

Discover 3 Fun Ways

to

*Increase Your Confidence,  
Energy & Radiance!*

IN JUST **5 MINUTES** A DAY!



*Jennifer Joy Jiménez*

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*With* **Jennifer Joy Jiménez**  
*Certified Transformational Life Coach  
and Mind-Body Expert*

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As seen on





**Congratulations!** You've taken an important step today for your health, happiness and vitality. You've downloaded this eBook so you can feel even more confident, energized and rejuvenated in just 5 minutes a day!

The methods and principles you'll read here have not only been proven to work in my life but in the lives of the thousands of people that I have had the privilege of helping. My clients often didn't believe me at first when I said that 5 minutes a day really does make all the difference in the world and can be life-changing.

I invite you to suspend any and all disbelief and that naysayer voice that may be asking, "Well what can five minutes really do?" and come on this journey with me.





## Does Your Life Feel Dull and Uninspired?

*"Life is always seeking to express itself through you in more expansive ways." — Mary Morrissey*

My clients often come to me complaining that they aren't thriving. They suffer from over working and under resting. They desire more fun, happiness, and creative expression but they don't quite know where to begin. Deep down they don't feel "good enough" or worthy, and therefore they aren't taking care of themselves the way they know they should.

They're feeling un-inspired, tired, stressed, and a heaviness about life. They frequently don't feel their best, they have a myriad of aches and pains, and they just go through their days feeling BLAH.

Maybe, you too, have had some uninspired days recently. Work doesn't inspire you anymore. You find yourself more often than not having to "pep talk" yourself into getting through a task, only to have to face yet another day and do it all over again.

You know that you'd love to enjoy vibrant, radiant health, with the energy to really live a passionate life, but that seems like a distant dream. You don't enjoy the things you used to enjoy. You can't even recall the last time you felt really good, really alive.

You tend to put everyone else's needs first and you get the left over crumbs if anything at all.

How much more of this can you tolerate before you can't do it anymore? When you feel at your breaking point, it's time for a change.

How would you love to....

**Supercharge your self-confidence, increase your vitality, and nourish your soul?**

**What if I told you that a few proven life enhancing practices could help you to...**

1. Stop fighting with your body and **finally feel really FREE in your skin!**
2. Stop agonizing over food and **be in the flow with food that nourishes your body and fuels your soul.**
3. Stop feeling unworthy and not good enough **and unleash your fully confident, most successful - courageous self!**
4. Stop punishing yourself with exercise and **find joy and pleasure with fitness & movement!**
5. Stop putting yourself on the back-burner and **enjoy fun new healthy habits that are loving to your body and nourishing to your soul!**





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**The exciting thing is these 3 Fun practices I'm going to teach you today, if you implement them into your life, really can rejuvenate your mind, body, and spirit!**

## I Know What It Feels Like to Feel Stuck

About five years ago, I was in a horribly, vicious cycle of overworking and under-resting and neglecting my body and my deepest desires. I wasn't taking care of my personal needs.

This vicious cycle left me feeling really horrible. I was energetically stuck, I was physically exhausted from taking care of three little kids and working a very stressful corporate job. I was emotionally uninspired. I just pretty much had had it.

The biggest thing that I struggled with was the feeling that I didn't have the time to slow down and take a look at why this was happening. I wanted to do something about it but I was so busy running my business and raising my children that I didn't think I had the time.

And then it happened. I woke up in the middle of the night, feeling panicked and I was filled with this overwhelming realization that **something had to change**. I couldn't keep doing what I was doing, I was about to have a complete melt-down. Thank goodness I was at a weekend women's retreat with my mother in Sedona, Arizona,

It was really a wake-up call.

## Your Personal Wake-Up Call

Depending on where you are in your life and what's going on, you might also be feeling that it's time to change.

Maybe in the past, you had some healthy practices that you've let go by the wayside. You used to exercise, do yoga, meditate, cook healthy meals for yourself. Or maybe you've wanted to, but never got around to it because life is always too busy. Now you're experiencing struggle and pain, dissatisfaction and a constant longing for change.

Quite possibly, this could be *your* personal wake-up call from the Universe!





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The challenging thing about this sort of wake-up call is that it never happens at a convenient or comfortable time. But regardless, life is inviting us to grow, grow, grow—spiritually, mentally and emotionally. It’s rarely at a time when everything is perfect and you have all the time in the world.

It would have been easy for me to ignore my wake-up call, 5 years ago at that women’s retreat, and just go back home to my same routine, and continue to do the things the way I had been doing them. But, instead, I reached out for support, and mentoring from my mother, Mary Morrissey.

Mary is an internationally renowned thought-leader and transformational life coach. She’s devoted her entire life to helping millions of people build their dreams and create amazing results. And she personally has overcome many obstacles in her life, including a teen pregnancy and near-fatal kidney disease.

She researched and studied proven success principles to build her dream life, have a career that feeds her soul, and be able to share these proven success principles with the world, including me.

So, this whole time, I had this amazing mom who teaches these principles and yet, here I was, struggling with my own life.

Sometimes we need to go away and get a little lost before we realize, “Gosh, maybe that person in my life—in this case my mother—really *does* know what she is talking about!”

My mom Mary was gracious enough to offer me some weekly mentoring to get me through this difficult stretch. With her guidance, I began to take simple and small steps. She made it fun—a little bit like a game for me. But these tips and tools and practices were highly impactful. I was able to really see results and change in my life as I began to apply the tested and proven success strategies. Before long, my life literally began to open up in the most amazing ways.





## Working Harder is Not Better

The first thing that my mother Mary taught me was to challenge some of my long-held beliefs. The biggest of these was the notion that working harder was the road to success and happiness.

And so, I want to start by challenging the old-school belief *you* may be holding that working harder is actually going to get you more success, happiness and health.

We have this paradigm of work, work, work: sixty, seventy, eighty hours a week because we've been trained in an old model of thinking that the harder we work, the more successful we become. This thinking underlies many of our outdated paradigms and models for parenting, our school systems, and our work and management style. It has been ingrained into us from an early age.

We think that the more successful we are, the happier and healthier we are going to be. It's scientifically proven, however, to be a broken model. It's backwards and it can often lead to ill health and often, depression.

I'm here to tell you, **"Stop this!"** It's time for a change. It's time to see that working harder is not better. In fact, it's detrimental to success and happiness.

In fact, there have been best-selling books that have come out to support this new paradigm. These are:

- *Thrive* by Arianna Huffington. It's cites research and studies with regard to stress and overwork that are really helpful. We think that if we just work longer, through our lunch hour, and without a break, we will get more done and do better. What science is proving is that we actually are not working at our optimal mental, physical, creative selves when we do this. The opposite is true.
- Books by Dr. Christiane Northrup. All of her books are incredible, I highly recommend them.
- *The Seven Habits of Highly Effective People* by Stephen Covey

What I've found through reading, research and testing these principles on myself, and then seeing them work for hundreds of my clients, is that implementing just five minutes of rejuvenation daily in fun ways really truly is life-changing.





## Symptoms of Burn-Out



A lot of people will come to me because their body is sending a signal. They're not feeling as balanced or in harmony with their body as they used to feel.

Some of these symptoms may not apply to you, but some may resonate strongly.

1. **Stubborn weight loss issues.** Have you tried everything and you can't get the extra weight off? The inability to lose weight despite diet and exercise is a sure symptom that something is out of balance in your life.
2. **Emotional eating.** You want to choose healthier foods, but you keep gravitating to junk food and comfort foods, which are wrecking your health and packing on pounds.
3. **Self confidence issues.** You have a recurring thought that you're not enough and you're constantly comparing yourself to images in the media, and never measuring up.
4. **Fatigue and physical pain.** Are you tired and more often than not, you're not getting enough sleep, rest, and down-time? Do your joints ache and do you wake up with strange and transient symptoms of pain that come and go?
5. **Chronic stress, fear, doubt and worry.** You can't relax because there's always something you're worried about or anxious about. Even when you tell yourself not to, you obsess about things you can't control.
6. **Auto-immune disorders.** These can be a symptom of too much stress on the body.





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These symptoms are just the tip of the iceberg, meaning it's what you can see above the surface of what's really going on. There are deeper, underlying problems that need to be uncovered and addressed.



Whether your symptoms are as subtle as a feather tickle or as obnoxious as a hit on the head, your body is sending you a message, "Okay, something is off here.. It's not working and I'm really not happy with this way of being."

**Whatever is suppressed, must be expressed.** If not, it turns into a strong symptom like depression or disease or some sort of disintegration within the body, or within your life.. Think about the word, "dis-ease"

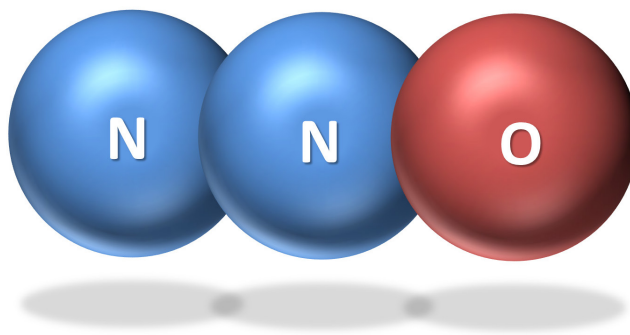
Whatever signals your body is sending you right now, it's time to listen.

The good news is that you can rewire your brain to go from the chronic survival mechanism into a much more happy, peaceful, thriving way of being in our mind, body and spirit.

You can enjoy peak performance and experience more success, health and happiness in every area of your life.

Here's how...

## The Molecule That Re-Wires Your Brain for Health and Happiness



There's a molecule that's produced in the brain called nitric oxide. Nitric oxide is the body's signaling molecule that helps rewire the brain for health and happiness.

A doctor named Dr. Ferid Murad shared a 1998 Nobel Prize in Medicine for his research that led to the discovery that nitric oxide is your body's happiness signaling molecule. How cool is that?





If you make enough nitric oxide in your brain, the cells in your body stay healthy and function well. And if you don't make enough, your cells basically break down.

This is where we get the wrinkles, our skin gets a dull, washed out pallor and we lose the bounce in our step.

Without enough nitric oxide, the stage is set for all sorts of negative body issues.

### **Possible symptoms of low levels of nitric oxide**

- Aches and pains
- Depression
- Chronic fatigue disorder
- Degenerative disease
- Cancer
- Arthritis

### **Optimal levels of nitric oxide can:**

- Signal white blood vessels to fight infection and kill tumors.
- Initiate repair of damaged tissue.
- Reboot the entire body - similar to rebooting your computer.
- Improve not only your mood but also your outlook by renewing your sense of hope and strengthening your resolve to take charge of your life.

So, in a nutshell, you want nitric oxide in your body. And here's the thing—most adults are actually very low in nitric oxide. Why? Because **we're overworking and under-resting, and we're not playing or laughing enough**. Our kids are resting and laughing and playing, but we're busy working and saving and paying for their education and all the things they need!

### **We need to laugh, play, engage in activities we love and rest & rejuvenate, in order to manufacture nitric oxide!**

Ok, so you may be thinking you'll take a vacation, or go away for the weekend. You'll recharge, have some fun, catch up on your sleep. Right?

Here's the problem, though: Nitric oxide actually can't get stored within the body. Going away on a week-long vacation only to come back and work another year of eighty hours a week won't help and doesn't work.

The rest of the year while you're working yourself to the bone and not rejuvenating, you're aging, and your body is breaking down.

**Nitric oxide is literally the body's natural fountain of youth**, and it's available to you in any given moment.





Keep reading to learn exactly how you can release more nitric oxide in your body, with 3 proven FUN 5 minute practices.

## A Decision Moment

Nitric oxide is your personal fountain of youth. If you want to feel amazing, look fabulous, feel and look younger, even **be** younger, you definitely want to try the following nitric-oxide-boosting-tips and “five-minute practices.”

I’ve actually discovered 28 proven ways to increase nitric oxide, and increase your joy and vibrant health, and I’m going to reveal three of my favorites in this eBook.

5 years ago when I first started working with these highly effective daily practices, the results were measurable. I went from being unhealthy and undernourished, from feeling overworked and uninspired to vibrantly healthy and flourishing. It took some time—months of diligent practice. But here’s the thing—I had no idea that I was boosting my nitric oxide levels when I was doing these practices, which I think is kind of funny. All I knew was that I felt amazing, and that everything in my life improved.

Since I discovered these practices, I became passionate about helping others become vibrantly healthy and live their best life. I became a certified Transformation Life Coach through the Life Mastery Institute, which is the elite life coaching training center my mother founded. I became certified as a Mind-Body expert. As a former professional dancer one of the things I’ve discovered and absolutely love is conscious dance, I’m the founder of the conscious dance modality - TranscenDance™. I have partnered with my mother and her institute, I am founder and director of our health and well-being division called Vibrant healthy Living™.

Now, as I live in harmony with my soul’s purpose, success is flowing with so much more ease and grace for me. I’m not working harder, but much smarter, I’m living in harmony with my core values, with my soul’s purpose and I’m so much happier.

I’ve had the blessing of sharing the stage with some of the world’s greatest teachers, including Marianne Williamson, Bruce Lipton, Deepak Chopra and others. My practices and programs have been featured in *Self, Shape* and in *Women’s World* magazines, and on NBC, the Oxygen network, and others. Now I have the blessing of helping thousands of people worldwide become more healthy, more joyful and more in touch with their bodies.

I’m not writing this to impress you. Rather, I want to impress *upon you* that none of this would have happened without the Universe, Spirit, God, saying to me, “It’s time. It’s time to grow and it’s time to change.”





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Today may be a decision moment for you, as well.

You may look at these Fun 5-minute practices below and think you're too busy to do them. I invite you to pause and not let the business take over. Nothing will change if you don't make a decision to take even a small 5 minute baby step to make the change. Remember, a "baby step" does not have to be time consuming.

These vibrant health-increasing, Nitric-oxide boosters have come out of a 28 Day Adventure that my mother and I put together called ***Project Lighten Up***, 28 days and 28 ways to lighten up your mind, body and spirit in just a few minutes a day.

Here are 3 of our favorite confidence building, lighten-up, healthy 5-minute practices:

### **Three Fun, 5-Minute Practices for Vibrant Healthy Living:**

- 1. "The 5-Minute Confidence Lifter"**
- 2. "The 5-Minute Body Energizer"**
- 3. "The 5-Minute Soul Rejuvenator"**





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#1

The 5-Minute Confidence Lifter!



*Feel more confident, beautiful  
and loved in your skin*





Many people suffer from low self-esteem and an extremely loud inner critic. This critic just won't let them feel good about themselves. "If only you'd lose ten pounds," this voice says. We may worry about our bodies, have a health condition, or experience stress and anxiety about the state of our body.

*These negative thoughts and worry have actually been proven to cause distress in your body. This stress actually hinders your immune system and NO nitric oxide is getting produced when you allow that negative chatter to build up.*

First you want to notice the thoughts that you think over and over about yourself. Especially the negative, judgmental thoughts.

You can adopt a practice of being the loving friend to yourself that you are to others.

The key is to feel good in your body and about yourself, *right now*. Not when something changes about your appearance, but right now. You have this amazing body, a temple that is brilliant and wise and is wired for vibrant health. It's working all day long, keeping you alive and as healthy as possible.

The next time that inner critic comes to rear its ugly head, pretend it's an actual person. Let's call this person Negative Nelly. Negative Nelly is like a broken record. Her job, up until now has been to criticise you and remind you of all your flaws and short comings.

I have a question for you.

What if Negative Nelly was in a room with your best friend and she began saying the things she normally says to you, but now she's saying these things to your best friend. How would you react? What would you do? Chances are, you wouldn't let Nelly be rude and critical to your best friend, right? You'd probably stop her, defend your friend and remind your friend of all her positive, beautiful, amazing attributes, gifts and talents, right?

However, so many people let their inner critic be rude and say very negative things to themselves. Let me tell you, if you have a Negative Nelly in your mind, you aren't alone. This is quite common. I have worked with clients from all over the world that tell me how critical and self judgmental they can be at times and they allow their own inner critic to say things to themselves they would never allow it to say to someone they loved.

**So my invitation to you is to start being the friend to yourself that you are to others!**

The next time you find yourself in front of a mirror or in a situation where your inner critic wants to say something negative about yourself you can...

**Choose to turn down your** self-criticism and comparison and turn up your self-praise and self-appreciation. It's in your hands.





When we criticize our self – we immediately feel less self-confident  
When we focus on our strengths – we immediately feel more self-confident.

In any given moment we can lift ourselves up!  
What if, the next time these negative, judgmental thoughts show up, you stand up for yourself and instead begin to praise yourself and appreciate your blessings?

**Here's the 3 step proven 5-minute practice to unleash your fully confident, most successful - courageous self!**

### Quiet The Judgmental Inner Critic

**Be the loving friend to yourself that you are with others!**

1. **Think** = Notice your judgmental thoughts, and push the pause button.
2. **Feel** = Breathe in a wave of gratitude for the blessings in your life right now, breath out any negative thoughts.
3. **Act** = Notice 3 things you are grateful for about your BODY or Life? Write them down, and read them anytime you need a confidence lift.



When I work with my coaching clients I teach them to start to re-frame whatever negative words the inner-critic is saying, into a statement of love and gratitude.

#### Example:

- |                 |  |
|-----------------|--|
| <b>Negative</b> | "I hate my thighs"   |
| <b>Positive</b> | "I love the strength of my legs"   |
| <b>Negative</b> | "I have a fat belly"   |
| <b>Positive</b> | "I'm grateful for my belly, stomach, and vital organs." Or,<br>"I am grateful for the energy the food I eat gives me." |
| <b>Negative</b> | "I Don't measure up, I'm not good enough..."   |
| <b>Positive</b> | "I am a good enough, just as I am right now."  |





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Focus on seeing the best in yourself. Focus on the strength of your heart, your magnificent spirit. Maybe you have beautiful eyes, or you love your strong arms, or your fabulous hair.

**Take a small piece of paper and write down 3 things you're grateful for about your self now:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

This practice is about starting to praise yourself more often. Inside the word praise is the word raise. When you praise yourself you increase your self esteem, your vibration and emotional frequency to attract more love and abundance into your life.

You can carry this confidence boosting paper in your pocket, or in your purse or wallet. Anytime the critical or judgmental thoughts want to come visit, you can say, no-no-no. Push the pause button. Breath in a wave of gratitude, breath out the negative thoughts. Pull out your confidence lifter and read them, or write a new one on the spot.



This practice can take as quick as even 60 seconds, to re-program the negative judgmental inner critic, into the loving friend you are to others, you become the loving, appreciative, grateful friend to yourself. And also towards your gorgeous amazing body temple you've been gifted to experience this life in and through. And let me tell you when you start praising yourself, appreciating yourself and writing down all of your blessings, you really will feel better, you will have more confidence, and therefore you will be more vibrant and healthy and you begin to shine like never before.





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#2

The 5-Minute Body Energizer!



*Energize your body and enjoy more fun and pleasure  
with fitness and movement.*





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Did you know that when you sit for hours and hours each day, it's the health equivalent of smoking? It's quite scary. I personally have purchased a walking treadmill desk so I can get in more movement during the day while I'm working on my computer. I walk and write and email, it's amazing, I love it.

What are your beliefs around exercise and movement? Is exercise a form of punishment to whip yourself into shape? Or is it fun and enlivening for you?

If you're idea of exercise is like punishment, it's probably more stressful on your body than rejuvenating. The Silly-Shake Dance is one way to move your body that you can do whether you're 100 years old or 100 pounds overweight. **It is easy and fun and it releases nitric oxide.**

There's no wrong or right way to do it. Simply put on your favorite song, something upbeat preferably. Stand up and start to move.

I'm a former professional dancer and I've worked a lot with children. What I love about children, especially in that four- to six-year age range, is they're totally uninhibited. The boys, the girls, the ones with the glasses and the ones that look like they're athletic and everything in between, they don't know any better. No one's told them there's a right or wrong way to do it. When music comes on, we are born to move. Every single little child on the face of the planet, when there's a drumbeat, they just start moving! So you've got this inside of you. You may have bottled it up, or it may have been shut down somewhere along the way, or you might just be somebody who loves to move your body & dance. This is the time to connect with that inner playful side of yourself and simply begin to move more.

### **Step #1 – Choose a stress releasing – joy infusing song.**

Here are a few ideas: Chubby Checker's "twist and shout", or James Brown's "I feel good", or Taylor Swift's "Shake It Off".

### **Step #2 – Prepare to Move Your Body:**

Stand Up with your feet hip width distance apart, and clear away a few feet of free space around you in your home or office. Be sure you feel safe. If you do need to close the door, pull the blinds or curtains, or find a safe place, then do so.

### **Step #3 – Give yourself permission to move freely and playfully:**

Imagine you are 5 years old again and you can move uninhibitedly. Imagine you are shaking, dancing and releasing all the stress and tension out of your body in the silliest way you can. Imagine your body is like a dusty rug and you are shaking all the dust out, aka shaking out all your stress. Imagine you are a rag doll, or a scare-crow, or a skeleton.





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Let yourself look funny and allow your-self to laugh and play with this. Let it all go. Shake it all out. Using every inch of your body. Starting with your head, shake off your hair. Shake and shimmy the tension down and out of your shoulders and chest. Shake the stress and tension down your arms, hands and out your finger-tips into the earth below you. Shake out your spine, torso and hips.

Give yourself permission to have a little stress releasing, joy infusing FUN! Shake out the stress down your legs and out your feet. You can twist it out if you want. Shake it ALL out. Hop, jump and leap it out.

If that critical part wants to say "Oh you're too stiff, you're this, you're that." Say, "You know what? It doesn't matter. You can simply say, "I'm releasing nitric oxide all throughout my body right now and I'm becoming healthier and rejuvenated." Who cares what anybody else thinks? You're doing something for yourself that's healthy, and reduces stress, and gets the blood flowing.

While you are releasing, shaking and moving all the stress or worry and tension out of your mind & body, focus on the healing rejuvenating powers of your breath. Release out with the exhale. Actually allow yourself to hear yourself exhaling the stress out of your body, like with a sigh or moan. Now, imagine mother earth is re-cycling and renewing this stress and tension and turning it back into clean energy, white light and oxygen. Then with the inhale, imagine you are filling up your body with this clear, clean energy, oxygen and healing white light.

Really let loose, have fun and really let your body wisdom be your body guide – And your body really will thank you!





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#3

The 5-Minute Soul Rejuvenator!



*Increase your fun, feel inspired  
and rejuvenate your soul!*





What is your belief system around work-life harmony and your schedule?

Most people have a belief that they don't have control over their schedule, that there just isn't enough time and there's just no way that they can fit it all in. Do you feel depleted and exhausted with no energy left for exercise, self-care, fun, or time for yourself? Do you typically put everyone and everything else in front of your own needs and desires?

Wouldn't you love to have more fun, renew your soul and feel rejuvenated? Now, I know what you're thinking, "Of course Jennifer. I would love that but I can't, because who's going to wash the car and who's going to wash the dog and who's going to wash the dishes and who's going to make dinner, and who's going to do the laundry and who's going to pay the bills and aahhhhhh!"



Let me just say, I get it. I'm a mother of three. I run two businesses. I just celebrated my 20<sup>th</sup> wedding anniversary. My life is certainly full. And yet, I made a fundamental decision five years ago that I wasn't going to allow myself to get so depleted that it was negatively impacting my relationship with my kids, my husband, and my productivity at work.

But there was a time I was so depleted that I thought there was nothing left for *me*. What I realized was that I *did* have the time, **I just hadn't made it non-negotiable.**

What I'm here to tell you is you *can* have fun, and you *can* reverse-engineer your work and daily schedule to include these soul rejuvenations.

Now, when was the last time you did something really special for *yourself*?

Most people invest much of their time putting their professional needs, their school needs, their family needs, and their community needs in front of their own needs. What if, for just five minutes, you chose a really fun way to rejuvenate your soul.

Remember we're simply talking about 5 minutes. You'd be amazed at how 5 minutes of doing an activity that you love can lift your spirit, fuel your soul, and rejuvenate your life.

I invite you now to think of the things that fill your heart with joy. Maybe it's spending time in nature? So, maybe you spend five minutes longer walking home from your lunch break by stopping at the park to appreciate the flowers and trees. Or, you can bring a single rose into your home or office and put it in a vase.





Think of 3 activities that help you feel connected, alive, and joyful. Maybe some of these activities?

- Reading
- Taking a walk outside
- Connecting with nature
- A heart to hear chat with a good friend
- Dancing
- Arts & Crafts
- Playing a Sport

You might be thinking, *“what will 5 minutes really do to rejuvenate me?”* You’d be shocked! It really truly does make a difference.

Imagine for a minute you love to read, and you decide today you are going to sit back, put your feet up on the table or desk, sip some refreshing lemon water and read a good book for 5 minutes.

Imagine you love to chat with a good friend, so you simply decide to send her a heart to heart text expressing how much you love and care for her. Notice how this fills your heart with joy.

Imagine taking a few minutes outside to simply drink in the refreshing breeze blowing across your face and feeling the sun on your skin. Or the rain drops, or snow on your fingers tips. You will feel more joy and aliveness by simply drinking in the day, rather than rushing through the motions.

**Think of 3 FUN ways you “CAN” rejuvenate your soul?**

Now write down these 3 ideas of how you can rejuvenate your soul in 5 minutes?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now take action. Decide right now WHEN you are going to install this new 5 minute practice into your day today or this week? I invite you to schedule it - put it in your calendar, or get up and do it right now.

When you feel rejuvenated, you feel more confident. With this confidence comes the willingness to get yourself out there, meet people and make connections. When you feel





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confident in your work, you can accomplish really big things. You can rekindle your love of creatively expressing yourself.

Often my clients will say things like, "I used to knit, dance, garden, draw, etc...but I don't do that anymore. Once you spend 5 minutes and feel how good it feels to nourish your soul you might take back up the activity you used to you love. I don't know what it will be for you, but it's something that you'll love that you haven't invested the time to do in a while. Sometimes people feel stuck in a rut and when they start bringing in these joyful practices into their life, it renews their passion for what it is they're doing, which is a wonderful side-effect.

**Even a few minutes of this activity per day**, or per week can make a huge difference in your life. Its actually scientifically proven, and it really works!

WOW. I love sharing these FUN 5 minute practices with you and I also know that I have barely scratched the surface.

Here is a recap of what you learned in this eBook.

1. **"The 5-Minute Confidence Lifter"**  
Gratitude – Be a loving friend to yourself.
2. **"The 5-Minute Body Energizer"**  
The silly-shake rejuvenating dance.
3. **"The 5-Minute Soul Rejuvenator"**  
A simple joyful, fun action just for yourself.

Guess what? We've just scratched the surface with these 3 practices.

I have so much more I'd love to share with you. I want you to discover how easy and fast it can be to replenish your body and soul, and have a deeper knowing of how the mind-body connection really works... and how to harness your body's intelligence so you can feel and look your best. You really can drop both the emotional and physical "heaviness" in your life! And feel more freedom and happiness than you've felt in a long time!

To help you with this I have created a FREE online workshop, and **it's my gift to you!**





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DISCOVER 3 FUN WAYS TO INCREASE YOUR CONFIDENCE, ENERGY & RADIANCE! IN JUST 5 MINUTES A DAY!

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**In this free online workshop I will go deeper into how to create even more vibrant health, confidence and radiance and one of those ways is to take my 28 day challenge, called Project Lighten Up!**

**Project Lighten Up is, 28 FUN ways to lighten your Mind, Body & Spirit in just 10 minutes a day. I think you're going to love it!**

Project Lighten Up

*28 Days and 28 Fun Ways to Increase Your Confidence, Be Inspired & Rejuvenated*

**IN JUST 10 MINUTES A DAY!**

**Visit the website below and discover all about how to start the Project Lighten Up 28 Day Challenge!**

**<http://ProjectLightenUpProgram.com>**





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## Rave Revues for

# Project Lighten Up

### ***I feel great, I have more energy, I truly appreciate myself!***

*"I feel great, I have more energy and I lost 12 pounds.! I can dance, swim, do high impact aerobics, walk 5k every day, and live an active life that I love. PLU shined the light on how to **truly appreciate myself**, listen to my body and be kind to myself and others."*

~ Doreen M. Cumberford

### ***I'm finding peace of mind in my own skin!***

*"I LOVE Project Lighten Up, the grounding exercise, random acts of kindness and de-cluttering! There has not been one activity that hasn't added value to my life! Thank you for the blessing of this new outlook on my body image, and for helping me to pass that healthy mindset on to my kids. We're dancing together now. I'm so thankful that I signed up for this and for the peace I'm finding in my own skin."*

~ Kelly Olson

### ***It's amazing how much I accomplished in so little Time!***

*"I am so grateful that you started Project Lighten Up. It is so powerful how much I got accomplished in a short amount of time. This is truly bringing peace to our planet and healing the world through love."*

~ Rena Boone





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DISCOVER 3 FUN WAYS TO INCREASE YOUR CONFIDENCE, ENERGY & RADIANCE! IN JUST 5 MINUTES A DAY!

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## Want to Learn More About Jennifer?



### Jennifer Joy Jiménez:

Best described as “pure joy in motion”, Jennifer Joy Jiménez is a certified transformational life coach and an expert in fields of health & wellbeing, and conscious movement & dance. She’s also the Founder and Director of The Health and Well-being Division for The Life Mastery Institute – Vibrant Healthy Living. She loves helping people world-wide to achieve greater levels of mind-body connection, vitality, joy, and life fulfillment. Jennifer has been featured alongside some of the world’s greatest thought-leaders, including Marianne Williamson, Maya Angelou, Byron Katie, Bob Proctor, Wayne Dyer, and Deepak Chopra, to name a few. Her life-enhancing programs and products can be found in *Self*, *Shape*, *Oxygen*, *Woman’s World*, and more. But amid all these accomplishments, what she is the most proud of is her thriving marriage to her Soul Mate of 20 years, and being a loving, involved mommy to her three healthy, happy children.

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