


LEAD YOUR OWN LIFE

THE PITFALLS OF POLITICAL LIFE AND HOW TO AVOID THEM!



Presented by: Christina Benty
LGLA February 2015

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WHY?

we teach what we need to learn ourselves

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What people think you do....



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What you really do.....




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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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Healthy Foods

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MORE	LESS
Leafy Greens	Alcohol
Water	Sugar
Berries	Processed foods
Healthy fats	Coffee
Fruits and Veggies	Salt
Beans/Lentils	Junk food
Protein	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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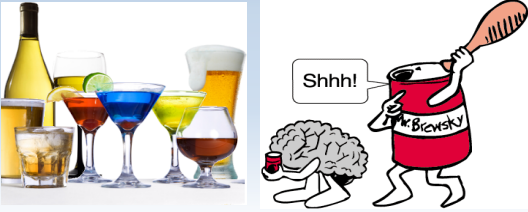
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REST



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.


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PROTECT YOUR BRAIN




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LOOK AFTER YOUR RELATIONSHIPS



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