

The Guide to Living Your Most Powerful Life



Unlock Your Potential and Reach Your Goals

**Tools to Motivate, for Optimal Energy, and Daily Success
for
Superwomen & Supermoms**

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1. Mindset

The first step in changing anything in life, is to change your mind. If you are locked into thinking that you have failed before, you will most likely set yourself up to follow the same path. Or worse, you will stay stuck in the mindset of failure and never reach your true potential. Start each morning with a positive message to yourself that you are in charge of today. Instead of saying “I won’t... or I’ll try not to..” Say aloud even if it seem odd at first “I AM strong!” “I AM capable!” “I AM ready to see the best me!”

Your thoughts will transfer to actions, and you will be on your way to a better life, and a healthier you!

Start each morning by preparing the night before. Let's face it, us women are overworked, overstressed, and have no time for ourselves. We have to make US a priority. YOU DO MATTER. (and you know that a lot of people can't function without you!) So, whether it's work, or home, surround yourself with positive people for starters. Find things that you can do if even for 10 minutes per day, that have nothing to do with anyone else but you.

Sit for even a few minutes each morning before you get out of bed. Take deep breaths while visualizing what your calm and perfect day looks and feels like. If you rehash the negative over and over, you will keep on repeating it. Whether it's your weight, your job, your health, your relationship....think of small daily things that you can do that make you feel good.

If you have to stand up for yourself and "let go" of negative friends, jobs, relationships etc...you can do it. The best part is after you let go of negative things in your life, a weight will be lifted and you can focus on what matters most to you. You deserve it. Now go and get it!



2. Planning and Preparing

You know the line “you are either failing to plan, or planning to fail”? It is the truth. No executive of a high ranking company, no soccer mom, no fit bodied gal, and certainly no “superwoman” ever “just wings it”! She plans on succeeding. She follows the upward path, even if she has to climb obstacles. She knows that there will be curveballs along the way, however, a superwoman just keeps finding a way around and over them! She doesn’t ever quit trying to be her best. Quitting is never an option.

Not a planner? Have a hard time staying on task. Everyone can “unlearn” behaviors that don’t work. Even if that’s how you’ve been rolling lately and you are stressed to the max, let’s find a way for you to take back control. It’s time to reclaim your body and your precious life too!

Here is a great exercise to really get those mental juices flowing so that you can plan the life that you wish you had. Start big and work your way back to today.

Literally take a piece of paper and write down your “dream” year. What would that look like if you broke it down into do-able steps, every 3 months? Now what about a single month? Now, break it into weeks. Now, ask yourself, “what can I do this week, and each day to get closer to my goals?” Is it cook meals on Sunday for the week and take a lunch every day to keep you on track with the weight you want to lose? Is it set the alarm for 30 minutes earlier to get in a quick workout, so that you can reach those goals? Is it go to bed an hour earlier to be sure you’ll get 7 hours of sleep and be more focused and less stressed tomorrow?

YOU CAN MAKE THIS HAPPEN. Get a journal and a planner, and start writing down and making small daily changes that work towards your perfect year. Tell someone close to you that you want to remain accountable, but do it for you. Write down your plan. Then take action!



3. Relieving Stress

What do you do when you are stressed? Overeat? Oversleep? Drink alcohol? Get irritable? Do you carry the weight of the world on your back, (and on your belly) trying to “do it all”, but feel overwhelmed and helpless, thinking you’ll never move forward, never feel good about yourself, and never accomplish the things you want?

Or, do you not have a healthy “release” that gets you calmed, centered and focused? Women need more than ever, a way to find inner peace, and balance, when life seems out of control. It is imperative that you have a way to handle stress and cope. Even if you take one hour for yourself a few times per week, this could give you lifelong benefits. Benefits for your health and body, your family and your relationships.

Plan on getting a massage next week. Plan a night out with a girlfriend (but only if she's a great supporter and not a "negative Nancy".) Take a yoga class. It could even mean something as simple as taking a walk in a park while listening to some calming music.

These are things that lower blood pressure, help with daily issues that we all know will rear their ugly heads, AND will help to keep your hormones balanced while you destress your mind and your body! Never forget how much you matter, so take time for you!



4. Sleep

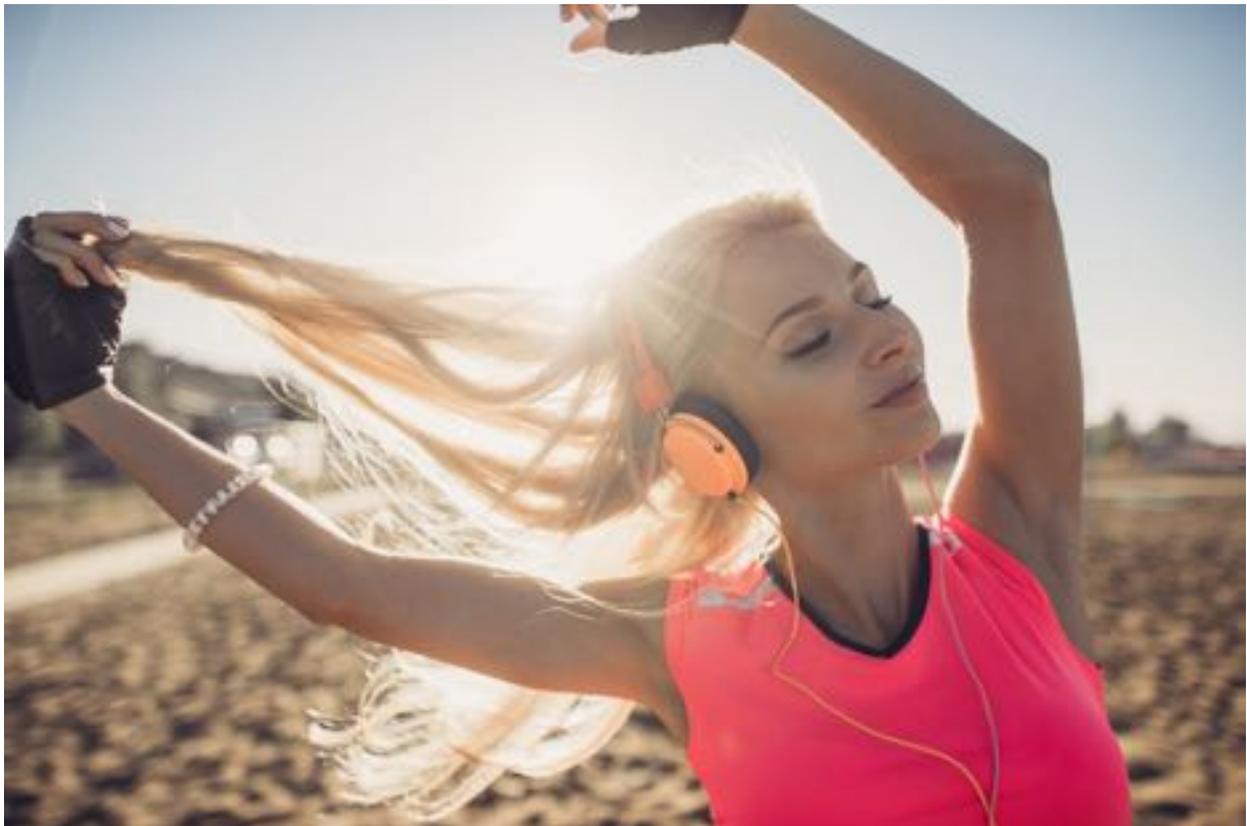
Sleep is one of the biggest overlooked keys to overall health and wellness.

Studies are showing that not only does 7 hours of sleep keep us focused, it keeps our hunger hormones at bay. If you are missing out on even a few hours of shut eye, maybe that's why you keep reaching for the carbs a few times per day.

Irritable? Feel like you never get enough sleep? Do you fall asleep and stay asleep, or do you have a hard time turning off your brain?

Create a perfect sleep sanctuary. Keep the room dark with room darkening shades. Turn off all electronics at least 45 minutes before bed. Drink a warm glass of water with a bit of lemon, or maybe even have a small glass

of red wine to unwind, but more than that actually makes us restless and not able to get into a deep sleep. Take a warm relaxing bath, or even listen to some soothing music. Make love! Tomorrow will be brighter and you'll feel and look better and better as you plan for a perfect night's sleep.



5. Music

Music can unlock hundreds of emotions. Music can calm, excite or repel us with a word or a single note. From the ability of a beat to make a baby bounce, to a few notes on a trumpet that makes us remember funerals, music has been used for centuries for a reason.

When was the last time you danced? When was the last time an instrument or song gave you goosebumps, or made your remember a very special

moment in your life? Music makes almost all of us feel alive, happy, energized, and motivated. There is music that is made to make us focus and reflect, and there is music that makes us want to get up and move!

I make playlists for every different area in my life. I have playlists in my gym for my girls to workout to. I have playlists for cooking, playlists for getting ready to go out for the night that energize me (even when sometimes I'd rather not have another thing to do!) and I have playlists for romantic dinners and nights alone with my husband.

Music is a way to connect to the world and our relationships, but most importantly our inner self. Maybe you wish you could focus. There is music for that. Maybe you wish you were a little less self conscious...put on a song and dance alone. Maybe you want to be closer to your mate? Put on a slow song, and snuggle up for a dance.

If music is something that you "used to" love, I urge you to bring it back into your life!

Plan a surprise night out, with someone you love to spend time with and see a concert. Or, go to a local nightclub and see a live band, where you'll feel young and adventurous. From jazz, to the symphony, hard rock, to country, and all of the beautiful sounds in between...use music every day to feel alive!



6. Peace of Mind

How much time do you spend worrying? Do you fear what “might” happen? I read an article from a therapist that said “people that spend most of the time worrying about what might happen, are never really in the present”. Think about that. Can you enjoy time today with your kids, or your parents, or your spouse if all you can think of is what “might” happen?

From taking care of yourself, to guiding and supporting our kids, worry creates stress. Sure things might happen, but if we are smart to the ways of the world, they usually will not happen. As we get closer to our 50’s we start to think of caring for our parents, and that can create worry. From children, to spouses, friends and parents, we have no guarantee that tomorrow will come. That is the exact reason that we must live each day with purpose and passion, and share it with others.

The best peace of mind is never having regret. Not regretting that you didn't tell someone that you love them, not regretting that you had a disagreement with a sibling or a friend and it's been years since you've spoken. Not being too selfish or bullheaded to tell someone that you are sorry, or that you didn't realize you hurt them.

We all have made mistakes. Let go of your pride and look at what your actions will say about you in the future. Take back that peace of mind and free your heart... and your soul.

Don't ever let the biggest mistake be the one that you can make right today.

Do you want to know what my personal favorite gift to give is?

The gift of time. I don't ever hand a friend, my siblings, or my parents, something in a box. I usually take them somewhere that we can have an experience together. A concert, a dinner, a play, or an event. Those are the times that I know will be remembered.

My favorite time is to spend one on one time with my son, and my husband. I want them to all know that they are special to me and I value them. Sure, sometimes I give someone an unsolicited gift for a "non special occasion," but what people remember is not what you gave them, but by how much you were really there.



7. Reclaiming Your Sexiness

Sexiness is not how you look. It is not how others see you. It is the feeling that you have when you embrace that you are a powerful, beautiful woman, flaws and all. It is the calm inside of you that “knows”, and makes others want to know your secret.

Sure, you can get dressed up in heels and get your makeup done. Maybe a little lingerie or new perfume puts a sparkle in your eye...but real and true sexiness? That comes from within.

Did you know that some of the most “beautiful” women in history have suffered with anxiety and image issues? Top runway models and actresses that we think are “perfect” are suffering with drug addictions and the pressure of how they look. That is a horrible way to feel and live. If these girls are feeling poorly, then there has to be something more than what meets the eye, right?! Looks are what we see when we look into the mirror. What is the meaning of sexiness? Sexiness is how confident we are flaws and all.

There is a difference between being sexual, and being sexy. Sexy can be fun and energized. Sexy is a woman over 50, or 60, or even 70 that feels

good in her own skin. Sexy is a woman that has confidence and doesn't always wish she was taller, thinner, younger or richer. Sexiness is what you reclaim when you let go of that negative inner voice that says you should be younger, or prettier. You are perfect now. Once you start believing in you... your capacity to change will grow.

Reclaim your sexiness by nourishing your body inside and out with healthy foods, healthy life practices and healthy relationships. If you are looking for a relationship, nourish the one with yourself first.

That's when your true sexiness will shine!



8. Flexibility and Openness

Flexibility can mean physical and mental. How uptight or “inflexible” you are inside, might actually show in your body language and create everything from shoulder pain, to headaches, to bad relationships. If your body carries chronic tension, you might want to think about how open you are to others, and how flexible you are in life. What type of body language do you show to others? Do you move in with interest when someone tells a story? Or, do you sit back with your arms crossed showing a closed mind or even worse, disinterest?

Are you an adventurous person? Are you one that goes with the flow and leads to new things? Or, are you one that doesn't like to try something because you have already made up your mind that you won't like it?

Maybe your job demands so much from you that you just can't relax? Find a way to connect with others and loosen up your beliefs. Find things, places, people, and events that don't cause you to make all the decisions so that you can just "be." Life has too much to offer to stay stuck. Get out there and live, learn... and above all laugh!

Loosen up your ideas by asking questions instead of always telling people your opinion. Be naturally inquisitive about what others are going through, experiencing and feeling. Ask about others lives before you tell about your own.

I have a bad habit of interrupting that I am trying to break. I get so excited to add in my "story that happend to me" that I sometimes realize I never let the speaker finish their story. I am always trying to be flexible as I age, learning about others as I go along. I am eager to learn and explore different people, different places, and new experiences.

Knowing that you can always learn something new, from someone else's life experience, can be very grounding and rewarding.

Be open to new friends, new foods, new places, and adventures. If you live every day the same way, without ever getting out of your comfort zone, you will never know what you are truly capable of!

Venture into new territory. Go and try out a class, a group, a job, a date, or something that you might never have imagine liking! If the thought of that seems like too much work...then just find someone you enjoy, and find a place to simply enjoy them.

As time goes on, and you keep your mind open, I'll bet you'll surprise yourself and find that you aren't as "set in your ways" as you might have thought.

Be flexible. Life is short and there is a wonderful world to explore just waiting for you!



9. Friendship

It seems as we age, that most of us have fewer friends. Or, is it less time to spend enjoying friendships that seemed to mean so much at one point in our lives? We might have the group of work friends, or old friends, but when do we have the opportunity as adults, to make new friends? Again, it's one of those things that will not come and knock on our door...we have to go out and take action on it.

One of the most rewarding things a person can do as they age, is to be open to joining new groups and meeting new people. Whether it be a group

of like minded business people, a painting class, or a travel club By opening up to new people, we make new friends. If you're in a new group or at a party, try not to always gravitate towards the one person you know. Force yourself to talk to someone new and ask how they got invited, or what connection they have to the group. You might make a new friend, get a date, or have a new business prospect that you would never have had if you sat in the corner with the only person you knew in the room!

How about your old friends? Have you been out of touch and are never available to get together, so now they don't call anymore? Are you the one that hears "I was going to call you, but thought you'd be too busy?" Make it a point to keep personal friendships going. Put a note, in your smartphone on the calendar, to call a few friends a couple of times per month just to say hello. Send a text to a group of friends or couples, with two dates... and orchestrate a plan to meet for a night out.

It doesn't have to be expensive, it doesn't have to even happen. Just be the one that keeps the calls, the invites, and the relationships going. People love to be thought of. With the world of technology, e-vites and texts... a real old fashioned phone call or hand written card will surely keep people close to your heart.

Surround yourself with women that empower you and make you feel listened to (and ones that don't spend time speaking poorly of other successful women.)

Become a woman that others aspire to be like,
and want to spend time around!



10. Books and Websites that Will Transform Your Life

Knowledge is power. Broadening your mind, your ideas, and how you look at the world will profoundly change how you feel about yourself and your relationship to the world. Through other people's experiences, we can transform our lives and live the life of which we dream. There are life coaches, writers, business men and women. and everyone in between that has a story to tell. Some might impact how you live your life and move forward. Some have the tools to help you do exactly that.

I love to read. I love to educate myself on how to live a long and strong life while nourishing my brain, my body and my life's passions. Here are my personal favorite "go to" sources for optimal health and wellness.

Sleep Smarter - Sean Stevenson

Power Aging - Gary Null, Ph.D.

The Perfect Day Formula - Craig Ballantyne

School of Greatness - Lewis Howes

How to Win Friends and Influence People - Dale Carnegie

Top Websites that You'll Be Sure to Love:

MelissaAmbrosini.com - Helping women achieve greatness while letting go of fear!

Fear.less.com - "your go to website when you feel numb with inaction"

The Daily Positive - A great site to keep your thoughts on the bright side with tools and tips on being genuinely happy!

Marc and Angel Hack Life - Powerful weekly messages and tools to make the difficult times easier, and the questions about life make sense, from a brilliant and loving couple that knows how to deliver content that always hits home!

10 Deliciously Energizing “Tonics and Elixirs”

**For
Inner and Outer Balance
Keeping you Slim, Focused and Sexy**



**These 10 luscious drinks can be whipped up in a blender.
I keep my fruit and veggies cut up in baggies in the freezer.
This saves time and the baggies are always ready,
so there's no need to add ice!**

Ingredients:

Coconut Water- Organic single ingredient with no “natural flavorings added”

Kefir - Plain Organic

Ground organic Chia Seeds

Ground organic Flax Seeds

Organic Ginger root - dice or shave into smoothies

Organic Liquid Turmeric - I use the best turmeric on the planet: [PuraThrive](#)



Organic Fruits and Vegetables

Avocado

Apples

Banana

Blueberries

Blackberries

Raspberries

Peaches

Lemon

Lime

Kiwi

Cherries

Pineapple

Mango

Kale and Spinach

1. **Cleanse** - Apple/Kale/Lemon/Ginger/Turmeric/Chia Seeds/Water
2. **Hydrate** - Pineapple/Kiwi/Avocado/Coconut Water
3. **Skin Smoother** - Kefir/Peaches/Mango/Turmeric/Flax/Water
4. **Anti-Inflammation** - Cherries/Pineapple/Turmeric/Coconut Water
5. **Belly Flattener**-Raspberries/Spinach/Avocado/Chia Seeds/Water
6. **Belly Soother** - Kefir/Banana/Coconut Water
7. **Sore Muscle Soother**- Pineapple/Banana/Cherries/Coconut Water
8. **Focus** - Apple/Raspberries/Spinach/Lemon/Ginger/Water
9. **Calming**- Banana/Blueberries/Mango/Water
10. **Energize** - Apple/Lemon/Lime/Spinach/Ginger/Berries/Water

Make today and every day filled with mindful choices. Live the life that you dream about, nourish your sense of adventure, and open your mind to new opportunities. Above all, eat healthy foods and exercise in a manner that keeps you living long and strong!

Helping us to achieve a life of optimal wellness,
Coach Dawn