

SIMPLE STEPS TO CENTER YOURSELF: BODYfit, MINDfit, SOULfit

By JILL TUPPER



“Life is an Adventure- Body, Mind & Soul
and it's meant to be an awe-inspiring ride
lived from the inside-out! I call it:
BODYfit, MINDfit SOULfit
Get in Sync & Live on Purpose.”

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The secret to unlocking your **adventurous spirit** lies within your ability to access your **body-mind-soul connection**.

BODYfit MINDfit SOULfit – Get in Sync. Live on Purpose. Is all about training ourselves for this adventure of life. We can train our BODY, which is vital to our physical well-being, but it does not protect us from the notorious tricks the mind plays on us like negative self-talk and harsh judgment of ourselves and others. We can train our MIND, which has a positive effect on our body, but does not make up for lack of exercise, poor nutrition or not strengthening or stretching our muscles. We can train our SOUL, which gives us tremendous wisdom and expands our heart but does not keep our bodies or minds in shape.



Since we are BODY, MIND & SOUL, it is vital to train all aspects of ourselves to live the adventure of life!

I've designed a practice that strengthens the body, the mind and the soul, as a whole, which empowers myself and others to live life on purpose. It has taken me to the top of Kilimanjaro, serving alongside Mother Teresa's Missionaries of Charity in Calcutta and Ethiopia, marathoning, reinventing myself and moving across the country to pursue my passion.

When my body, mind, and soul are centered and in sync; my body is vibrant, my mind-brilliant, my soul-radiant and I effortlessly exude joy, experience peace and encounter spontaneous blessings at most every turn. I am happy, inspired, relaxed with myself, live my truth and am free. Really?! Sounds too good to be true? I know it's hard to believe, but I have discovered that training ourselves from the inside-out for this adventure of life radically transforms our life into an adventure beyond our wildest, most audacious dreams!

It is much more simple than most of us can begin to wrap our heads around. It took many small, seemingly insignificant, not-so-healthy steps over a significant period to get us into this not-so-fabulous place with our lives. However, at any moment, we can instead take 1 small but significant life-giving step to strengthen our core to becoming BODYfit, MINDfit, SOULfit, get in sync & live on purpose. It's that simple!

Ready to live your life as an adventure? Let's do this!



Many of us have a handle on one aspect of our life-body, mind, or soul. And, of course, we gravitate to the aspect of ourselves that is most natural for us. Let's say we are great at getting our workouts in & eating healthy- so we have a fit body. Incredible! Love it. The gym is filled with fit bodies, but if you could hear the stinkin' thinkin' that was going on inside those heads, you'd know exactly what I mean. As they are on the elliptical, lifting weights, sweating to detox their bodies, their minds are spewing toxic thoughts while the sweat is dripping off of their bodies. While working out, the mind is saying over and over, "I'm too fat", "I'm so stupid, why did I do that"; Oh, God, the wrinkles in my forehead are ginormous" or we ruminate about unresolved issues that kick the dust up in our face, gets dirt in our mouth and sucks our souls dry. That's why so many dread going to the gym and just try to get it out of the way so they can start their day.

“Simple small steps, over time, is how we access our super powers to fuel positive change.” - Jill Tupper

A fit body without a fit mind and soul limits our capacity to live life as an adventure. The body, mind & soul are inextricably linked, and when we come into sync, we connect to abundance and live our purpose. Simple, small steps over time are how we access our super powers to fuel positive change.

Coming into sync is an inside-out job. Taking on this challenge is for those who no longer want to be stuck in the quagmire of the status quo but are ready to unleash their inner risk-taker and innovator to ignite their creativity, productivity & vitality and vibrantly live their purpose.

Here's where to start:

- Getting fit BODY, MIND and SOUL is about being vibrantly healthy in all areas of your being. What words describe you in this optimal state of well-being? Write down 7 words that you connect to emotionally and awaken your senses. What do you look like and feel like, what does it sound like, smell like, taste like to be vibrantly healthy - body, mind and soul? Bring this to LIFE with your words!

- Got the picture? GREAT! Now find a 5x7 photo that captures that image and ignites a spark within you, from a magazine, the internet, photo and put it on an 8 1/2 x 11 piece of paper. Now, draw your seven words around the photo and place it by your bedside.
- Now to solidify your vision, get clear on WHY you most want to be fit BODY, MIND, SOUL? Energy for your kids, significant other, your amazing self, your passion, your purpose...This is your fuel to keep going when you face your kryptonite.



BODYfit- Simple tool #1 Sleep Strong

Studies show that 40% + of us are sleep deprived and if you are wondering if this is you – there is an easy way to find out. If you do not wake up refreshed, then you are not getting enough sleep. Period. Chronic sleep loss causes weight gain, aggravates stress, decreased performance, memory loss and seriously affects our vital organs. It is as essential to our well-being as eating and exercise, but we tend to ignore it. Then we compound it with late night eating which interferes with our bodies need to replenish. It redirects our energy to digest rather than a restful focus on repairing the body. When we eat before sleeping we are triggering our minds to remain alert rather than settle into a natural state of relaxation before bed.



Go to bed 1 hour earlier than you usually do and the hour before you go to sleep do these three things:

1. **UNPLUG** from all electronics of any kind. Set your mind that when you close your computer or check your last email, even peruse social media that that is it for the remainder of the evening. The last hour is all yours to be present to yourself, significant other, kiddos, to practice just being in the moment. This alone will radically change your life!
2. **UNWIND** by listening to relaxing music, sip a cup of tea, sit outside with candlelight, go for a luxurious evening stroll, read a book that relaxes your mind - the goal is to practice slowing down to the speed of life. This can feel crazy hard at first, but your body, mind, & soul will become significantly more fit when you embrace the present moment and settle into sleep sweetly.
3. **IMAGINE** being fully alive in your BODYfit MINDfit SOULfit image that you created above as you tuck into bed and drift off to sleep. Focus your brilliant mind on bringing that image to life and immerse yourself in the sensations, savoring the ease that sweeps over you as you slip gently into sleep.



MINDfit- Tool #2- Mindful Mantras

Mantras are powerful words and phrases that bring your mind into focus on what matters. How many thoughts do you think we have in a day? 60,000. And of those 60,000 what percent are repetitive? 85%! So unless, we retrain the brain, we don't stand a chance of getting unhooked from the negative banter that raises havoc in our lives, stresses us out, steals our peace of mind.

Without us even knowing it, it's the mind that stands in our way to living the adventure of life. It's so busy sending out warnings signals and scaring us to death that unless we become conscious of our fears, we don't stand a chance to explore, expand and adventure on.

It takes practice to wake up to the negative thoughts the mind has latched onto and repeated for decades and are thwarting us from reaching our potential. Once identified on a conscious level, we deliberately shift them with practice, of course. This is how our mind becomes fit and strong to support our forward movement and momentum. Serious athletes use their minds to visualize; it's an essential part of their training.



1. **IDENTIFY** a negative message that you repeat over and over to yourself. Let's take something common like; "I'm stupid." Choose something that you honestly know is not the truth, but you find yourself thinking to yourself over and over again.

2. **CHECK-IN** how do you feel when you think that thought? Crappy, bummed out, depressed? Of course you do! Now, how does that thought make your body feel? Not good, right?

3. Now choose a life-giving mantra that you can begin to practice that gives you energy, strength, inspiration and when you let it sink in, you know it feels like just the right fit. The mantra could be something like, "I am smart. I am happy. I am joyful. I am strong. All is well." Experiment until you find one that fits.

4. Write the mantra on post-it notes and place them in your car, on your mirror, in the refrigerator, and anywhere that you will see it over and over again. The practice is simple and can feel a bit silly at first, but it's the small steps that restore your super powers. Make it playful and believable. Sing it, whisper it, write it, think it every time you see it. Before you know it it will become automatic, and your mind will come back into sync with truth.

*I am smart. I am happy. I am joyful.
I am strong. All is well.*



SOULfit- Tool #3 Sip & Savor for the SOUL

When we hydrate our bodies, we are absorbing water. When we savor the moment, we absorb peaceful energy. This is one of my favorite SOULfit tools because of its simplicity. It can be done most anywhere, and once you get the hang of it, it will bring you into sync with your soul in less than 3 minutes, every time!

I came up with the tool out of sheer necessity, I had small children that didn't grasp the concept that mom needed space to meditate- so I discovered by practicing this tool, I could center within the chaos of everyday life. I then found myself practicing it in board meetings, before giving a keynote, before or even during a media engagement or when dealing with my now, teenage kids. Try it once and you'll appreciate it. Practice it consistently and it will center you within the chaos of most any moment in life.



1. Find a mug or glass that you can wrap both your hands around. Feel the cup in your hands, the warmth moving through your fingertips, smell the aroma, listen as you sip, savor the taste. It is ok if thoughts start to stir in your mind, simply let the thoughts that come to mind leave with the steam as it floats away from your warm cup. Ideally, sip on a fragrant cup of hot tea that has a soothing scent and a calming effect.

2. Sit in a cozy spot and get comfortable. Whether your feet are on the ground or tucked under you, imagine the sensation of the earth fully supporting you- you are safe, secure, and all is well. With each slow, deep inhale, imagine the energy of the earth nourishing you like the root system of a tree and feel the sensation of the nutrients moving through every part of your being. With each exhale, imagine releasing whatever bubbles up, struggles, fears, and obstacles of any kind and watch them effortlessly dissolve.

3. Now savor the aroma and slowly sip the tea or water, experiencing the sensations of absorbing the liquid and energy. Feel your shoulders, jaw, forehead relax. With each sip, savor the flavor, feel the liquid moving through your body and allow your sensations to come alive. I love bringing the tea cup to my heart center in between sips to center myself further as I close my eyes, for a few moments. Allow your gaze to expand and with each breath you will begin to notice the wonders of nature that have been there all along, but your mind was too preoccupied to notice.

Your sense of wonder will expand, and you will notice the sunlight, the clouds, sounds of the wind or birds. Simply let the sounds, the sights, the sensations be. Do not attach to thoughts, simply bask in the present moment.

That's it. Simple and profoundly effective. For many people that I've worked with, this simple tea cup meditation has been the start of their meditation journey.

Life is an Adventure- Body, Mind & Soul and all it takes is a few simple steps to live that adventure from the inside- out! Here's to being BODYfit, MINDfit SOULfit - Getting in Sync & Living on Purpose!

Be well & Adventure on!





GET IN SYNC. LIVE ON PURPOSE.

I have a talented team whose mission is help people reach their potential and live on purpose by creating a Body, Mind, Soul practice that inspires them to live life to the fullest and make a difference. We would love if you'd like to connect with us on the usual sites as we share our journeys together: [Facebook](#), [Twitter](#), [Instagram](#), [LinkedIn](#).

In my work as a Keynote Speaker and Life & Wellness Expert I have seen repeatedly that the people that move forward are those that start with tuning in and assessing their own wellness and decidedly taking steps towards reaching their new desired goals. If you'd like to complete our full wellness assessment [please sign up here for access](#).

We are always open to inquiries and opportunities which you can send to us at hello@jilltupper.com.