

# 5 THINGS

*to Start Doing  
That Will Help  
You Get in Touch  
With What You  
Really Want*

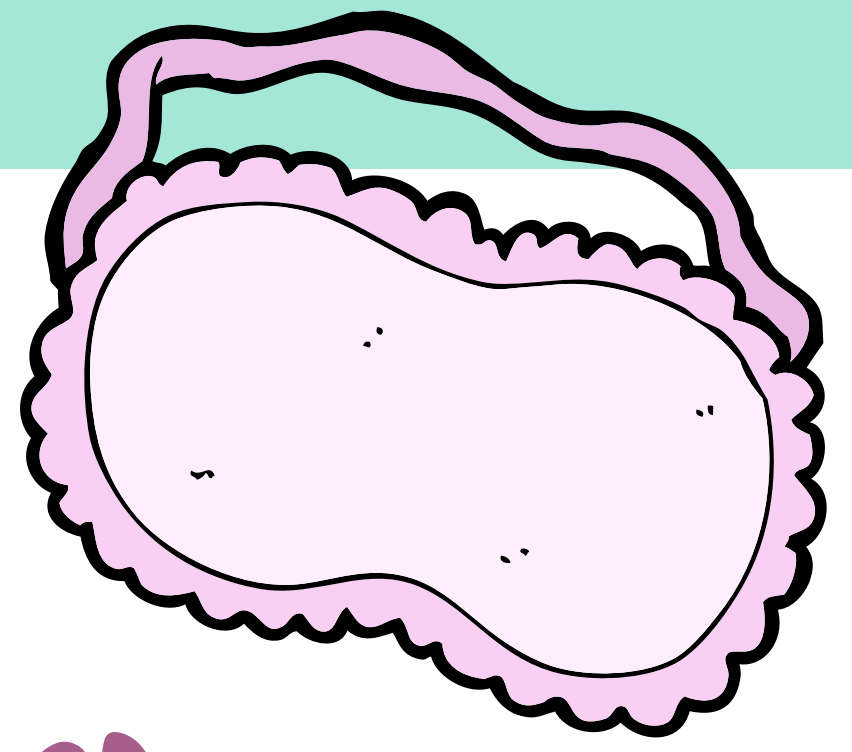


If you follow these tips, I guarantee that your life will change for the better.

YANI KELLY



#1



# Get 8+ Hours of Sleep

When you're not sleeping well, you are simply not living up to your fullest potential. The easiest way to get more sleep is to set the alarm for 1 hour before your desired bedtime. When the alarm goes off, immediately stop whatever you are doing, turn off all screens, and start getting ready for bed. Less time on your phone = more sleep time. Most of us are completely addicted to our electronics.

When we're sucked into the online world, we aren't living in reality.

Social media feeds comparisons, unhappiness, and gives us unrealistic expectations for what life should be like. Instead turn off that screen and get some sleep.

#2

# Express Gratitude

Gratitude is so incredibly important. Every single day, make the choice that you will express gratitude. Within the first 30 minutes of waking up, write down three things you are grateful for.

Do this again at night, just before bed. Three things that you are thankful for that happened that day. Do this every single day.

THANK  
YOU

#3

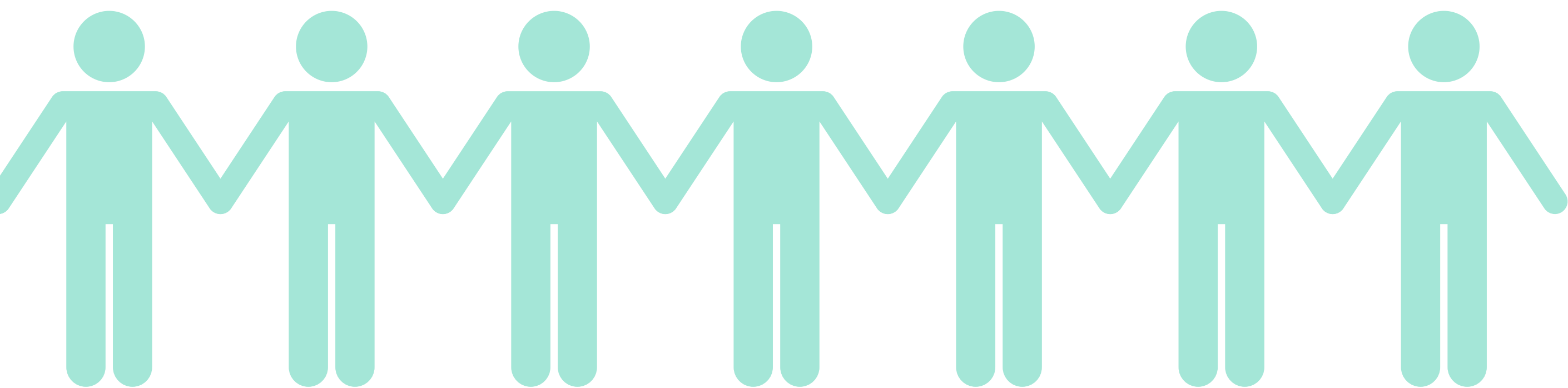
## Give

Give generously – especially your time. Giving makes us happier than receiving.

So, go volunteer. Call up that aunt who you never talk to but enjoy the company of. Do something nice for the people in your life. Feed the meter for the guy parked next to you.

*"The Secret to Living is Giving"*

- Tony Robbins



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#4

# Cut Out Junk Food + Sugar

We are wired to crave unhealthy food – but such food doesn't provide the nutrients that we need to live our best lives. If you want to feel happy and energized, you **MUST** eat well.

Focus on adding as many fruits and vegetables as you can each day.



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#5

# Complete Daily Acts of Courage

Courage is a muscle. You build your courage muscle through daily acts of everyday courage.

When you speak up in a meeting, get to the gym, walk away from that cookie, and say what you are really thinking, you build your courage muscle.



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