

AJ'S 7-DAY STRESS-BUSTER PROGRAM

This program is good for everyone. We all at times experience the stress of a demanding life. It may be work stress, home stress, financial stress, health stress or some other. Andrew challenges you to commit to his 7-day, ten-point stress-buster program.

You won't know yourself after seven days of this program. You will be so calm, positive and happy that you will attract great things into your life.

For the next 7 days follow AJ's 10 steps to a calmer, happier, healthier and more vibrant you:

1. Get up every morning and go straight to the bathroom, look in the mirror and say to yourself; ***"I am calm and in control. I love my life as I easily manage all demanding situations"***
2. Look at each of the situations that create stress and then take some time to discover the cause of that stress. How can you fix it? *For example if you get stressed in the traffic on the way to work – if the reason is not the traffic but because you don't leave yourself enough time to get to work then leave home 10 minutes earlier.*
3. Eat some or all of the following calming foods everyday this week:
 - a. **Antioxidants** - pumpkin, sweet potatoes, carrots, kale, grapefruit (red and pink), blueberries, strawberries, watermelon, cantaloupe, oranges, peppers (red and green), tomatoes, broccoli, sunflower seeds, almonds and olive oil.
 - b. **Omega-3 Fatty Acids** - ground flax seeds, walnuts, salmon, soybeans and pumpkin seeds.
 - c. **Folate** - dark green leafy vegetables (turnip greens, mustard greens, spinach, romaine lettuce, collard greens, etc.), beans, legumes, asparagus, Brussels sprouts, beets and okra.
4. Each morning write a list of 5 things you are grateful for and read it before you go to bed each night.
5. Read or watch something that makes you laugh each day.
6. Spend quality time with the most important person in your life each day this week – talk about things that you love and will do together only.
7. Book in for a massage or other relaxation treatment this week
8. Do some type of exercise every 2nd day for 30 mins or more (includes; walking, swimming, jogging, cycling, rollerblading, resistance training, yoga, pilates, tai chi, stretching, dancing etc.)
9. Avoid procrastination this week – do things that you are avoiding to do first thing each morning.
10. Breathe deeply and every day this week stop to take in the beauty that is around you every where.



THE CHALLENGE:

This program is an all inclusive program. Andrew challenges you to discipline yourself for the 7 days and follow the program 100% and commit to the 10-point plan to the letter.

Enjoy the results.

