

EAT better, FEEL better, LIVE better...

Love the Skin You Are In

By Roslyn Franken

In order to be a successful Independent Professional in a highly competitive marketplace, it is critical that you stand out from the crowd. You may think “standing out from the crowd” is only about business matters such as your branding, products or services and your ability to make strategic business decisions. However, standing out from the crowd has a lot more to do with than just having a great product, logo, website and marketing strategy.

Standing out from the crowd also has a lot to do with the focus, passion and commitment that supports your business strategies. To stay focused, passionate and committed you need to stay on top of your game physically, mentally and emotionally. Therefore, if you're not eating or sleeping properly, getting enough exercise or enjoying proper down time or if you're just not feeling good about yourself and routinely turning to food and drink for comfort, then you may want to look at how your eating and lifestyle choices are hindering your ability to stay on top of your game and achieve the levels of success you so desire. As a cancer survivor who has also overcome food and weight issues, my focus, passion and commitment is to help you achieve greater health and happiness through the practices of healthy eating and positive living. My goal, therefore, in a recent presentation to the Women's IDEX group was to help participants gain greater insight on how to eat better, feel better and live better and love the skin they're in. I shared personal insights from my own experiences as well as from my private counseling clients. I also shared three of the 9 guiding principles that I developed and now share in my book, [The A List: 9 Guiding Principles for Healthy Eating and Positive Living](#). Below are a few key points from the presentation that I'd like to share with you.

The Power of Choice

What I learned from my experience in battling cancer and overcoming food and weight issues is that we all have the power of choice. We can choose every thought we have, every belief we hold and every action we take. We may not always feel like we have a choice because we get so stuck in our routines, but at the end of the day it really all does come down to choice.

Awareness

In order to truly exercise this Power of Choice, you need to take a step back and become aware of the choices you are already making. If you struggle with food and weight issues, then this is especially true when it comes to your food choices. This requires an accurate perspective and understanding of your true relationship with food. It also requires educating yourself and gaining awareness of basic principles of healthy nutrition, proper portion sizes and how to read product labels.

Attitudes

Your true relationship with food stems from your automatic attitudes, habits and beliefs around food and your inner self. These attitudes have a great influence on the final choices you make not only in what you eat, but how much you eat, when you eat, why you eat, who you eat with and what you do while you're eating. There are nine attitudes that I've identified as being counterproductive to attaining long term success. Some of the automatic counterproductive attitudes that we discussed included Perfectionism, All-or-Nothing and The Quick Fix. If you're a Perfectionist or All-or-Nothing thinker, for example, then if you do anything that you deem to be even the slightest bit shy of perfect, you will see yourself as a total failure. There is no in between. This inability to accurately see your own successes whereby you only focus on your

failures or weaknesses will keep you stuck and unable to achieve the health and happiness you so desire.

Ambition

The challenge, however, in wanting to eat better, live better and live better, just like doing anything else better in life, is that it means doing something differently from what you're doing now. This means CHANGE. For lasting change you need to start off by ensuring your level of Ambition is where it needs to be for sustainable results. It is not enough to just WANT to change, you also have to be WILLING, READY and COMMITTED to DOING something about it. It means going out of your comfort zone and managing the fears of failure and other fears and self-doubts that you may experience which are understandable if you've had numerous previous attempts that did not give you the long terms results you so desire. It means believing in yourself and being open to possibilities for long term success.

Learning to eat better, feel better and live better and to love the skin you're in is not about going on a quick fix or fad diet. There is no one easy recipe or menu plan that fits all as it is such a personal journey that is different for everyone. We all have different ingredients to mix together in a way that makes sense for each of us. Take your time. Be kind to yourself. Get the proper guidance and support you need to help you reprogram your relationship with food and your inner self so that you can stand out from the crowd and achieve the levels of personal and professional success you so desire.

Cancer survivor and author Roslyn Franken of Roslyn Franken Group has built her career on helping people achieve greater health and happiness through the practices of healthy eating and positive living. She is the author of [The A List: 9 Guiding Principles for Healthy Eating and Positive Living](#) and provides services as a columnist, speaker and counselor. Her cancer experiences provoked a return to school with a Masters in Human Systems Intervention from Concordia University in Montreal and a coaching certification through The Professional School of Psychology in California. Roslyn has been featured in numerous newspapers across Canada and has made a variety of television and radio appearances in Canada and abroad.

To help you assess your level of ambition, Roslyn has developed a Readiness Assessment that is now available free of charge online at www.roslynfranken.com. Take your first step toward greater health and happiness by completing the assessment and requesting a personal no-obligation consultation with Roslyn Franken today.

Roslyn also offers a FREE monthly Healthy Hints Newsletter featuring informative articles and event announcements. To register, go to www.roslynfranken.com.

To contact Roslyn Franken, call 613-843-0155 or send email to info@roslynfranken.com.

Warm regards,
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