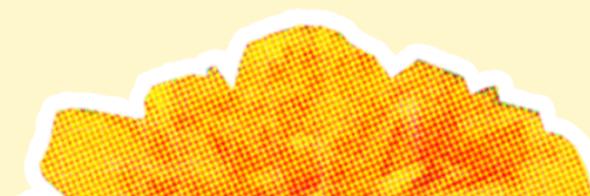
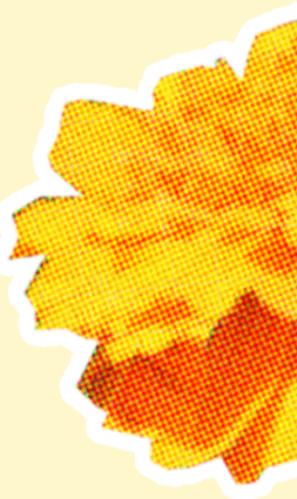
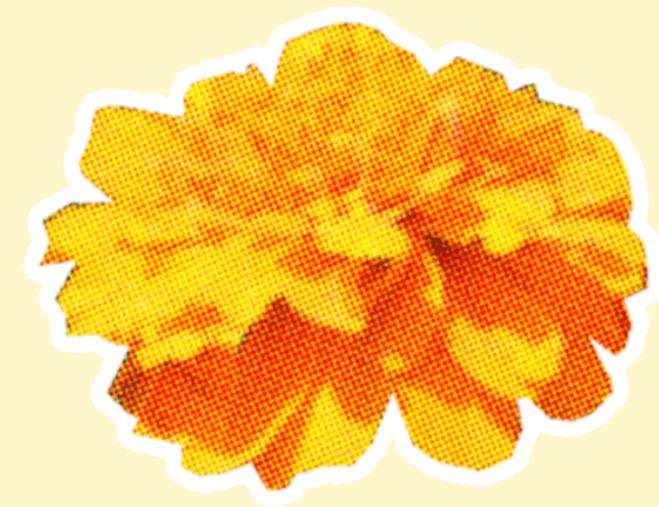
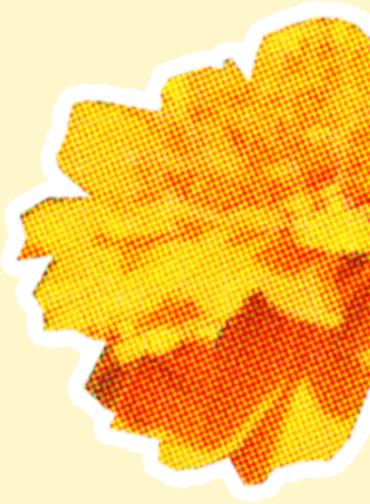


Ready Prepare *Go*



Things successful people do to be
better prepared for life





Food for thought

"Set a few goals the lat day of the week for each day of the following week. It's time to write it down on your journal."

Wake up early in the morning.

Find a comfortable place at home where you can stretch for a few minutes, breathe in breathe out take in the good air inhale exhale.....your mind and body will thank you!

Take a few minutes to connect your soul heart and body with your spiritual self, be grateful and gratefully give thanks for your life and everything in it.....
Yes, everything! specially the challenges you may be facing.....

those challenges will push you forward on to the day setting your mind creatively to find the solutions with determination



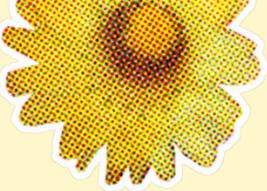
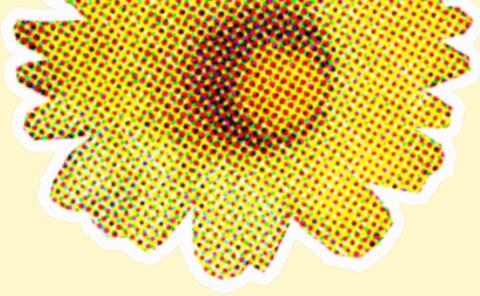
Success Wakes Up Early In The Morning

Determination Lives
Through The Day

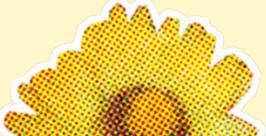
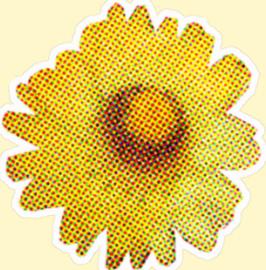
***Drink
Your Fav
Hot
Beverage.***

And Plenty of Water
Throughout the Day





***Did you know that
Priscilla Hudson starts
her day with a hot cup of
black coffee?***



When Exercise is the first active movement of the day.

Warming up with walking or jogging
cardio training or weigh lifting
stretching and cooling down

The immediate reward of exercise is like standing on a very high mountain bouncing full of wind

***A morning workout helps
reduce stress later in the
day, lowers blood pressure,
and improves sleep.***



Move forward with your your daily to- do list

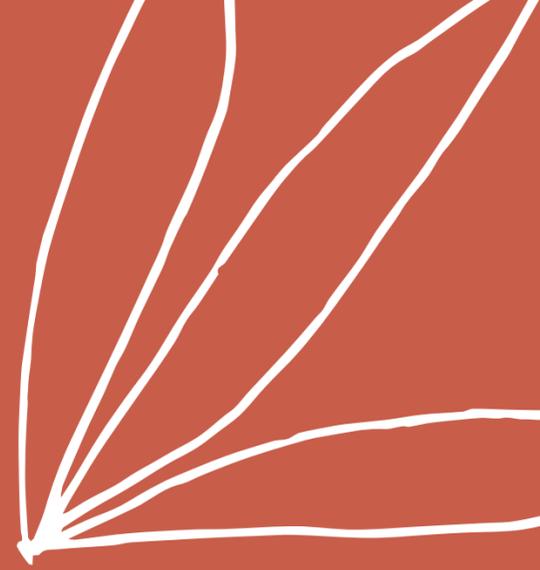


Is it heading off to office or to drop
off the kids

Is it starting your virtual lessons or
teaching them online
or finding where you left your article
writing the night before?

Every task and every effort should
be a step forward to completing
your goals.....

Those goals remember? you jot
down early on?



***Why is it
important ?***

Because is in your life!





***Read **SOME** news
and what's
happening in the
world.***

JUST ENOUGH to be informed and afterward move on to creative and funny lectures, speeches, or reports, that will add lightness to your load..

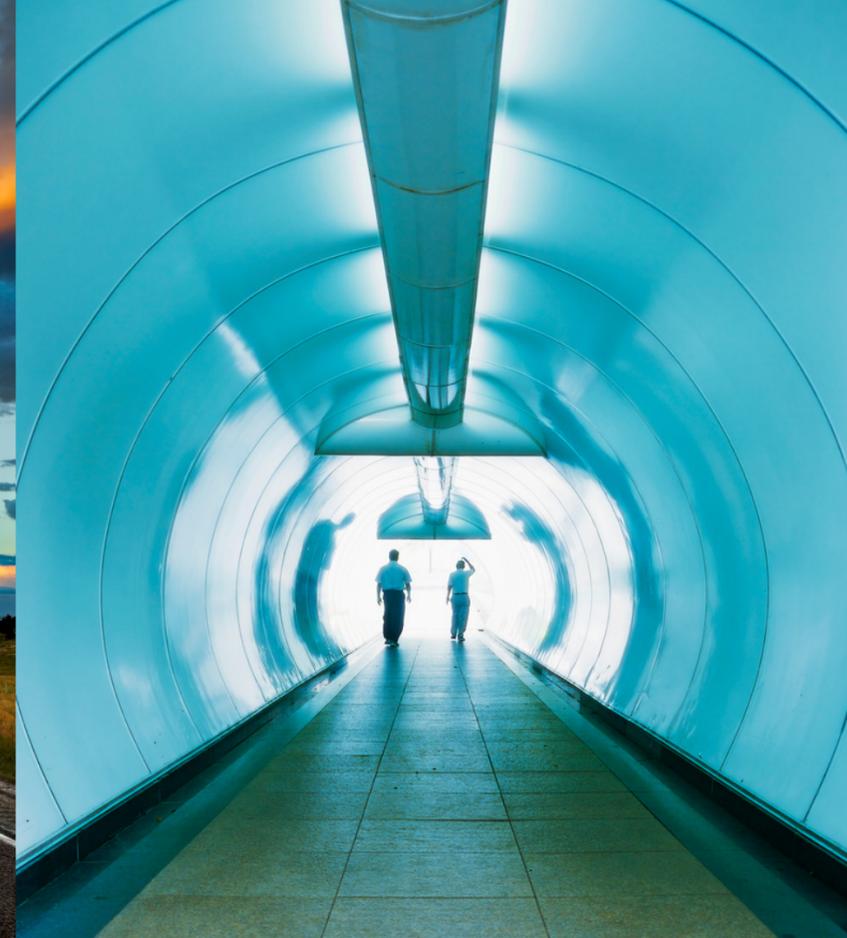
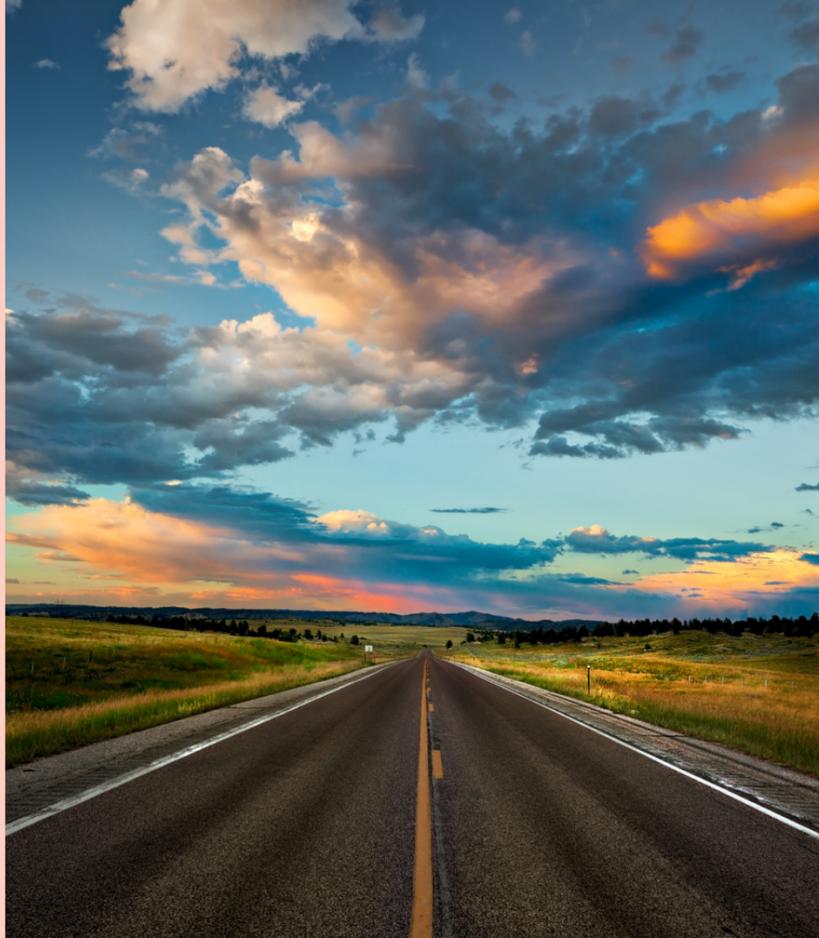


***Stop to admire
beauty in the
flowers and
smell their
refreshing
fragrance.***



***For when
difficult
moments arise,
the pleasant
memory of what
you saw and
smelled will
cause a smile to
form***

Giving Way to Solutions and Opportunities





***Even when work fill
most your hours
Separate the time
pursuing those
things important to
you.***

After All There Is No One Else Like You
THERE IS ONLY ONE OF YOU





"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

- Will Durant



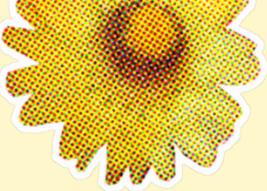
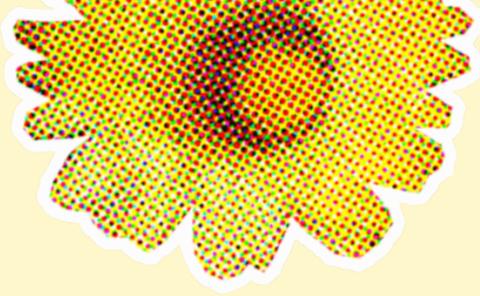


AS WE DO NOT KNOW TOMORROW.

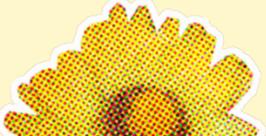
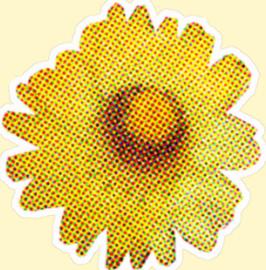
The good habits we reinforced daily will by practice be born in us the enjoyment lacking in many living today .

Teaching us how short and brief truly living the goodness of life can be..

***Pursue Goals Determined, but
without Treachery,
Treasure Opportunites without
Destroying others,
Grab hold of those you love, and
in everything
give Thanks***



***Prepare today, Reduce your
spending, payoff debt, keep only
what's essential
A Financial storm is brewing
that will affect us all.***



Ready Prepare *Go*



PRISCILLA HUDSON - www.priscillahudson.com

Thank you for watching

