

*marjina*  
\*\*\*\*\*  
FINK



# *The Glow Guide*

My TOP 5 Lifestyle Secrets  
to Living A Glowing Life

# Hey Beautiful

Welcome to the Glow Guide! I created this guide, so you, too, can live a glowing life and wake up every morning feeling energized, happy, and fulfilled! Because you so deserve this! So let's start!

7

## Sleep at least 7 to 9 Hours a Day

So many people underestimate the power of sleep! They try to keep up with the million self-care tasks they heard were good for them, such as daily yoga, a 30-min meditation, healthy meals etc. While all of this is important, people sometimes forget to just get their BODIES in balance first through a good night sleep! Studies have shown that sleeping 7 to 9 hours per day are best for our health. While we sleep, our cells can repair themselves and regenerate, and the body gets into a state where it can fully detox. It is an important time for a healthy digestion, regeneration and inside out beauty, which also supports the immune system. During sleep, the parasympathetic nervous system, responsible for „rest & digest“, helps us recover for optimal health. **Make sleep a priority** and lots of lighter health issues may just easily fade away!



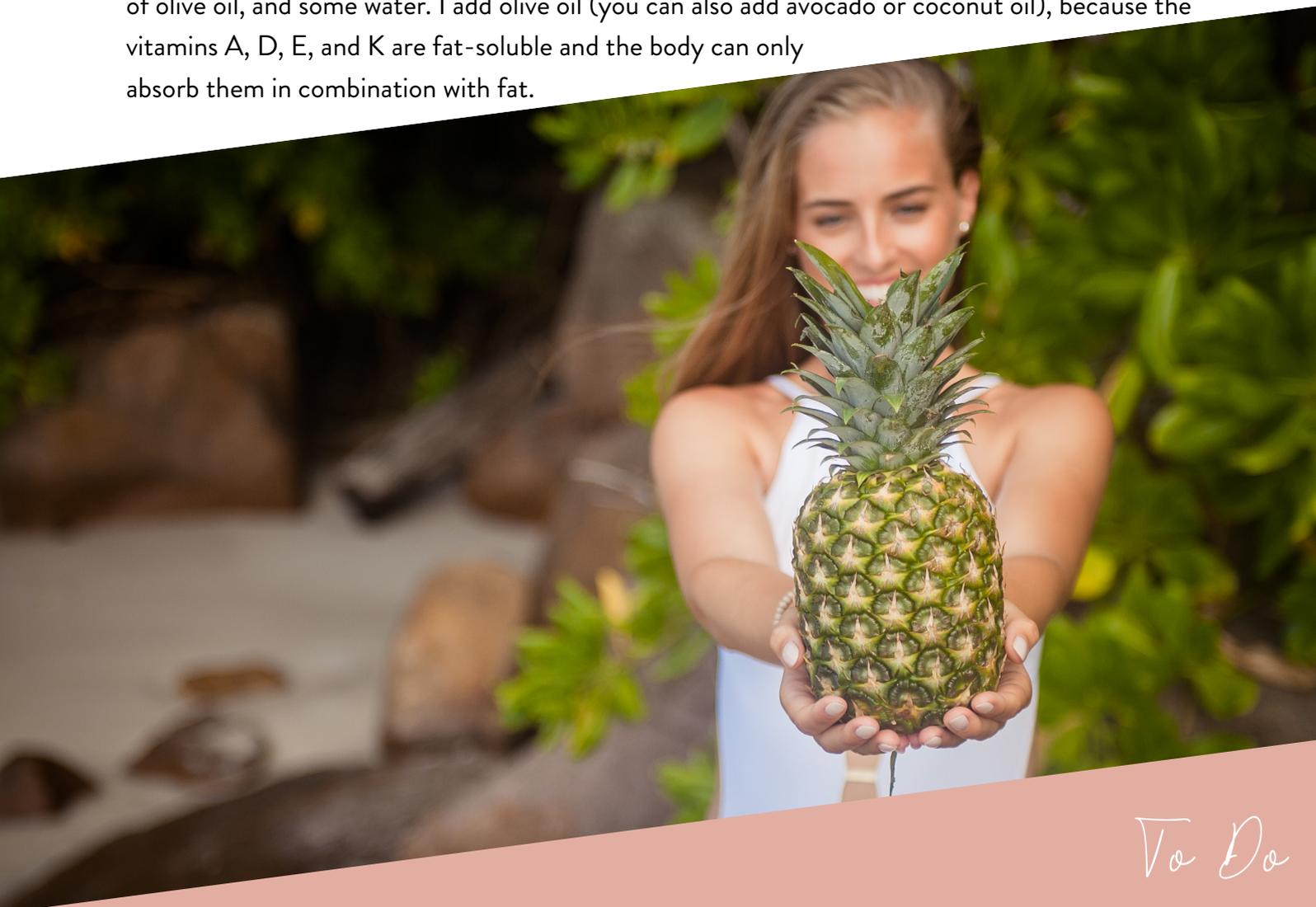
To Do

**CHECK YOUR CALENDAR** and make sure you get at least 7-9 hours of sleep this week!

## *Drink Green Smoothies & Eat More Plants*

Everything in this world is energy. If you believe in it or not really doesn't matter. Our food is energy, too! So while you can eat dead foods, such as processed and packaged protein bars, or pre-cut salads in a plastic bowl, you can also eat real, vibrant, fresh and living foods, fruits, and vegetables! Guess what has a better impact on your own energy? The REAL stuff of course! We always pick up on the energy of the food we put into our bodies, because the body processes it. That's why over 90% of my diet consists of fresh, organic, unpackaged, and unprocessed foods.

**I start every day with a green smoothie!** Green vegetables are low glycemic, which means they are low in sugar and therefore don't impact your blood sugar, and highly alkaline, which prevents inflammation in the gut and body, and supports healthy digestion. Greens therefore also have a very positive effect on skin health. My favorite green smoothie: A handful of spinach leaves, 1 banana, 1 apple, some celery, a tablespoon of chia seeds, a teaspoon of Spirulina, a tablespoon of olive oil, and some water. I add olive oil (you can also add avocado or coconut oil), because the vitamins A, D, E, and K are fat-soluble and the body can only absorb them in combination with fat.



*To Do*

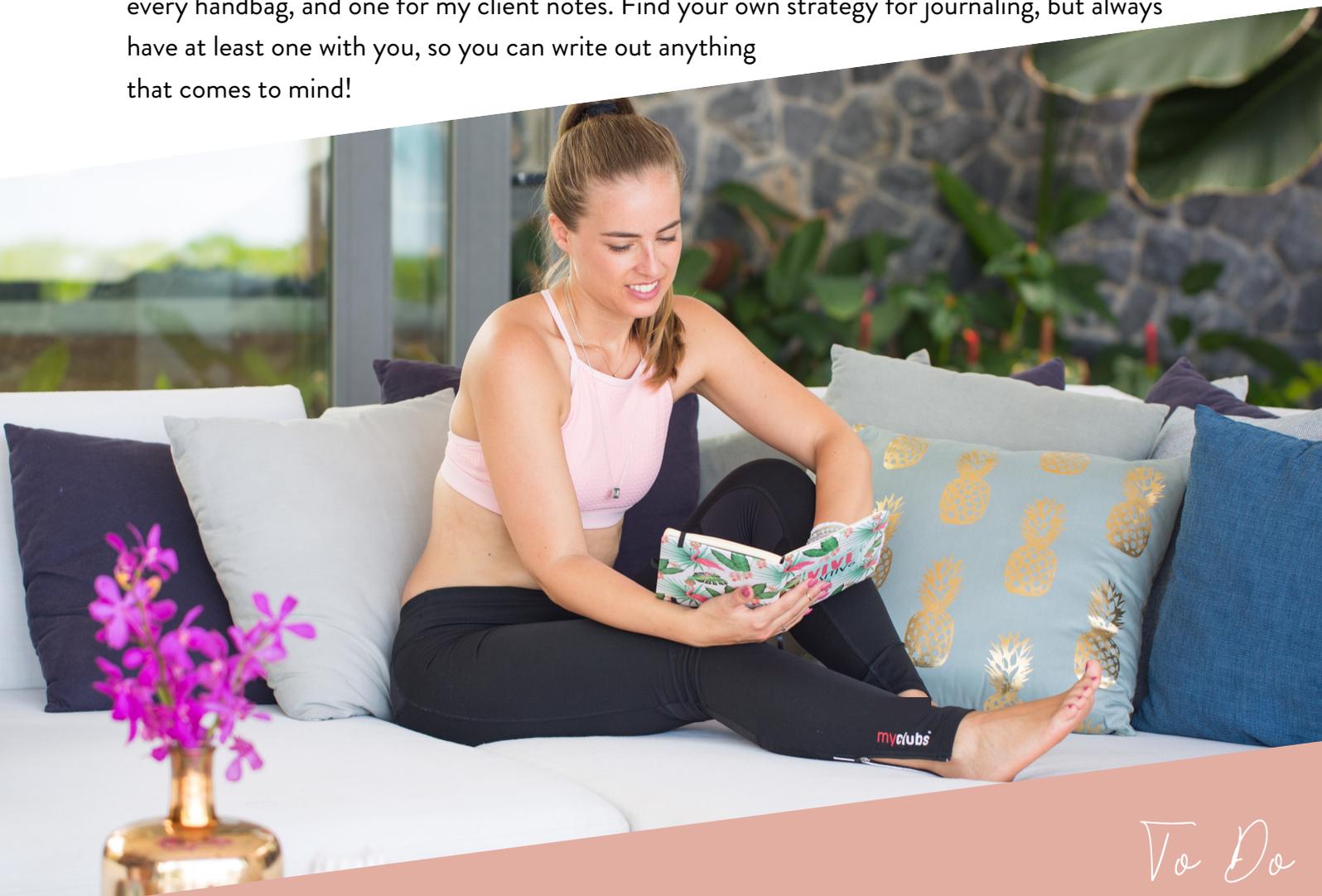
**START EVERY DAY** with a green smoothie this week!

## *Always Bring Your Journal*

I personally can easily get overwhelmed with to-do lists in my head and all the tasks I „should“ be doing once I get to work! And I sometimes have the craziest ideas when I'm sitting in a plane or waiting for someone in a café. Ever since I started my personal development journey almost 10 years ago, I've carried a journal with me no matter where I'm headed.

Writing things down on a piece of paper actually helps clear your mind, plus it is also a really great way to save and reprogram beliefs in the subconscious mind. One idea may be worth millions. For example: [I host luxury retreats around the world](#). Had I not captured that idea on a piece of paper when it first came to me, I'm not sure I'd be doing this today!

**I typically have a few different journals:** An idea journal, a journal with all the to dos and work-related stuff, a journal for gratitude, successes, and affirmations, which is a tiny one that fits in every handbag, and one for my client notes. Find your own strategy for journaling, but always have at least one with you, so you can write out anything that comes to mind!



*To Do*

**GET YOURSELF A JOURNAL** and write down 5 things you're grateful for!

## *Decide to Always Choose Love Over Fear*

We take hundreds if not thousands of decisions a day, most of them subconsciously. But sometimes, there are bigger decisions we need to take, such as about a job, about your business, about a trip, or even about a person in your life. Mostly, these decisions are related to YOU and may often feel confusing. We spend hours thinking if we should do this or that, making pro and con lists, completely ignoring our gut feeling. These types of decisions push you out of your comfort zone, or they would be super easy to take! So we really need this push sometimes!

**Every decision we take is either based on fear or love.** Someone may have big dreams for a business (love), but doesn't get started or doesn't quit her job out of fear of not having enough money to pay the bills, fear of failing, fear of what others may think. People stay in toxic relationships out of fear of being alone, rather than doing what would feel good and live life on their terms (love). Lots of people want to change for the better (love), but aren't willing to invest time, money, and energy to actually make those changes, out of fear of not getting results or not having time, money or energy to follow through. So, where are you currently choosing FEAR instead of LOVE?

Make LOVE a priority!



*To Do*

**THE NEXT DECISION YOU TAKE, ASK YOURSELF:** Do I do this out of fear or out of love?

5

## *Meditate 5 Minutes a Day*

Meditation is an incredible tool for overall health and wellbeing, that has been practiced for thousands of years. It's a mind-body complementary therapy to get into a deeper state of relaxation and tranquility. During meditation, the parasympathetic nervous system is activated and puts your body into a relaxed state of mind, which not only helps decrease stress and overwhelm, but also improves mental clarity, energy levels, and creativity. „It is scientifically proven that meditation can help with depression, addiction, anxiety, stress and eating disorders. Meditation also helps improve cell health, which is very important for staying young and healthy, helps balance the hormones and reduces blood pressure.“ (From: Institute for Integrative Nutrition)

By meditating 5 minutes a day, you tap into that deep relaxation on a regular basis. It is way more powerful to meditate daily for as little as 5 minutes (or even less!) than taking an hour to meditate once in a while! **I meditate every single day, before I even start working!** Sometimes while I'm still in bed, sometimes after breakfast. You can't really do anything wrong. Try what works for you - with music or without, guided or in silence. AND: I have a FREE Spiritual Beauty Meditation for you!

[Click here to get it!](#)



*To Do*

**MEDITATE 5 MINUTES EVERY DAY** and focus on deep, lower belly breaths only.