

WIN YOUR WEEK

WINNING GUIDELINES FOR SUCCESS & HAPPINESS



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Dear winners,

As Roman poet Horace famously wrote "Carpe diem," which translates to "seize the day," we need to live life and enjoy it while we can.

Through my personal self-development journey, I have found that message to be very true, but to make it more applicable to modern day life, I always say, "You don't need to win your life in *one* day; you just need to win one day!"

Winning in life is not about any one goal, prize, accomplishment or big achievement - it's about tracking and acknowledging small victories throughout each day. If you have read my book *I Am Winning* and my free manual *5 Steps to Win Your Day*, you know that it can be as simple as creating a few healthy habits, enforcing productive routines and being grateful for life's small pleasures. Yes, that's all it takes to feel like a winner at the end of the day as you are winding down with a feeling of accomplishment and satisfaction.

I've decided to extend this winning mindset approach and developed a simple system that will help you feel like you've slayed your week. If you follow these tips you can be sure that by the end of the week you can give yourself a few mental trophies to add to your collection!

Here are 5 guidelines to win your week and make the most of each one of your days.

- 1. CREATE AND FOLLOW A ROUTINE**
- 2. IMPLEMENT SELF-IMPROVEMENT HABITS**
- 3. STRENGTHEN YOUR IMMUNE SYSTEM**
- 4. GIVE GRATITUDE FOR THE POSITIVES**
- 5. PRACTICE SURRENDER & GIVE LOVE**

CREATE AND FOLLOW A ROUTINE

During times of uncertainty, as we have experienced in the past year with the global health crisis, the best thing you can do is follow a routine. Why? Because having a routine in place, makes our minds feel secure and safe. We are just programmed this way.

Sleep patterns are one of the most important aspects of human wellbeing. We simply cannot function well when our sleep is not on a regular schedule.

If you are finding that your sleep is not as deep or restful as it used to be, try going to bed at the same time and wake up at the same time. This is really key! Sleep experts agree that you must implement a strict sleep/wake rhythm. That means go to sleep at the same time, and wake up at the same time, every day!

Create and follow a routine throughout the day as well. What can you do daily when you first wake up, after you've had your breakfast, before and after lunch, in the afternoon and before bedtime?

When you consistently follow a routine, you will feel less anxiety, worry and stress because your mind will know what to expect next. Here are some ideas from my own routine you can try:

- 6:30** Wake up
- 7:00** Meditate/ journal / read a book
- 7:30** Walk in the garden / sun salutations / any kind of movement
- 8:00** Make a healthy breakfast
- 9:00** Work on my business, write, update my website / social media page
- 11:00** Movement: HIIT workout on YouTube video or yoga session
- 12:30** Make a healthy lunch
- 13:30** Rest, nap or mindfulness practice - no phone
- 14:30** Social media time
- 15:00** Light exercise or steam room (cold plunge after steam)
- 16:00** Prep a healthy dinner
- 17:00** Walk outdoors
- 19:00** Healthy dinner with family
- 20:00** Phone and computer screens off - family time (watch movie or play games)
- 21:00** Start bedtime routine - shower, read, meditate, journal, relax
- 22:00** Sleep

Once you have your current routine of waking up, eating, exercising, working and going to bed figured out, the next step is to see how you can improve this routine with some solid winning habits that are going to make you value yourself more.



Questions to ponder:

1. Is your current routine helping or hurting your wellbeing?
2. How can you improve your daily routine so you can feel proud of yourself?
3. What 3 things can you do every morning that will help you feel more self-value?

IMPLEMENT SELF-IMPROVEMENT HABITS

Self-development is a constant in the life of a winner. There is always something we can improve, learn and update about ourselves - the work truly never stops. And why should it?

If we were already the ideal version of ourselves, we would cease to set goals and take action in our lives, and I believe it would be pretty darn boring.

I mark self-development as one of the three pillars of self-love, along with self-awareness and self-care. When you work on yourself and make minor improvements in your habits and lifestyle, you begin to value and respect yourself more each day!

And this doesn't happen overnight. You have to dedicate time to making self-improvement your default mode. And if time is what it takes, we must find it in our busy schedules and make a commitment to it.

I remember a time when I used to pray that we get extra hours added to our day. I simply didn't have time to read all the self-improvement books on my bookshelf, set my meditation and yoga routine in place, and even get simple tasks like journaling and writing out my goals done. Well, the day is still 24 hours long, but I now prioritize implementing and practicing my self-development habits. And guess

- **Meditate** daily for at least **10 minutes** upon waking up instead of reaching for my phone
- Start my day with some **movement** - walk, job, sun salutations, swim, etc before I sit down for work
- **Connect to the earth** by **going outdoors** at least once a day, walk barefoot, breathe fresh air, get some sun if possible
- Take my **daily vitamins**, supplements and load up on **infused water / herbal tea**
- Cook **healthier meals** and incorporate **vegetables** into my diet daily
- Spend more **quality time** with Maya - teach her Russian daily for 20 minutes
- Watch more **TED talks** and **Gaia series** instead of Netflix
- Incorporate **hourly movement** into my sitting-down work routine - every hour I get up, stretch, bounce on trampoline, do some pushups, jumping jacks, etc.
- **Stop snacking** or eating after **8PM** and try to **finish eating dinner by 7:30 PM**
- Do daily **visualization exercises for abundance** - receiving it and giving it
- **Reading before bed**, instead of playing on my phone or watching shows on my laptop
- **Go to bed earlier** (asleep by 10pm) and sleep at least **8 hours a night**

Always remember that implementing any habit takes an average of 3 weeks or 21 days, so consistency is the name of the game here. If you skip doing a habit for even one day, you have to start over again to get the habit to stick to your autopilot mode. The habits you set today will determine the quality of your life and your winning level years later.



Questions to ponder:

1. Do you love yourself enough to work on making yourself the best version possible?
2. Which habits can you implement starting today?
3. What is stopping you from starting your new habits today?

STRENGTHEN YOUR IMMUNE SYSTEM

If one of your self-improvement habits is to make healthier lifestyle choices, why not also incorporate a specific plan on how you can improve your immune system? If you are healthy you will be happier and more successful.

Working on strengthening your immune system is a sure way to win the week as you will gain more energy and peace of mind that you will be prepared to fight off any virus or infection.

Here are three simple ways to boost your immune system:

- 1. Plant-based diet**
- 2. Infused water**
- 3. Quality sleep**

Plant-based diet

I am not suggesting you go vegetarian or vegan, I'm simply saying that eating a diet rich in fruits, vegetables and whole grains is going to increase your intake of vital nutrients, antioxidants and virus-fighting elements. Vitamins A, B6, B12, C, D, E, copper, folic acid, zinc, and selenium all work in diverse ways to improve the immune function, according to the *British Journal of Nutrition*. Eat a diet that is varied in different colors of fruits and vegetables - that will give you a full spectrum of essential nutrients.

Infused Water

My husband Dean makes a huge pitcher of infused water where he adds lemon, ginger and cinnamon, and we enjoy drinking this water all day. Taking sips of your infused water will give you continuous shots of vitamins that will keep you hydrated and healthy. You can try your own creative mixes with apples, pineapple, orange, cucumbers, mint, basil, rosemary and turmeric.

Quality Sleep

Yes, it's been talked about a lot and you may or may not agree, but the science of sleep continues to reaffirm the importance that sleep has on our immune system, mental wellness, emotional balance, weight control and even longevity! If you haven't yet watched the *Sleep is your superpower* TED talk by Matt Walker, get to it now! He suggests that sleep increases our body's "natural killer cells" activity that attack viruses and cancer cells. This talk will transform your view of sleep from "an optional lifestyle luxury to a non-negotiable biological necessity" of your life. Quality of sleep is as important as quantity (sleep experts recommend 8 hours of uninterrupted sleep per night). Limiting your screen time before bedtime, keeping your bedroom cool (18-20 degrees C) and pitch black, and using your bed for sleep only, are some of the tips they recommend for proper restful sleep.



Questions to ponder:

1. Is your diet giving you the best chance to fight off a virus or infection?
2. Is your sleep making you feel rested and fresh in the morning?
3. Are you getting enough water throughout the day and can your water use a bit of superpower?

GIVE GRATITUDE FOR THE POSITIVES

"The biggest challenge in my life is always trying to stay positive. I consider myself the kind of person who always looks at the glass half-full instead of half-empty, and even though sometimes in difficult times, it's hard to look at life this way, I always try to maintain a positive outlook on life."

This was my answer to the final question in Miss Universe 2005: "What is the biggest challenge in your life?" To this day I believe this answer holds up well in my own life.

It certainly is a big challenge to maintain the highest level of positivity in uncertain times like we are living these days, so we all need a reminder (or ten) about what goodness can come from it.

Living with gratitude and looking at everything with an optimistic attitude is the best way to be a winner in life! That's why I put gratitude as the number one quality of the seven qualities all winners have in my books *I Am Winning* and *7 Qualities of a Winner*.

There are many reasons to be grateful in each person's life. If you have food, some money, any family or friends, and a roof over your head, then you are in a better situation than 80% of the world's population. Why not focus on pleasant aspects of your life, instead of the hardships and limitations you are facing?

Here are a few:

- A glorious sunset
- The sound of nature when you walk outside
- The taste of your favorite drink or food
- Your pet or child's love for you
- Singing in the shower
- The way the morning light streams in through your window
- Stargazing on a clear night
- Being able to breathe, see, hear and getting another day to be alive

Gratitude makes us live with more joy and helps us pass through difficult times with more ease. Counting our blessings and rejoicing for all the wonderful things we have (versus focusing on what we don't have) make our lives richer and more fulfilling!

Check out this powerful TED talk by David Steindl-Rast *Want to be more happy? Be grateful* where you will learn what truly matters in one's life from a Benedictine monk's perspective.



Questions to ponder:

1. Is gratitude your best quality?
2. What things can you be grateful for in this moment of your life?
3. How can you incorporate gratitude into your daily routine?

PRACTICE SURRENDER & GIVE LOVE

Surrender... open your heart... breathe in life...

We often forget to do this and instead, we resist life, close ourselves up and get caught up in thoughts, worries and anxieties. But what if you were to stop worrying and start simply to surrender to life and allow it to unfold in its natural way?

Everything that happens is neither good or bad - it is what it is. Every "bad" thing can turn out to be a lesson or a blessing in disguise. And every "good" is neither absolute nor will it last forever.

Practicing surrender is a spiritual practice and you can read about it in books such as *The Power of Now* by Eckhart Tolle and *The Surrender Experiment* by Michael A. Singer. The concepts you will read about in these books will help you come to terms with things you cannot change and allow you to easily give in to the present moment. And that is, in fact, where all life happens - not in the past nor in the future - but the present moment.

Resisting the present moment will only create more anxiety, unease and unhappiness.



Practice this "surrender pose" that I'm doing in the photo. You can also do this standing by opening up your arms and lifting your chest in front of open spaces and places of high energy like waterfalls, oceans and mountain tops. Try this pose for 10-15 minutes a day. It will help you to mentally and emotionally release anxiety by putting yourself in the physical expression of surrender.

Surrendering to what is will also make you more compassionate and willing to help others. Being at peace with yourself, will make you more equipped to give love to others.

Everything is made of energy and we are constantly exchanging energy between one another. According to the universal law of energy, a balance must be maintained in this exchange. Someone departs, someone else arrives. Something is lost, something else is gained, and so on. Energy doesn't just disappear - it always has a way of balancing itself out.

If you want to have peace, love and joy, you have to learn to give those things in equal parts to others. That's why practicing generosity, compassion, empathy, forgiveness and giving is so important for maintaining that balance and filling our own lives with more goodness.

PRACTICE SURRENDER & GIVE LOVE

If you harbor negative feelings like anger, sadness, resentment, guilt, fear or anything of the sort, address them by doing some analytical meditation that the Dalai Lama talks about in his book *The Book of Joy* to ask yourself the following questions:

- *What is the use of this feeling?*
- *Is it really true?*
- *Can I learn from this experience?*
- *Is there another angle I can see this situation from?*
- *Where is this feeling coming from? Am I responsible for this or is someone else?*

The moment you notice any negative feeling, you are presented with a fantastic opportunity to deal with it, instead of burying it or running away from it. And the incredible thing is that once you face it head on, it tends to dissipate, if not completely go away. Then you can focus more on loving emotions and feelings, and give them out to others with your words and thoughts.

Helping other people and offering a service that benefits others have a remarkable effect on making your own problems seem smaller. Instead of being self-serving and inward-facing, try offering your time, care and energy to those in need. Your mood and perceived life satisfaction will suddenly go up!

Call a friend to offer advice or just listen to her problem. Go to the grocery store to help an elderly person stock up on food. Start an online fundraiser for a charitable organization or cause you support. There are so many ways to be generous!

Practicing surrender and giving love to others will ease your emotional pain, anxiety, fear and perceived problems. And when you do, you can check these actions off as your daily wins and rest assured that you have slayed the week!

Use the worksheets on the next pages to help you set an action plan for getting into your new healthy habits and to set yourself up for a winning day.



Questions to ponder:

1. What would your life be like if you stopped worrying about the future?
2. What is the use of your fear and anxiety?
3. In what ways can you give love and be of service to others?

FINAL WORDS

The last piece of advice I'd like to offer is to limit your exposure to news and be aware of how the media can affect your thought patterns.

If you notice that you feel anxious or hopeless after watching the news, you have to protect your energy by removing the trigger that caused this negativity. You don't need to be listening to news all day - so turn it off and stop obsessing over the details of every current crisis, whatever it may be. The right news and the right message will reach you when you need to hear it.

We are responsible for choosing how we react to any situation and we are responsible for managing our internal state.

Be aware of your thoughts and recognize them for what they are - just thoughts, not objective reality. Once you become conscious of the thoughts, especially the negative ones, you have a choice:

Dwell on it and let it spiral out of control

OR

Stop the thought and focus on something positive or reframe it

Positivity is a choice that we all have to make daily, even hourly in some cases! Being positive is not something you can *hope* to become one day. The option to choose the positive thought or perspective is always available to you.

We all have our own worries and concerns. Negative thoughts are just part of the package of being a human. But it's those people who take the choice to think more positively who are often the ones who live a happier life.

Let's win the day, win the week and win in LIFE!

Good vibes,
Natalie Glebova

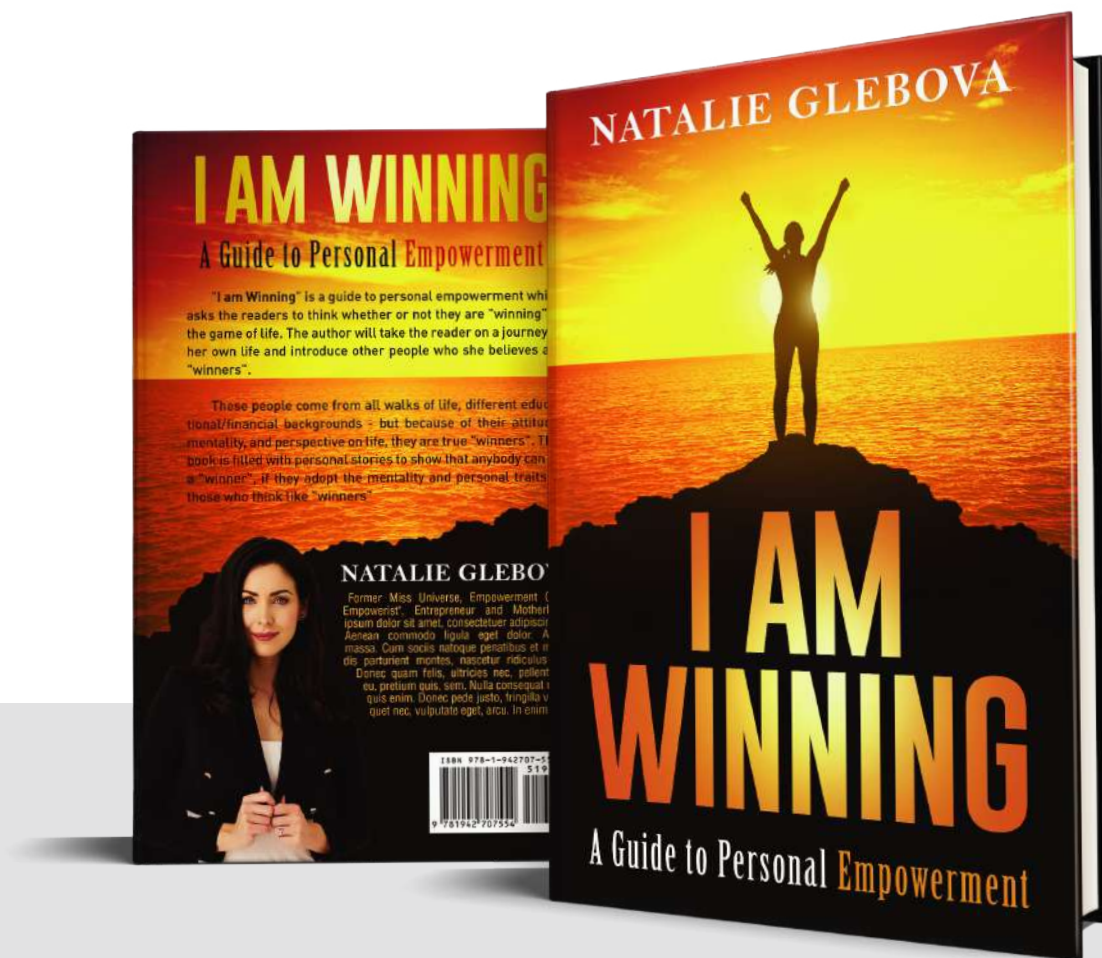
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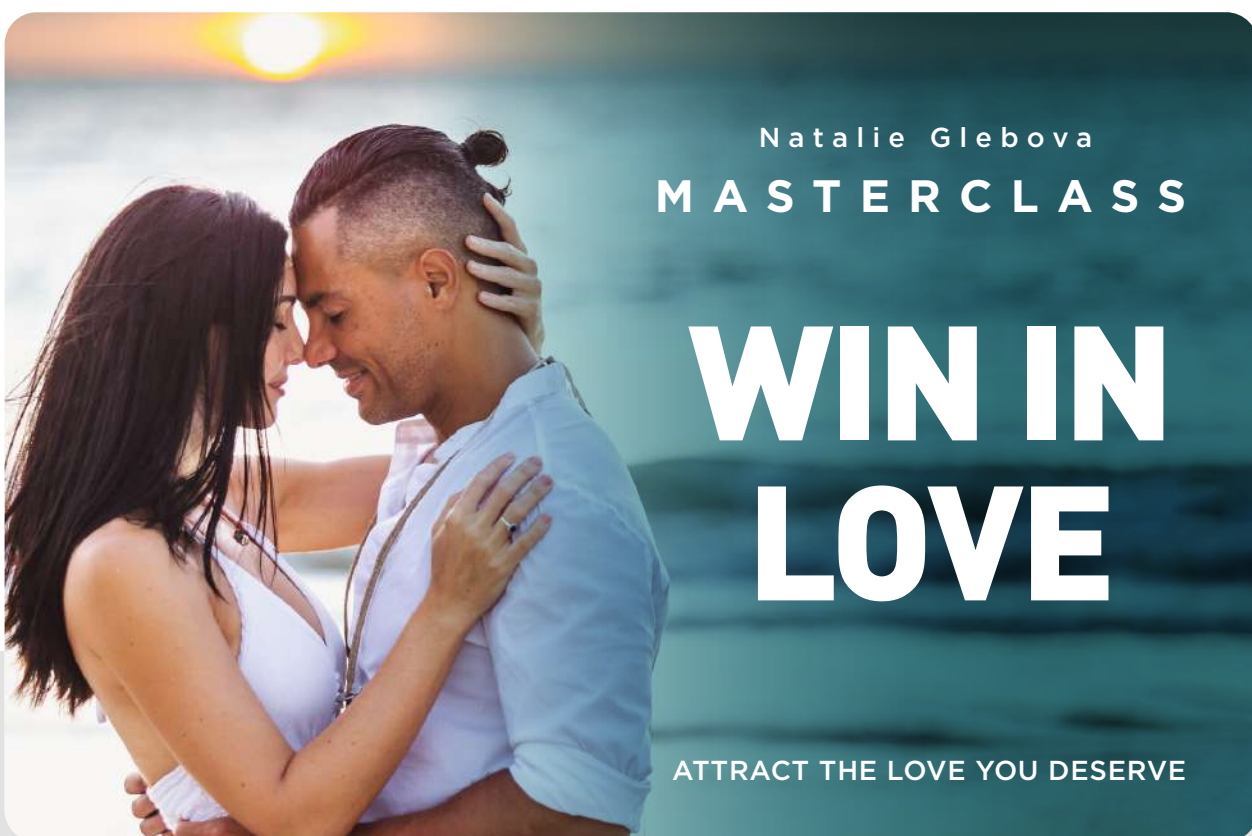


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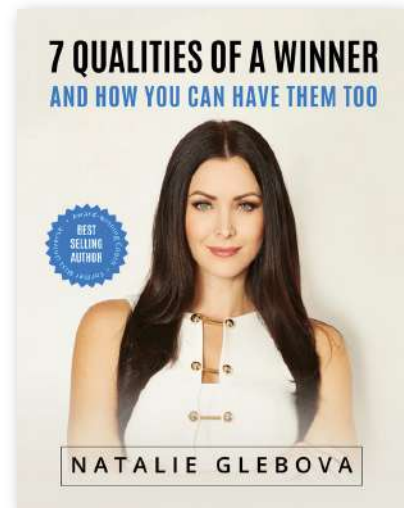
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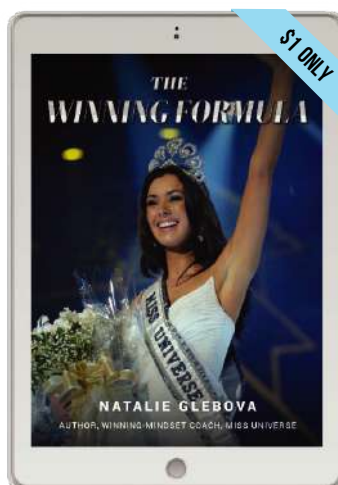
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