

five  
ways  
to  
thrive

healthy

habit change

made easy

AND FEEL BETTER INSTANTLY

*by maryann jones*

[THRIVENATURALLY.COM](http://THRIVENATURALLY.COM)

# intro

## why live when you can thrive

I think I always knew there was more  
I could not accept that life was ordinary  
Just getting from point A to point B  
Accepting normal, average, fine, never felt right  
Good is the enemy of great  
Then one day I decided to thrive

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I AM MARYANN JONES, the founder and owner of Thrive Naturally, a holistic wellness company. As a Certified Health Coach I inspire clients to attain and maintain their health and wellness potential through lifestyle nutrition. I create and deliver unique, motivational and informative wellness programming for the workplace, organizations and groups. Through my own experience and my work with hundreds of clients I know it can feel difficult to prioritize optimal health. The reality is that you just need to remember what you know! In the blink of an eye you can begin to transform your life and join me on the journey out of mediocrity. What lies beyond is the potential for more energy and less brain fog; more weight loss and less aches and pains. [Take five steps of this journey right now and see where it leads you.](#) [xoxo/m](#)

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NOTE: The information in this ebook is meant to inspire creativity and is true to the best of my knowledge. The material does not intend to heal any medical or mental health issues. If you feel you have a serious mental health or medical condition, please speak to your doctor and/or a mental health professional.

## how to use this book

AWARENESS IS THE FIRST STEP TO THRIVING. Awareness leads to miracles if you take action. Each page of this book is an opportunity for you to quickly empower change. The simplicity of writing down your thoughts, making a list, checking off a box or googling a website can solidify a new healthy habit.

“You need to be proactive...take responsibility for being the healthiest person you can be—no one else is going to do it for you.” — DR. OZ

The fact that you took the time to download this e-book says you are ready to Thrive. I hope you feel inspired to fully participate on each page and take advantage of the resources, inspirations and activities.



connect with maryann

thrivenaturally.com

maryann@thrivenaturally.com • 516.521.0098

# 1. DECIDE TO THRIVE

Goal setting is essential to reaching your health and wellness potential. And, the act of deciding takes only a single moment

Wipe the slate clean

What's done is done but what is to come is limitless

Don't get stuck in the "what ifs", or, for that matter, the "some days"

You can make a choice right now

You can feel confident about making small changes with big impact

Take ownership of your health, your body

It's empowering to know you can help yourself build a stronger YOU

## WHAT WILL YOU DECIDE?

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“It is your decisions and not your conditions, that determine your destiny.” — TONY ROBBINS

## 2. DRINK WATER

It is almost too simple to be true, but drinking more water and less of everything else you're sipping can and will make a huge impact on your body, brain and skin

In less than one minute you can begin to rev your energy, boost weight loss efforts and encourage your body to eliminate toxins naturally. Drink 16oz of water with (or without) a squeeze of lemon before you eat or drink anything else each morning. Then keep the momentum going by hydrating throughout your day.

### HOW MUCH WATER?

- Drink a minimum of 64 oz/day ( 8 x 8oz glasses)

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- If you drink coffee or alcohol add more water, match intake oz for oz

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- Add 16 to 32 extra ozs of water for every 60 minutes of exercise

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- Remind yourself to prioritize hydration [wearyourwellness.shop](http://wearyourwellness.shop)

“But water is boring” Add some excitement!  
 Lemon + cucumber; ginger + orange;  
 apples + cinnamon; strawberries + blueberries;  
 lime + peppermint leaves or tea

## 3. WALK MORE, DRIVE LESS

10,000 steps a day may feel overwhelming but you just have to take them one at a time

Walking might just be the perfect form of exercise. It is free, simple and easy to get better at very quickly. 10,000 steps a day is the gold standard for thriving and might seem undoable but we all have to start somewhere and be open to the possibilities. Fitting in just 15 minutes of walking gets you one mile or 2000 steps closer to your goal in less time than it takes for your pizza to be delivered.

### COMMIT TO MORE STEPS

- Take part of your commute on foot

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- Wake up 15 minutes earlier to log 1 mile on a treadmill or on the road

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- Use part of your lunch break to take a stroll

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- Replace 30 minutes of tv time with activity to travel 4000 steps

People who wear a pedometer walk 1 more mile on average than those who do not.— NBC NEWS

## 4. SAY THANK YOU

The simple practice of gratitude can enhance mood, create stress-busting energy, reduce cravings and, perhaps, change the world

Who knew that two simple words—thank you—could be such powerful partners in our wellness tool box. Nothing can so instantly create change in ourselves and the world around us than to shift our focus to appreciate all things both big and small. We have a choice each second to either complain about what is lacking or to bring attention to the abundance that surrounds us. *I am grateful for your support and openness to thriving.*

### RIGHT NOW I AM GRATEFUL FOR...

1

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2

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3

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Make gratitude a habit with:  
*From Gratitude to Bliss*  
by Lorraine Miller  
A journal in health and happiness

## 5. GET INSPIRED DAILY

Inspiration might just be the secret to thriving—staying motivated to make choices that support your goals is sometimes the biggest challenge to ultimate success

Inspiration is often a click away. There are amazing online resources that keep you on track and resolved to stay the course even when the going gets tough. Don't want to go searching for inspiration, you can get it delivered directly to your inbox for a daily dose of empowerment. And, remember to unsubscribe from emails that are sucking up your precious time and happiness.

### INSPIRATION RESOURCES

[mindbodygreen.com](http://mindbodygreen.com)

[self.com](http://self.com)

[chriskresser.com](http://chriskresser.com)

[draxe.com](http://draxe.com)

[thrivenaturally.com](http://thrivenaturally.com)

[popsugar.com/fitness](http://popsugar.com/fitness)

[happify.com](http://happify.com)

add your own here!

“Believe you can and you're halfway there.” —THEODORE ROOSEVELT