

The Imp's



Ten Tips
To Put YOU
On Top Of
The World

The Imp's Ten Tips To Put YOU on Top of the World

by "The Imp Lady", Beverley Howden, M.Ed.

1. Start your day with JOY.

If you have a clock radio with a tape deck, have it wake you up with inspiring upbeat music. **Start wiggling your toes to the music even before you get out of bed and SMILE!**

Alternatively, setting the clock radio to come on a few minutes before the hour usually means you can wake up to music instead of talk.

The first time I ever heard "Music Box Dancer" by Frank Mills was one early morning on the radio. It was a delightful way to wake up and that's how I started this habit.



"Toe-tappin' music."

Is a shower part of your morning routine? What are you usually thinking while in the shower? **Be aware of what you say to yourself.** Choose to let concerns just wash away and disappear down the drain.

Notice what *feels good* about your body. Especially if you have aches and pains, notice the parts of your body that are comfortable. Accept your body just as it is. If you find that hard to do, find the *parts* you can accept. Elbows? Cheeks? Have you ever told your toes you love them? This is the time to do it!

Sing or hum along to the music that is still playing. Can you laugh? Just for the sheer joy of being alive? If the answer to that is 'no', keep up this routine and the day will come when the answer is, 'YES!'

2. Get out walking, preferably in a park.

Use all your senses – listen to the birds chirping; feel the breeze, rain or sunshine on your face; notice the colors, shapes and shadows of flowers, shrubs and trees. Stop to smell the roses.

Doing this keeps you focussed in the 'now' and grounded in your senses. Your reality IS whatever you focus on. There is no space for worry or fear during this time if you are focussed on your surroundings.

When we are turned inward worrying, we block out so much beauty. Worry is 'future' focussed, regret is 'past' focussed. Keep yourself focussed in the NOW.



"What can you truly 'see' for the first time?"

3. Start living in the 'now'.

If you find yourself worrying or feeling regret, bring yourself back to being aware of the present moment.

Plan ahead and *have something positive about your life now that you can refocus on* when you find yourself worrying.

Excellent books:

Love is Letting Go of Fear by Gerald Jampolski

The Power of Now by Eckhart Tolle



"The Power of Now"

4. Eat for aliveness.

Start your day by eating only fresh fruit - light, easy to digest. Notice the difference after one week. Can you hold off on your first coffee for half an hour after eating fruit? Consider weaning yourself from coffee.

If you are eating fries and doughnuts, drinking pop, lots of coffee or alcohol, etc., then there is no way you will feel on top of the world. Diets don't work! For a vibrant new life resolve to change eating habits for a lifetime. Eat fresh fruits and vegetables. Strive to avoid white flour, white rice, sugar, salt and fried foods for starters.



"M-m-m, yummy!"

Recommended books :

Fit for Life by Marilyn and Harvey Diamond

Eating Alive: Prevention Through Good Digestion by Dr. Jon Matsen

Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth by John Robbins.

If you are substantially overweight, your priority might be to face the issues involved with eating. Loneliness or ? The issue may not really be food.

Take time to be the "Observer" and just notice what comes up around food. Allow your feelings. Keep a Journal and write about your awakening awareness.

Check out: <http://www.Best-Weight.com>

5. Get loving touch.

We all need to be touched. Perhaps go for a massage; what friend or family member will give you a shoulder massage? Share lots of hugs! Perhaps a pet provides you with lots of unconditional love.



"Give loving touch."

6. Look good.

When you look good, you feel good!

Time for an easier-to-manage haircut?

Need to wash your hair more often?

Consider getting rid of any clothes in your closet that are not flattering or don't fit.

Wear only clothes in which you *feel good*. Keep them clean and in good repair. How are your shoes?

One of the nicest things you can wear is a smile!



"Wear a smile!"

7. Reawaken your senses.

Visual – drink in a sunset, notice the details of a flower, be aware of colors, shapes, light and shadow.

Auditory – listen to music, laughter, birds twittering, water flowing. Feel and express pleasure with your own voice!

Tactile – touch things – a pet's fur, tree bark, garden soil. Choose clothing that feels good.

Physical – share hugs, participate in sports, enjoy massage, lovemaking.

Fragrant – the air after a rain, the scent of pine trees. Sleep with a favorite scent on your pillow. Simmer a few cinnamon sticks and whole cloves in a pot of water on the stove. Burn incense.

Tasty – Eat with awareness, savor every mouthful – slowly. What is a favorite food you haven't eaten in a long time? What new food can you experience?

Spiritual – take a nature walk, watch clouds, meditate, close your eyes to focus on bodily sensations and be open to new insights.



Listen to birds twittering,
water flowing...

8. Laugh!

Start (or add to) a bulletin board at work for jokes and cartoons.

Go to garage sales to find humorous articles to use as gifts, props or conversation pieces.

Throw a party and play lots of silly games.

Great Party Games: Over Two Hundred Games for Adults of All Ages by Gyles Brandreth will provide more than enough!



Read humorous books.

Two that will convince you of the power you can experience through humor are *Become a Humor Being: The Power to Choose a Better Way* by Steve Rizzo and *The Healing Power of Humor: Techniques for Getting Through Loss, Setbacks, Upsets, Disappointments, Difficulties, Trials, Tribulations and All That* by Allen Klein.

Find jokes on the internet. Two sites are www.Jokes.com and www.AhaJokes.com

9. Dare to play!



Observe children. What are they curious about? What can you learn from them?

Explore! Go somewhere in your own community where you have never visited before.

Ask three people what their favorite game was as a child. If you don't know the games, ask the person to teach you.

Choose to drop a few 'shoulds' and do something fun at a

moment's notice.

Do you have a dressups box? Get into the spirit of any occasion by having appropriate costumes and props. Or spend a Saturday afternoon browsing in a costume rental store.

Check out <http://www.theimpjournal.com/play.htm>

10. End your day with GRATITUDE.

The more you appreciate what you already have, the more you will find you have to appreciate. *What you focus on is your reality.*

Every night as the light is turned out and my head hits the pillow I focus on the things that I am grateful for that day. Sometimes it is specific people or events or things. Other times if I've had a 'downer' of a day, I express gratitude for many things it is easy to take for granted: my cozy bed, the warm water for my bath that flows so easily from the tap, the clothes I enjoy wearing, my friends and family.

It may be your choice to write in a "Gratitude Journal" and keep a record of all the things for which you are grateful.

Pamper yourself in the bath. Candles, quiet music, bath salts. Close your eyes and imagine many good things. Refuse to sit and soak in sorrows. When you pull the plug, let any concerns just flow down the drain...



"End the day with gratitude."

P.S. Ask yourself, "How have I made a contribution to the world today?" (Ask yourself that everyday.)

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Beverley Howden, M.Ed. "The Imp Lady"

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