [positive difference](#) in the world.

Action steps: Reconnect with your reasons for wanting to be even healthier than you are now; notice if when you feel stronger and have more energy, the world (and the people you love) are benefitted.

18. Get Brutally Honest with Yourself about Vegetables

Core concept: vegetables are a real game-changer; generally, an increase in vegetable intake correlates with [improved health](#).

Action step: track your average daily vegetable intake -- be brutally honest about it.

19. Appreciate that Wellness is a Daily Process

Core concept: shame is counterproductive; setbacks are a natural and healthy part of the self-improvement process.

Action step: engage your sense of humor during those "stumbling" moments. Lean on the visualization technique of picturing yourself clearly in your own mind as an even-healthier you; gently guide your attention and energy back to what's working well about your daily life and - most importantly - allow yourself to delight in the progress you have made!

20. Sleep More Deeply

Core Concept: excellent sleep makes excellent health possible.

Action Step: do one thing to help improve your average night's sleep (idea suggestion from Dr. Spar: remove as many electronic devices as possible from your bedroom).

21. Wake Up Leaner

Core Concept: paying closer attention to what you eat and drink after 4pm is a pivotal step toward improving your own health -- grains and flour seem to be particularly problematic for most people.

Action Step: experiment with the [recipes provided](#) - turkey sauté, super salad (and healthy turkey nachos on exercise days).

22. Know the Stages of Change

Core Concept: when people are able to acquire new good habits, it's because they have moved through the five stages of permanent change - usually without realizing it.

Action Step: pick a habit you'd especially like to build into your weekly life, and honestly answer the [questions provided](#).

23. Prepare, Prepare, Prepare

Core Concept: preparation = success. Ironically, by planning ahead for self-sabotage, you can avoid it.

Action Step: pick another new habit that you'd very much like to build into your daily lifestyle. Next, write down your answers to this question: "If I were to get in my own way, how would I do it?"

24. Become a Cross-Trainer

Core Concept: most people focus chiefly on one form of exercise, which hinders results.

Action Step: in addition to "Walk" on your weekly calendar of standing appointments, now also add "[Mobility Training](#)."

25. Create More Time for Self-Care

Core Concept: your [new calendar](#) can reflect your healthier lifestyle.

Action Step: add one hour each (to your weekly template) for "Cardio" and "Strength Training."

26. Design Your Perfect Week

Core Concept: you don't have to let life just "happen" to you. Everybody is given [168 hours](#) each week - you have choices as to how you fill those hours!

Action Step: write down a small number of activities that bring you the most happiness, then follow the time guidelines provided in order to leverage your leisure time. This means you now have five standing appointments on your new weekly calendar template, including one happiness activity with family or friends.

27. Decide What Perfect Health Is to You

Core Concept: Each person defines excellent health differently. For some, excellent health means the absence of disease. For others, being disease-free - while satisfactory - is merely a foundation from which to build to the next level.

Action Step: determine what true health means to you personally. How will you know when you're optimally healthy? Be as specific in your answer as possible.

28. Get into Pre-Soaking

Core Concept: pre-soaking nuts, seeds, and grains can add nutritional value to your meals, while also [improving texture](#) and flavor.

Action Step: try pre-soaking chia seeds as part of a morning smoothie.

29. Return to Simplicity

Core Concept: the key to happiness in modern life is simplicity.

Action Step: identify what aspects of your typical day seem unnecessarily complicated.

Too many distractions create noise and erode serenity (*distractions* are those things that drain our energy, instead of enhancing it).

To consistently improve our health, it's essential that we develop the ability to recognize those things (and people) that actually improve the daily quality of our life.

Explore why [returning to simplicity](#) is a key aspect to improving health and happiness.

As you move through the rest of your day, I invite you to consider and identify what aspects of today seem unnecessarily complicated. What parts bring you joy, and what parts seem flat? Which can be streamlined?

30. Choose a Great Doctor

Core Concept: if you're over 40, get your blood and urine tested every 6 months: this will help you optimize! The right doctor is a key ingredient to your new healthier-living lifestyle.

Action Step: on a scale of 1-to-10 rate your own current doctor's ability to listen carefully and be interested in your daily habits; determine if you need a new doctor - if so, ask a friend for a referral.

31. See Time Differently

Core Concept: when you look at your time objectively, you're better able to prioritize your core competencies.

Action Step: track how you spend your time during an average day.

32. Track Your Calories Twice a Year

Core Concept: important is the amount of daily calories consumed, the quality of those calories (anti-inflammatory) , and the ratio (protein and fat, versus, carbohydrates).

Action Step: use caloric calculator to determine your ideal number, then write down how many calories you consume in average day. Strive to be as accurate as possible.

33. Use Tea Strategically

Core Concept: let science work on your behalf; research studies confirm tea can improve health.

Action Step: try [recipe](#) provided; it deliciously combines green, black, nettle and yerba maté teas - it's stimulating (yet subtle) and nourishing.

34. Become One of the 3% Who Live a Healthy Lifestyle

Core Concept: Get clear on your current strongest and [weakest areas](#).

Action Step: choose four action steps from this report in which you believe yourself to be already successful. Next, choose the four that need the most improvement in your daily life.

35. Discover Intentional Breathing

Core Concept: stress is same thing as aging.

Action Step: try simple [breathing exercise](#) provided.

36. Start Using the Expression "Healthy Aging"

Core Concept: avoid taking the ostrich approach; the reality is that each day you get older and it's in your best interest to be strategic about aging, no matter what your age today.

Action Step: design your own, personalized [successful-aging strategy](#).

37. Learn What a Green Smoothie Actually Is

Core Concept: to improve health, you'll probably have to increase daily intake of vegetables; there is perhaps no easier way to do that than by having a freshly made green smoothie for breakfast. An authentic green smoothie contains fresh vegetables, nuts and seeds, superfoods, a liquid base, a little fruit, and ice.

Action Step: try the [green smoothie recipes](#) provided.

38. Boost Your Metabolism

Core Concept: keep your metabolism [fired-up](#) throughout the day by maintaining your glycemic index at cohesive levels - avoiding extreme surges and dips.

Action Step: begin to think about every food and drink that you consume in terms of its "macros" (macro-nutrients) - is it mostly carb, protein, or fat?

39. Heal Your Feet

Core concept: [Healthy feet](#) are the foundation of your body's musculature and central nervous system.

Action step: experiment with changing the positioning - and body weight distribution - of your feet as you walk, stand, and sit.

40. Sort your Supps

Core concept: food-based nutritional supplements can be a good idea to fill in the missing gaps of your daily diet, and your medical doctor and naturopath can help you fine-tune your [supplementation regimen](#).

Action step: get yourself organized around your supps; decide how they, and the process, can be improved.

41. Avoid the Biggest Nutritional Mistake

Core concept: inflammation causes disease and premature aging; mixing too many carbs with trans fats and fried foods is a recipe for disaster; you can decide - through careful observation - what foods your body finds particularly inflammatory.

Action step: experiment with replacing some of the carbohydrates (in your daily caloric allotment) with [healthy fats](#), to determine if your body responds positively.

42. Know the Poop on Poop

Core Concept: daily elimination is a key aspect of excellent health; you can use fiber and hydration (instead of caffeine) to inspire regularity.

Action Step: experiment with increasing your daily intake of water and dietary fiber to determine if it improves your elimination.

It's perhaps not a topic for polite conversation at an elegant cocktail party, but any discussion about improving health must address bathroom habits.

Specifically, you must poop every day.

Pooping every day is a "non-negotiable." It simply must be done in order to maintain robust health. To skip even one day might mean that you have fermenting waste inside your body that is creating toxicity (you know how the kitchen trash - with its fruit peels and meat scraps - can

start to get funky after one day? Imagine your own waste inside your intestines is doing the same thing).

Back in the Austen days of English gentry, aristocrats would have their "morning constitutional" – a walk followed by their first bowel movement of the day. A walk can be an effective way to jumpstart the body's digestion and elimination systems, however not everyone's lifestyle and daily schedule permits time for a weekday morning walk.

Instead of walking, many people today use coffee as a means for helping them poop in the morning. But: theoretically, we shouldn't have to use high caffeine to inspire elimination. Instead, we can use fiber and hydration.

An all-natural fiber supplement containing both soluble and insoluble fiber can be helpful, however I find the best and healthiest solution is simply increasing daily vegetable intake.

Vegetables are fantastic at keeping our [digestive system regular](#) and clean.

If you're already pooping at least once a day, that's great. However, if you often *don't* feel the urge to poop within the first few hours of waking in the morning, then I invite you to experiment with drinking more water (even one or two glasses extra, between meals, can make all the difference) and eating more vegetables to see if that helps.

43. Track Your Hydration

Core Concept: almost everyone underestimates their average intake of daily water.

Action Step: verify your ideal water intake using an online [water calculator](#) and then carefully track how much you drink on a typical day.

44. Look How You Feel

Core Concept: taking care of your skin is more than just cosmetic.

Action Step: moisturize the sensitive tissues of your face and neck immediately after waking in the morning, even if you're just going to shower it off an hour-or-so later.

We tend to think of grooming as an exclusively cosmetic endeavor but, in fact, our skin is one of our most vital organs and its care and maintenance is extremely important.

If you're reading this and you happen to be under age 40, this might not resonate with you strongly. But one day (hopefully) you will be over 40, and this will impact you greatly.

Everything that we do when we're younger - every habit, every virtue, every vice - eventually shows up on our skin as we age.

I don't mean wrinkles and silver hair - as far as I'm concerned wrinkles and silver hair are attractive signs of wisdom. I actually like my

wrinkles and silver hair – I feel like I earned them and that they are, in a sense, badges of honor.

One thing about being over 40 that is peculiar and that I don't like, are those rare moments when I feel fit and energized on the inside, but when I look in the mirror, I appear tired. Incongruence can be irksome and unsettling. These are the moments to dial-up the grooming regimen!

It's helpful for our psyches and our daily motivation when we look on the outside how we actually feel on the inside.

What I'm talking about is our body's ability to [heal its own skin](#) – how it maintains and repairs the texture and quality of the skin itself.

One of the most-often missed grooming opportunities is that window of time between when a person wakes up in the morning, and when they shower and dress.

Everyone already knows to groom after their shower – to organize their hair and apply some sunscreen to the face, etc. But what many people still don't realize is that that moment they first wake up is a prime hydration opportunity.

As soon as you roll out of bed, you can slather moisturizer all over your face (including your ears and neck, including the entire back of your neck) and you don't have to worry that it's too much or will clog the pores – because you're just going to clean it off in the shower in 1, 2, or 3 hours anyway.

This is particularly important for the delicate tissue under your eyes which dehydrates overnight. You don't need to use an expensive

product, either – just something natural and without petroleum-based ingredients.

This little grooming trick will help to create *congruence*: it will take years off of your appearance so that you can look how you feel.

45. Check In with Your Adrenals

Core Concept: adrenal fatigue is becoming increasingly common and is a significant setback to health.

Action Step: bolster your body's endocrine system by reducing stimulants – especially caffeine, sugar, and stress.

Basically, our [adrenal glands](#) run the show. Hormones are what our bodies use to communicate between vital organs and processes – and adrenals are what regulate those hormones.

In this brief video, Dr. de Mello explains why tending to your adrenals is an extremely good idea.

I invite you to monitor your stimulants. Stimulants can tax your body's adrenals. Three of the most common stimulants are stress, sugar and caffeine so, in particular, keep a closer eye today on your stress levels and your caffeine and sugar intake.

If you were to reduce these daily stimulants by even just 10%, the overall positive impact on your health, over time, could be exponential.

46. Develop New Hand Habits

Core Concept: the more you touch your face, the more you often you will get sick. Germs love to enter your body via the moist entry points of your head: your eyes, ears, mouth and – especially – your nose.

Action Step: train yourself to stop touching your face (unless your hands have just been sterilized) by noticing how often throughout the day you actually do.

No strategy for taking your health to the next level would be complete without addressing how to stop getting colds and flus.

Many modern citizens are now in the habit of getting a cold or flu at least once a year. We've come to think of this as normal and expected.

In fact, you do not have to get colds and flus, and certainly not as often as once a year.

The nutritional and exercise improvements that you're making will likely bolster your immune system so that you are less susceptible to germs and viruses. However, one of the easiest ways to prevent catching colds and flus is to simply train yourself to stop touching your face.

Germs and viruses find easy access into your body via the openings on your face -- your eyes, nose, ear, and mouth.

Most people touch their own faces far more often than they realize -- they do it reflexively and absent-mindedly. The good news is that, if you set a firm intention, it's fairly easy to train yourself to never touch your face unless your hands are sterile.

I invite you to engage your excellent judgement before you reach into the Red Vines candy tub in the office breakroom, or into the sample cheese platter at the grocery store (true story: I once saw an elderly woman put a cube of cheese onto her tongue, then change her mind, return the cube to the sample tray in order to exchange it for a larger cheese cube).

A lot of buffets and sampling trays at stores and restaurants are at nose-level with children. I've seen children sneeze, cough, talk, and breathe onto food that is just inches from their mouth because their height positions them perfectly underneath the "sneeze guard."

Hand sanitizers are nice, but it's impossible to sanitize your hands often enough to keep the germs off of your fingers. You open more doors and cupboards, turn more faucets, type on more keyboards, and hold more pens, pencils and smartphones than you realize. You can solve the issue by simply not touching your face!

By the way, 95% of the people who do wash their hands, do not do it effectively. Don't believe me? Start noticing. You'll quickly see what I mean.

Hand-washing is only effective when it happens for a long-enough duration (at least 20 seconds, according to the Centers for Disease Control) and if it's comprehensive enough (massaging a bit of that soap into the nail beds, the tops of the hands, and in between the fingers -- not just the palms).

Of course, intellectually, everyone already knows to wash their hands and not touch their face. But what people underestimate, is the extent to which these habits, when done properly and consistently, can

positively impact their health. Improvements in [hand-washing habits](#) correlate with a decrease in illness!

The action step is simple. Increase your awareness about your own hands, throughout the rest of the day – how long you wash them, how often, and how thoroughly.

Most importantly: notice when, where, and how often you touch your face.

47. Craft Your Quotidian

Core Concept: improved self-care requires time from your schedule. As crazy-busy as your own life might sometimes feel, the truth is that there is almost always enough time in each week to do everything you want to do. A bit of [good planning](#) makes all the difference.

Action Step: create a daily checklist that includes the tasks that you are most tempted to forget to do.

48. See Sugar Differently

Core Concept: reducing your [daily intake of sugar](#) will help you to experience one of the most positive changes possible to your long-term health.

Action Step: increase your daily awareness about the amount of carbs – both simple and complex – that you typically consume.

Experiment with replacing some of the carbohydrates in your typical day with healthy fats, instead, to see if it improves how you feel and the appearance of your skin.

49. Do Menu Mapping

Core Concept: having already done your calorie research (see action-step "Track your Calories Twice a Year" from previous article) and having experimented with decreasing your sugar intake, it will now be astoundingly helpful for you to create a "typical day's menu" that includes hydration, [snacks and meals](#) in their ideal sequence.

Action Step: create your menu map as a sort of template of an ideal day - that you can easily refer to - to help you stay focused and on-track with your new positive daily lifestyle habits.

It will be extremely helpful for you, as you continue to improve your nutrition based on the unique needs and signals from your own body (see action-step "Check Your Own Eyes for Clues" from previous article) to map out a typical day of eating and drinking, and now is your opportunity to really fine-tune it and make it as good as you can.

I keep my "map" both on my laptop and taped to the inside of our kitchen cupboard - this way, no matter if I'm out in the field or working from the home office, I can quickly access my map in case I forget where I left off. You don't have to follow it exactly every day (it's good to rotate your food choices), but it's helpful to know what a "perfect" day of eating and drinking might look like and also the ideal sequence.

Here are some details about my own map that you might find interesting or useful:

- my calories each day will usually add up to not-under 2,100 calories, and not-above 2,400 calories - but it ultimately depends on my activity level and what I'm working on that particular day (losing fat, gaining muscle, or maintaining current ratio).
- where my map says "latté" it doesn't mean a latté like you get at the corporate coffee chain on the corner. This is a latté that has been meticulously designed to provide my body with quality protein and healthy fats and other nourishing ingredients.
- I have a robust hydration strategy. I actually plan on when I'm going to drink my fluids throughout the day (as someone who exercises frequently and lives in a year-round warm and dry climate, it is astoundingly easy to become dehydrated).
- I'm careful to rinse my teeth with water or chew natural gum after I have my lemon water or apple cider vinegar water (to prevent the acids from eroding my tooth enamel).
- whether I'm working out at home or at the gym, I make certain to have a post-workout green drink with me to immediately nourish my thirsty muscles during that time-window when it will have the most positive impact. Worked-out muscles are like dry sponges, they will absorb nourishment beautifully if you feed them at the right time.
- the traditional 3-meals-a-day method of eating that most people follow in our modern culture no longer works for me; I have more smaller meals throughout the day to keep my blood sugar sustained at

sane levels (with a minimum of dips and surges) and my metabolism fired-up.

50. Find Kooky Ways to Metabolize Daily Anxiety

The journey of personal improvement is, ultimately, a journey of continually finding better ways to [manage anxiety](#).

Most of our less beneficial habits are really just unconscious coping mechanisms. Talking too much, drinking diet soda, watching television... they're all just attempts at self-medication - to smooth the rough edges of life.

Your own solutions can be unique to you. Maybe you'll benefit from a new mattress, or a new yoga class, or a new blender, or a new book on organizing. Those are all attempts at self-medication, too, but they're also improvements.

An actualized life is merely a series of finding clever, tailored ways to manage anxiety even better. It helps to have a sense of humor about. Be relentless in your experimentation and keep working on yourself!

51. Forgive

It's possible that someone in your past did not listen to you carefully or make enough of an effort to understand you clearly. Maybe they were self-absorbed, lacked [insight](#), or didn't do the best for you that they could have (given their own innate potential).

Well, that sucks.

But forgive them anyway.

Negative loops of painful memories are extremely unproductive and can impair mental and physical health. Forgive those who you felt harmed by.

If you're not able to heal the relationship, then release that person (if you're over the age of 18, then incompatible people no longer have to be a regular part of your personal life). But, release them with love.

Interestingly, the more you're able to forgive and the more you're able to demonstrate patience and kindness, then the more space it creates in your psyche for gratitude. Spontaneous feelings of gratitude are what put the magic and color back into your daily life.

52. Trick Your Body's Adaptability

The body adapts quickly to favorite forms of exercise. The way to keep getting stronger physically is to frustrate your own [metabolism's attempt to adapt](#). Been a powerlifter for 30 years? Take a yoga class! Doing yoga for 30 years? Take a powerlifting class!

I'm actually considering taking up swimming at our local university pool, not because I love swimming but because I never swim and I know my body would become highly responsive if I started doing it twice a week.

What is a Home, Really?

The Art and Science of Great Lifestyles

I began working in real estate – as many do – at the bottom. After 14 years as a fitness trainer, I was ready for a change. David Findley (my spouse and business partner) had already been a highly regarded real estate consultant for a decade when I joined him at the office.

As a clerical assistant, I would help set up David's appointments, schedule house showings, cover the phones and run errands. Soon I was coordinating transactions and hosting open houses. Eventually, I became licensed and found that I could be most effective behind-the-scenes by focusing on our digital marketing, future business and client appreciation initiatives. I was particularly interested in that place where marketing and psychology intersect, and so returned to college to earn my masters degree in Depth Counseling.

All the while, David continued to expand his already considerable pool of knowledge on all-things-real-estate by acquiring additional credentials that would better prepare him to help our clients. Among these many accreditations: ***International Property Specialist***.

Over the years, we found that we were also effective helping those who were looking to relocate or add to their real estate portfolio from overseas.

These clients are typically desiring a lifestyle property or luxury estate in a fair-weather climate. Often, there is something high-concept

needed from their future homes - perhaps a ranch zoned for horses, or a waterfront property with a heli-pad, or a converted loft on a historic main street that offers "walkability."

There is a particular skill set needed to be beneficial to clients who are buying and selling lifestyle estates. For example, often these clients have their own attorneys and business managers - and an agent must be able to not only maneuver sequentially through the tall stack of contracts but must also *understand* them so that he can confer with the client's in-house team of experts in a way that is helpful. Discretion is essential (non-disclosure agreements are just one of those contracts from the aforementioned stack).

Luxury real estate transactions have become a complex negotiation involving thousands of tasks that must be completed fully and sequentially. The person facilitating such an intricate process is - hopefully - composed, initiating, organized and resourceful. If so, the transaction is more likely to have a most positive outcome.

David clearly had an uncanny knack for this type of work and so over the years we have really found our niche. As part of our **After-Care Program**, we would stay in touch with our clients after we handed them the keys to their new home - answering (or researching on their behalf) all the questions they would have about the neighborhood and the amenities offered by their new community. In the old days, we would hand-craft newsletters containing relevant information, but as the internet evolved we decided to save trees and launched a website instead.

Many of the articles at these sites have proven startlingly popular, each racking up tens of thousands of visits from across the world,

including "17 Ways to Remove Negativity from Your Daily Life," "Floor Plan: Best Place to Put Your Desk," "6 Plants that Purify Your Indoor Air," "What is a Lifestyle Property?" "The Pros and Cons of Waterfront Homes," and "How to De-Clutter and Organize Your Entire Home."

You are perhaps reading this now because you visited one of our sites and found it useful or entertaining. This report was crafted specifically to assist our clients in getting the very most from their daily lifestyles and the new communities in which they live.

If you have any questions - be they related to real estate or lifestyle techniques - I encourage you to drop me a line at lifequalityexaminer@gmail.com or phone David at 310-345-6911.

If you were forwarded this report by a friend, I invite you to sign-up for our free *Quality of Life newsletter* and each week we will email you the newest, most potent and life-improving information that will make all the difference in your own daily lifestyle!

Recently, I was interviewed by the talented Forbes Sisters for their site [Inspired Everyday Living](#). We have known Laura and Alison Forbes for many years and we share them a similar desire to support others in caring for their homes and themselves. I share with you here an excerpt from that interview in the hope that it might help you clarify thoughts of what is possible for your own home:

What is the meaning of home for you?

Home is the spiritual foundation from which you build good works and make a positive difference in the world.

What inspires you about your home? How does it make you feel?

The simpler my home becomes, the more I enjoy it. The key to happiness is simplicity. My spouse and I just drove a carload of items to our local charity thrift store. We're creating space for more joy!

Do you have any favorite everyday rituals?

I use daily checklists, called "quotidians." They are fun to use and help me to stay on track throughout the day. I have one called "personal" and one called "professional."

If you were moving, what three things would you take with you?

My Vitamix blender, my food processor, and my organic latex mattress (I was going to say My MacBook Pro and iPhone, but that's like saying I'd move with my wristwatch and socks – I mean, I practically wear the things!).

As a culture, what aren't we understanding about the home that we need to?

We have denigrated homemaking, and it's causing a fracture in the psyche of America. Indirectly, but unmistakably, it's helping narcissism to proliferate.

We must return *status* to the homemaker. Homemaking is a noble endeavor — an art and a science. Somehow, one of the casualties of the 70s ideology was that homemaking became perceived as frivolous. The

truth is exactly the opposite—the mental and physical health of our culture hinges on returning high status to homemakers.

Male or female, married or single, parent or without-children: homemaking is important no matter who does it. The 70s ideology said, “equal pay for equal work.” Absolutely! But you know what I say? “equal status for equal work.” The home is where we nourish, heal, restore and recharge our spirits, our minds, and our bodies, and whoever facilitates *that* is a sort of modern-day shaman and deserves our reverence.

If your home had a voice what would it say?

“I am an expression of your serenity.”

How does your home reflect who you are?

Your home reveals the healthy ways that you manage the daily anxiety and chaos of modern life. Opening someone’s refrigerator is like looking into the current condition of their psyche.

Please name one change you have made in your home that has transformed your life in some way.

About 15 years ago, I bought my first labelmaker, and never looked back!

I encourage you to visit the [Forbes Sisters’ website](#) whenever you need an extra dose of inspiration for imagining how your own home might serve you even better.

What's Next?

What do you need in order to live a luxury lifestyle?

Material items can be luxurious, but please believe me when I tell you that there is no luxury in life without health.

Health is wealth, and when you have robust, excellent health then you also have the foundation from which to build a luxurious lifestyle.

What is a typical day like for you now, compared to a year ago?

- less stressful, or more?
- are you stronger, or weaker?
- is your energy level higher, or lower?

What progress have you made in your health over the last year?

It can be helpful in life to periodically do an inventory of your own health. If you decide that you want to be even healthier one year from today, the previous 52 self-care protocols and lifestyle habits will prove helpful in your endeavor.

I hope you feel excited by the possibilities of what your own life can become. My wish for you is that one year from now you wake up in the morning feeling even better than you do today.

Any journey to improved health begins in the present moment.

The how-to methodology provided within this report and within our accompanying free newsletter is inspired by evidence about how people actually improve.

If you haven't already, I strongly encourage you to subscribe to our [free updates](#) now so that when you wake up tomorrow morning, a motivational message will be waiting in your inbox that will include an easy action-step you can complete to help yourself feel better, look better, and become healthier.

By doing your self-improvements in this gradual way - in small steps, one day at a time - you will eventually install positive new habits into your daily lifestyle that will stick with you permanently.