



By Ann Janusheke, manager



How to live a strong & Successful Life!

A woman's guide

1. Working out isn't about how it makes you look, it's how it makes you feel!

The reason I workout is to feel confident. Confidence gives me strength to do what it takes to have the body I want, career I want, relationships I want, etc. **The power of confidence is LIFE-CHANGING!** Workouts make you confident. When you workout for the purpose of feeling like a confident woman, everything else will fall into place!

2. Cultivate relationships

Women need love. Love comes from the feeling of connection with other human beings. We often get so focused on our own issues, that we miss out on what really matters in our lives--connection with people who care about us and that we care about. **Being a confident woman will help you stop worrying about yourself and start enjoying the people in your life!** This is my definition of a successful life!



Here's what I used to look like when I had no confidence, ate & drank for pleasure and felt like crap.

3. Feed your body for a reason.

Unconfident women feed their body for pleasure rather than for a purpose. I know personally! They gulp down regular pops, pizza, chips, cookies and other fat-bombs and think less of themselves when they get 30" thighs! Feeling fat & unattractive motivates a person to keep eating, drinking and smoking for pleasure. **Feeling confident motivates eating for the purpose of having a strong body for a strong & successful life!**

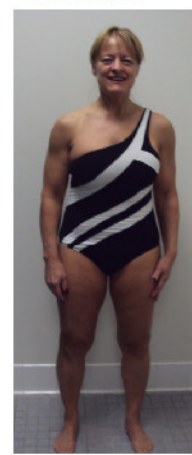
4. Commit yourself to excellence with yourself first.

Many women commit themselves to excellence in something other than themselves. Being a great mom, wife, friend or co-worker. But when you make a commitment to yourself, it pays off in ways you can't believe! You want a successful life? (great marriage, great kids, great vacations, great whatever) **Committing yourself to be a strong & confident woman makes a successful life possible!** Without strength & confidence, your life will not live up to your dreams and you will tend to focus on things that makes you happy (your favorite TV programs, cooking, eating, sleeping, etc.) rather than what would create the life you really want.

I took on my fears by entering a figure competition in May, 2011



Me before



5. Don't fear failure.

The fear of failing is the reason many women stay stuck in a life they wish was more. The less confidence you have, the more fear will control your decisions & motivations. Adopt my belief about failure: **There's no such thing as "failure"! Only learning. Each time I learn, I get closer to success!** Massive success is not possible without learning or what most women call "failures". Without a doubt in my mind, the women who fear failure the least are the women living the lives we all wish we had.