

6 Secrets to a happier, healthier life: Do a Master Life Cleanse.

Like a body cleanse, a life cleanse is a way to identify and eliminate the toxins that are irritating you or causing pain in your life. It's time to assess the people you hang around, the clutter piling up, and your priorities. It's summertime, so let go of the weight of these toxins. Free yourself of your victim story, your pain and your underlying commitment! You deserve to be happy.

Toxin #1: Toxic People

Recognize them and remove them if possible. Learn to deal with them if you can't remove them! This is not as easy as it sounds, however it may just make the single biggest difference.

Toxin #2: Automatic Negative Thoughts (ANTs)

Identify those negative thoughts and learn to be conscious of when they pop in and out of your head. Don't feel guilty about having them and don't label them as bad. Just understand that you need to be aware of them.

Toxin #3: Worry, Guilt, Anger & Fear

All of these fail to serve a productive purpose. Worrying will not prevent something, and feeling guilty will not fix it. Anger is not truly an emotion and fear can be divided into 2 categories. These feelings only end up stealing from your present life because they keep you in the future and past instead of focusing on the present.

Toxin #4 Self Doubt / Limiting Beliefs

These are very harmful to your personal growth! Learn to stomp on the inner critic and follow your dreams anyway. Do not let irrational fear hold you back from your life anymore!

Toxin #5 Life Clutter

Clutter weights down your life! Literally. Get rid of it to free up time, money, space and energy in your life. You'll be amazed at how great you feel.

Toxin #6 "Good Enough" Attitudes

Time to get your priorities straight! Learn to set (and stick to) high standards when it comes to things that truly matter to you. Give yourself permission to "not sweat the small stuff" for things that aren't a priority!

You will find that just recognizing these life toxins and taking steps to remove them will free up energy and give you the courage to live an authentic and happy life!

Kimberly Englot is an Authentic Life Coach. She teaches woman to identify the obstacles holding them back, to uncover their authentic self, and to live life to the fullest! Learn the Secrets to being happier, healthier and wealthier!

*Learn more about her Master Life Cleanse by going to <http://www.discoveryourauthenticlife.com>. And get your **free** Authentic Life Toolkit at <http://www.kimberlyenglot.com>.*