

FEED YOUR SOUL. CHANGE YOUR WEIGHT.

OUR LADY OF WEIGHT LOSS

Feed Your Soul:
Change Your
Weight
Janice Taylor

100 WAYS TO FEED YOUR SOUL

Janice Taylor, Life and Wellness Coach, Weight Loss Expert shares
100 Ways to Feed Your Soul: Change Your Weight!!!

1. **Dream with Your Feet.** Bust a move, get your groove on, and ... dance to the music!
2. **Dissolve Your Inhibitions** in a Smokin' Hot Bubble... Bath!
3. **Arrange Flowers** in good cheer, with a smile on your face, and listen for the earth to joyously laugh with you.
4. **Light a Candle** and then light another, and notice ... nothing is lost when one candle lights the next.
5. **Be the Fountain of Gladness** and make everything and everyone near to you freshen with smiles.
6. **Look Beneath the Iceberg;** investigate what lies below as only one seventh of 'you' is above water.
7. **Breathe into the Moment** for this very moment is the only one you have for sure.
8. **Pray with the Rocks,** the pebbles, the sand, as they are still and silent.
9. **Read, Read, Read** lest you yourself to ignorance.



**Janice Taylor, Life & Wellness
Coach, Weight Loss Expert**

invites you to **FEEL YOUR SOUL:
CHANGE YOUR WEIGHT.**
For more info., visit:
OurLadyofWeightLoss.com

100 WAYS TO FEED YOUR SOUL

10. **Play Feverishly!**

Experience the world and the universe as the playground that it sure is; one for exploration & discovery. Explore, discover, have fun!

11. **Whip Up a Bowl of Bliss.**

Combine one cup of the poetic with one cup of the mysterious. The perfect complement to any meal; filling, delicious goodness.

12. **Connect the Dots** from the past straight into your future, one to the next, and behold ... the big picture revealed.

13. **Send the Black Cloud on its Way** as it is but an illusion; a billow upon billow upon a billow.

14. **Open Your Eyes** to the sweetness of the day.

15. **Make a Mistake.** It is, after all, one way of doing something and better than doing nothing.

16. **Remove the Stops** one at a time until there is no stopping ... you.

17. **Love In General** ... round people, skinny people, tall people, short people, all people.

18. **Look for the Bright Spot.** It is right there, to your right. (No, your other right).

19. **Sigh a Deep Sigh** and start anew.

20. **Sing With the Birds** after the storm.

21. **Have Fly-By-the-Seat-of-Your-Pants Fun!** No thinking allowed nor aloud!

22. **Do Not Worry About Your Worries.** It only gets you nowhere twice as fast!



Sing with the birds after the storm.



23. **Begin Your Day in Delight.** End it in wisdom.

24. **If you want to Be Happy, then Stop** ... Being Unhappy!

25. **Stimulate Your Immune System.** Go to a museum or attend a concert, a show, the theater, or read! (Studies show that those who are participating in culture events live longer quite possibly because these activities stimulate the immune system.)

26. **Blow Bubbles** and watch the wind as she carries them hither and yonder.

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27. **Become a Fan of the Funny.** Go “Sky High” with Cartoonist, Tommy Rudmose.

28. **Wiggle Fast and Furiously.** Wiggle and jiggle your energy from left to right, from up to down, circular motion when needed.

29. **Smile at the Messiness of Life** and then dust your counter-tops.

30. **Give a Shout-Out to the Universe.** “I am alive!”

31. **When Love Knocks** on Your Door, open it!

32. **Craft a Temple** of kindness and compassion in your heart.

33. **Recognize Your Resiliency.** Jump high and higher still.

34. **Silently Bless Each and Every Soul** you pass today and all your tomorrows.

35. **Let Go of Your Burdensome Baggage**, walk through life freely and

unencumbered.

36. If you don't like the answer, **Change the Question.**

37. **Embrace the Power of We.** You are here as I am here.

38. **Let Go of the Outcome.** Sometimes, not getting what you want is a good thing.

39. **Speak and Act with Honesty.** Stand by what you do and say.

40. **Surprise Yourself.** Try something new and succeed.

41. **Start a De-Stress Thysself File:** Magazine Madness; Escape Into the Pages. Grab yourself a hefty stack of magazines, escape into the pages, focus on the photos and rip out any and all that speak to you! Create and keep near your 'de-stress myself' file.



Go “Sky High”



42. **Do Less.** Sometimes less is more and in this case, doing less often leads to better, more focused results. When overwhelmed or on edge, take a good, long break. Do less.

43. **Scale Down Your Wants.** Not wanting 'stuff' is better than possessing it.

44. **Go to the Library.** A novel approach to reading, these days for sure, but actually going to to an actual, real library (getting out of the house), and borrowing a hard copy of a book has its soul feeding advantages. Try it and see how good you'll feel.

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45. **Stand Tall; Stand Erect.**

You will not only look five pounds thinner, but you will feel more confident, for sure!

46. **Breathe Deep and Say ... I have arrived. I am home.**

(source: Thich Nhat Hanh)

47. **Paint Your Favorite Color On a Canvas** and then stencil your favorite word atop in its complementary color!

48. **Give Yourself Permission to Play.** As important as work is, do not forget to play, to have fun, to enjoy life.

49. **Create a Sacred Space and Just Be.** Light a candle, put on some soft music that feeds the soul, or choose to sit in silence ... just be.

50. **Give.** Give something away. A possession, a smile, a compliment, and see how it both feeds and liberates your soul, all at once.

51. **Rent a Funny Movie, Watch It and Laugh** (in that order).

Researchers say that a good laugh increases good hormones and decreases bad ones.

52. **Ask for Help.** No woman – and certainly no man – can make it happily through life without support and guidance from others.

53. **Sing As You Drive** whether or not you think your voice fabulous.

54. **Walk Slowly with Awareness** to the sound and rhythm of your own steps.

55. **Get Dirty ... and Stress Less.** Create a small garden – either inside or outside; put your hands in the soil and feel its grounding effects.

56. **Embrace Your Role as Student of Life.** Learn from successes and failures, alike.

57. **Wear Stylish and Styling Sunglasses.** People who wear



Ask for help.
"HELP !!!"



sunglasses block out at least 99% of ultraviolet A and B rays, lower their risk of cataracts and have less wrinkles around the eyes.

58. **Be Friendlier.** Never underestimate the healing powers of a warm and hardy "hello."

59. **Peel Off the False Mask** that you've taken on to accommodate others. Allow your authentic self to shine bright.

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60. Tune Into the Silence Between the Words. Hear your soul sounds.

61. Dream of Fields where there is no right-doing or wrong-doing, where your soul lies in the grass and only feelings of pleasure are to be found.

62. Be an Architect of Peace. Say no to anti-war rallies; say yes to peace marches.

63. See the Beauty and Wisdom in every object and being in the universe.

64. Embrace Your Dysfunctional Self, acknowledge your frailty, faults and flaws. Your soul will sing a happy song of relief.

65. Go to Sleep. Getting a good night's sleep can do more to lift your mood, your body, your health, your perspective; getting a good night's sleep can feed your soul far more than you might imagine!

66. Hum It Up. Music soothes the soul, lowers the heart rate, and music activates the same parts of the brain that food and sex activate!

67. Greet Your Inner Dragons with Smiles and Laughter. Say "hello dragon," as you smile and extend the hand of friendship.

68. Tune Out the News. Take a one-week vacation from the news, in any and all forms; from television and radio to the Internet, from newspapers to magazines.

69. Walk the Dog. No doubt, walking the dog relieves stress and creates an opportunity to meet and greet your dog-friendly neighbors. If you do not own a dog, borrow your neighbor's!



ask ...
"What unique
gifts do I
have ... to
give?"



70. Breathe In Scented Air. Studies find that people exposed to rosemary embody lower anxiety levels, increased alertness and are able to perform math computations at a faster rate (go figure!). Lavender is also known to relax.

71. Look Deep Into Your Soul and ask, "What unique gifts do I have to give?" ... and then give, give, give.

72. Wish Upon A Star. "Star light, star bright, first star I see tonight, I wish I may, I wish I might, have this wish I wish tonight." Anonymous

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73. Host a Healthy Eating Pot Luck Party! Assemble your friends and family and for a change of pace, put a healthy twist on your pot luck party. Imagine the abundance of life-affirming vitamins and minerals!

74. Give Yourself a Gift. The possibilities of what you can give yourself are limitless, from material goods to love, from nourishment to time.

75. Give a Compliment. A kind word or two has the power to lift spirits, motivate, inspire, encourage ... and so much more.

76. Find Your Voice. Sing your song, speak out, break out, share your truth, have a meaningful conversation.

77. Create a Gallery of “Words of Wisdom.” Collect your favorite words, quotes, sayings, passages from books and songs. Frame and hang them in your hallway.

78. Admire Your Inner Chubby Child. Find your best, cutest, most loving or in need-of-love childhood photo and say nurturing things.

79. Practice Saying, “No, Thank You!” in as many languages as possible.

- ne hvala * Croatian
- nej tak * Danish
- nee dank u * Dutchei kiitos * Finnish
- non merci * French
- nein danke * German
- no grazie * Italian
- no grazie * Norwegian
- não obrigado * Portuguese
- nu multumesc * Romanian
- no, gracias * Spanish

and when all else fails, try ...

- no, thank you * English



80. and then Say “Thank You!” to the kind person who held the door for you, the bus driver, the parking lot attendant, the waiter, the newspaper delivery boy/girl, to the postal worker, to each and every person who lives anonymously in your life.

81. Savor the Flavor. Move through your day with mindfulness and easy, and savor the flavor of life!

82. Less Is More. Instead of rushing from point A to point B, instead of overbooking and over-thinking, do less, have less, be more!

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83. Notice Happiness. Each and every time you feel good, note it! Noticing the happy things will keep you present and happy.

84. Browse a Bookstore. In person, old school style, comb the stacks.

85. This Too Shall Pass. When troubling things happen, let "This too shall pass" be your mantra.

86. Pat Yourself on the Back. My grandmother cautioned, "Don't break your arm patting yourself on the back." She was wrong! Pat away!

87. Focus on You, Not Them. Obsessing on other people's successes and/or happiness will get you nowhere fast. Focus on yourself and what your next right move could be.

88. Do Not Judge the Universe. Find hope in the darkness; utilize the brightest

and lightest moments to create.

89. Keep Your Sense of Connection Alive. Physics tells us that we are all interconnected in ways that elude our rational minds. We get glimpses of it, but often ignore the importance, depth and truth of it. Don't let that happen; stay connected to your core and to each other.

90. Be the Miracle of Imagination. Ray Bradbury said that you are the miracle of force and matter making itself over into imagination and will. Own It. Live it!

We are the miracle of force and matter making itself over into imagination and will. Incredible. The Life Force experimenting with forms. You for one. Me for another. The Universe has shouted itself alive. We are one



Be the Miracle of Imagination.

of the shouts. ~ Ray Bradbury

91. Pull Out Your Mental Weeds. Allow room for the things you care about to grow. After all, mental real estate is limited.

92. Think Happy Thoughts. Happier thoughts create a stronger and more stable foundation, which put control in your hands, rather than being bounced about by life.

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93. Cultivate Habit Awareness. Make a list of habits that are not serving you well. Don't set out to change them (**not yet, anyway**). Let's feed our souls with awareness!

94. Have a Meaningful Conversation. A recent study from the University of Arizona shows that spending less time participating in small talk and more time having a deep and meaningful conversation leads to increased feelings of happiness! ("Is it hot enough for you yet?" An example of small talk.)

95. Ask yourself, "What could **Make This Fun?**"

96. Doodle! Seriously, dudes and dudettes. Doodling is amazingly uplifting and fun.

97. Tell the Truth. Be tactful, be kind, be wise, be sensitive ... be honest ... to yourself first and foremost.

98. Swim, Float or Bathe. There is something magical about being in water. Perhaps, it is because our bodies are comprised of water (a good 75%), or because of the time spent in the womb (remember?). Whatever the miracle, go with it. Water heals.

99. Allow Good Feelings to Linger. With every success, no matter its size, from big to small, 'feel' rewarded. Let those good feelings flow through your body. Look in the mirror and say, "Good for you!"



Let's Have a
Meaningful
Conversation!



100. Take More Naps.

Sleep is underrated and often forgotten, as it doesn't even hit our top ten things to do today. And now ... it seems appropriate that I take one! After all, we've reached the 1/2 way mark to 200 Ways to Feed Your Soul! Feel free to join me! (**zzzzzz !**)

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