



Authentic. Community. Adventure.

LEAD YOUR OWN LIFE

**THE PITFALLS OF POLITICAL LIFE
AND HOW TO AVOID THEM!**



Presented by: Christina Benty
LGLA February 2014

LEAD YOUR OWN LIFE

WHY?

we teach what we need to learn ourselves

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LEAD YOUR OWN LIFE NOT ENOUGH

- SLEEP
- EXERCISE
- HEALTHY EATING
- DIS/CONNECTION
- FUN/NEW LEARNING

I exercised once, but found I was allergic to it. My skin flushed and my heart raced. I got sweaty and short of breath. Very dangerous.



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TOO MUCH

- INACTIVITY
- FOOD
- ALCOHOL
- STRESS
- EGO

Wine, cheese and
chocolate are my
three main
food groups.



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LEADING YOUR OWN LIFE FIRST

PROTECT YOUR BODY

PROTECT YOUR BRAIN

PROTECT YOUR RELATIONSHIPS

PROTECT YOUR SOUL

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MORE

Leafy Greens

Water

Berries

Healthy fats

Fruits and Veggies

Beans/Lentils

Protein

LESS

Alcohol

Sugar

Processed foods

Coffee

Salt

Junk food

Fried foods

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They say, "You are what you eat!"
That's funny. I don't
remember eating a sexy
beast this morning.



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GET MOVING



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Most people
don't know how
good they are
supposed to feel.

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REST



I'm playing that game where the floor is made of lava, so I obviously can't get out of my bed or I'll die.



ROTTENCARDS

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LEAD YOUR OWN LIFE PROTECT YOUR BRAIN



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LOOK AFTER YOUR RELATIONSHIPS



"Friends are those rare people who ask how we are
and then wait to hear the answer."

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