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Enhancing People. Improving Business.



January 22, 2020

Wellness Wednesday

25 Tiny Habit Changes to Improve Your Life Within One Year

1. Read at least one book per month.
2. Write down your goals at the start of each week and each month.
3. Measure and track those goals throughout the year – actually look each goal in the face and be honest with yourself about what you did do and what you could have done better.
4. Dedicate just one day a week to eating no meat.
5. Turn your phone on silent before you share a meal with someone you care about.
6. Talk to someone you trust when you're in pain, even if it's what you consider a 'small pain.'
7. Walk whenever you can and wherever you can.
8. Do everything in your power to be considerate of and aware of other people.
9. Say 'yes' to something that scares you, if you know that it will truly be good for you.
10. Write every day in a notebook, with the understanding that there are no rules, no one will ever see it, and that it's simply a tool for you to get your thoughts out of your head and onto a piece of paper.
11. Become cognizant of your emotions in a way you never have before – by simply trying to address them and name them, instead of treating them like a silent companion that you ignore.
12. Listen more than you talk. And then forgive yourself when you fail at this. And then try again.
13. Look at anything other than a screen in the minutes before you fall asleep. A book, the window, your partner, a pet, the ceiling. Anything that is not going to instantaneously bring you back into a world you are trying to take a break from for eight hours.
14. Treat sleep as an absolute necessity and an incredibly important priority, instead of being proud of how little of it you are getting.



15. Pay attention to the factors you need in which to do good work. Do you need music? Do you need silence? Do you need a window? Do you need white noise? Do you need to turn your phone face-down? Do you need scheduled breaks every 45 minutes to read a few pages in a book? Do you need to take a walk first or right in the middle of it all? Pay attention to the moments in which you've done your best work, notice the factors that were present in that experience, and then do everything in your power to replicate it every single time.

16. Talk to strangers sometimes. Talk to your Uber driver when they seem to be in a chatty mood. Talk to your server about anything other than today's happy hour specials. Talk to the person ringing up your dry cleaning and see how their day is going. Sometimes the interaction will be nice but forgettable. But sometimes you will still remember it several years from now. People have the most interesting things to say, when you're listening.

17. When you come up with a new goal and you feel that familiar thrill every time you think about it, tell someone about it. The effect of how much more real and tangible it becomes when you do this is incredible.

18. Listen to white noise when you need to study or focus or create, or when you just need your brain to quiet down for a bit.

19. Pay attention to how many pointless things you do, and how many minutes you waste, in the moments or hours before you go to bed. When you find yourself doing these things, like clicking through ridiculous slideshows or doing a deep dive into someone's Facebook, stop. Brush your teeth. And go to sleep. The more you try to catch yourself doing these things, the less you will do them.

20. When you choose to relax, make sure you mentally and emotionally commit to it. Don't half-ass it. Don't sit on the couch and 'rest' while also checking emails and doing 'something small' for work and planning an upcoming trip. Just fully commit to relaxing. Immerse yourself in that movie or show or book or walk or yoga class or whatever. Let it be the only thing that you're doing.

21. Wear whatever is the best combination of making you feel comfortable, confident, and like yourself. These outfits exist, you just have to work a little harder to find them.

22. Open your mail right away. Answer what needs to be answered, and throw out anything that is unnecessary. Do this immediately. When you do it for a while and have success and then four months later you're back to your old ways, waste no time scolding yourself. It happens to all of us. Just start again.

23. Tell people you are proud of them, thankful for them, inspired by them, grateful to them, here for them, honored to know them, and comforted by them.

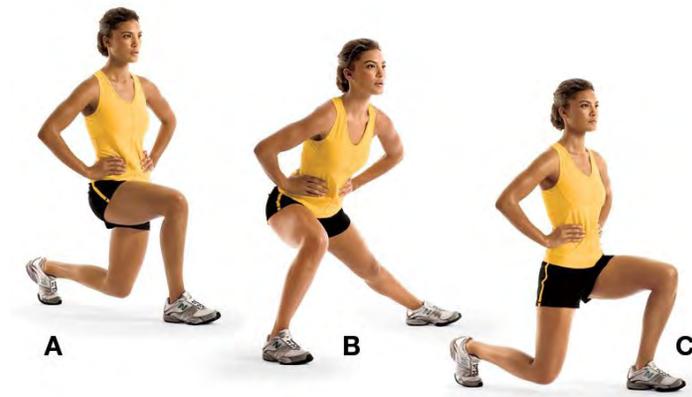
24. Make every decision, ever little choice, based on your desire to be a person of integrity.

25. Think about where you were a year ago, five years ago, ten years ago. Think about all the things you are doing now that you wouldn't have ever believed you could do back then. Then keep waking up every day striving to make the future you once again astounded and proud. Source: <http://bit.ly/2v2AVxF>



This Week's Exercise

CLOCK LUNGE



HOW TO DO IT:

WORKS GLUTES, HAMSTRINGS, QUADS, AND INNER AND OUTER THIGHS.

1. WITH YOUR HANDS ON YOUR HIPS, LUNGE FORWARD WITH YOUR RIGHT FOOT, SINKING DOWN UNTIL YOUR RIGHT KNEE IS BENT 90 DEGREES [A].
2. RETURN TO STANDING. TAKE A BIG STEP TO THE RIGHT AND LUNGE AGAIN [B].
3. STEP BACK TO CENTER. LUNGE BACK WITH YOUR RIGHT LEG [C]. THAT'S 1 REP.
4. DO 10, THEN REPEAT WITH YOUR LEFT LEG.

KEEP YOUR NECK IN LINE WITH YOUR SPINE THROUGHOUT THE MOVE.

Source: <http://bit.ly/2TwZKfr>

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

ITALIAN BEEF AND SPINACH MEATBALLS



Ingredients

2 slices whole wheat light bread
or gluten-free bread)
1 lb 93% lean ground beef
1 tbsp olive oil
10 oz frozen chopped spinach, thawed
and squeezed of all liquid
1 large egg
1 clove garlic, minced
2 tbsp fresh parsley
1/2 cup Pecorino Romano cheese, or your
favorite Parmesan Cheese
salt and pepper

Tomato Sauce:

1 tsp olive oil
3 cloves smashed garlic
28 oz can Tuttorosso crushed tomatoes
1/2 onion, don't chop
salt and pepper 1/2 cup

DIRECTIONS

1. Wet bread with just enough water (or milk) to wet and then mash up with your hands.
2. Add to large bowl and combine with chopped beef, chopped spinach, egg, garlic, parsley, grated cheese, salt and pepper. Mix all ingredients well until thoroughly combined.
3. Using a 1/4 cup measuring cup, measure meat and then divide in two so that each meatball is 1/8th of a cup. Roll into little meatballs.
4. Make the sauce in a large pot, add 1 teaspoon olive oil and heat on medium heat.
5. When hot add smashed garlic.
6. When garlic is golden brown, about 1 to 2 minutes add the tomatoes, onion, salt and pepper and cover, reduce heat to low.
7. Meanwhile, in a large nonstick skillet, add 1 tbsp olive oil on low heat.
8. When oil is hot add as many meatballs that will fit, cook on low, turning often so that all side get browned. Cook until the centers are cooked through.
9. When finished, place on a dish lined with paper towels to blot any excess oil. Drop meatballs into sauce and continue cooking the remaining meatballs, repeating the process. When all meatballs are in the sauce, simmer for an additional 15 minutes. Discard onion and serve.

Nutrition Information

Serving: 5 meatballs with
4.5 oz sauce
Calories: 259kcal
Carbohydrates: 15g
Protein: 20.5g
Fat: 10.5g
Saturated Fat: 4g
Cholesterol: 81mg
Sodium: 512.5mg
Fiber: 2g
Sugar: 5.5g
Blue Smart Points:4
Green Smart Points:5
Purple Smart Points:4
Points +:6

Recipe source:

<http://bit.ly/2G0vsGd>