

The 7 Key Steps to Living with Heart:

Highlights on learning how to love
living a Heartfelt long satisfied life with
free time, fun time with your family,
loving relationships, profitable
business, and more.

By Nicole Flothe

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1 LOVE spiritual foundation

To be in balance I believe that having a *loving spiritual foundation* is essential to a prosperous heart healthy lifestyle. When I was growing up my mother would always take us to church and Sunday school. We would attend motivational, inspirational and supportive events that helped provide values, principals and beliefs into my life. I now share those same spiritual foundations I learned with my children so they too can live a well rounded lifestyle.

I remember when I was young going to Sunday school and learning how taking time to care for one another was an act of Love. *That God so Loved the world he gave his only begotten son. John 3 :16* This is my spiritual foundation, there are many beliefs that offer similar values and I urge you to take time to have this as part of your lifestyle.

To think that God gave his only son for us. My Aunt was with her newborn child and he had developed a cold, the cold was worsening and she had to admit him to the hospital. They were praying for him as he was having trouble breathing and the hospital didn't know what to do for the infant. My Aunt says that she put her son in Gods hands and once she did that and released him from her worries and began believing in his healing it was a miracle and he was able to breath again.

Believing for abundance, power, creativity, joy, worthiness, honor, and so much more comes from a strong faith foundation. When I pray for those things in my life I know that when I strengthen my faith I strengthen my belief that all things are possible. God provided ten commandments to live by, no other God before him, no idols, don't take God's name in vain, remember the Sabbath and keep it holy, honor your father and your mother, don't murder, don't commit adultery, don't steal, don't bear false witness against your neighbor, don't covet what your neighbor has. By living these commandments your life will be fulfilling.

2 LOVE Free Time

To acquire *Free Time* one must first have a plan. What does free time mean to you? How would you enjoy your free time if you had an unlimited amount and what would you do? These are the questions you should ask yourself to allow a plan to develop that offers the Free time that you believe is Free time. Many people can go about their day busy and rushing from one task to the next without realizing they could have had some time for just themselves.

When we take special moments for ourselves I believe that we increase our productivity on life. These special moments could be reading a book that we found interesting, taking some time for meditation and prayer, or a quiet walk around your property.

If we look at the word FREE what does it mean? Not affected or restricted by a given condition or circumstance, not imprisoned or enslaved; being at liberty.

As a child I felt that I was free to explore, travel all around the neighborhood with my brothers and spend time with my friends. I had no obligations and I had free time to do whatever I wanted. As an adult I now juggle my children's schedule, my work schedule, our family schedule and friends schedules. The balance can get uneven at times and Free Time begins to get smaller and smaller. Then I take a look at my Free Time and begin to prioritize how I can add it back into my life.

Once I do this I feel that the weight of schedules is lighter and I can manage more in my life. I spend my free time reflecting on what I've done that week and what I'd like to do for the future week. I hope you add free time to your life as I believe it is essential in increasing your Heart Health.

3 LOVE family fun time

Some of us can get so wrapped up in our work or projects that we forget the most important reason we are working on those projects. We are hopeful to one day have enough income to spend quality time with our family. Spending *fun time with your family* is the third essential ingredient to improve your Heartfelt lifestyle.

I realized that family time doesn't have to look a certain way. It can be watching a Disney movie, playing a game of cards, spending dinner together, enjoying a nail spa day with your daughter. Each moment that you get to spend with your family is priceless. Even the ones that have bickering involved. Yes, those ones too. Children learn from their parents what quality time is and how to express their emotions during these moments.

I once created a journal where I wanted to have 20 or more family dates by a certain time period. At first it was a couple a week and then I realized I could create several a day. My spirit was uplifted and so were the kids as we would have fun playing kick ball in the backyard or playing beach day inside on a rainy day.

One night I asked my son what his favorite part of the day was and he said it was when I played dodge ball with him outside. I remember my favorite day with my family was when I made cupcakes with the kids and they got to decorate them and we all enjoyed the dessert.

When we take time for family time it not only fuels our lives but it fuels the lives around us to be more active and loving towards each other.

4 LOVE

loving relationship

A *loving relationship* can give you the boost needed to make it through the day. Sometimes in life we have hardships that happen to us. Our mother's are there to give us love or our father's are there to give us a helping hand. When you have a loving relationship the giving and receiving is mutual.

Have you ever been sick with a flu and had someone bring you a cup of soup? Is it really the soup that heals you or is it the love that was provided by the giver of the soup? I believe it is a combination of both. When our bodies cells are weak the natural endorphins are increased when we are cared for by the ones that love us.

How do you give and receive? Is it equal? Do you only give if you have received something or do you give 110%? I believe that when you give 110% the run over will greatly bless you. It may not be today but it will be during your lifetime. It might not be for you but for someone you love that really needed that gift of love.

When you love someone, let them go. What does that mean? I think it means that we can't do everything for the ones we love. We have to let them experience things in their lives so that they can see how much we truly love them. The saying reminds me of when I let me kids ride their bikes for the first time. They had training wheels but eventually the training wheels came off and we pushed the bike along the back and then let them go. They stumbled a bit but eventually got the understanding of the bike and rode down the street in delight. Those kinds of moments give and receive into a loving relationship and bring joy to your life.

5 LOVE profitable business

Figure out what you want and learn how to ask for it, this can deliver a *profitable business*. Some people work on several tasks and get so wrapped up in them that business profits are lost. Some people take one task at a time and never complete any business as they don't have a direction chosen yet.

Figure out first why your heart and soul is in the business you choose. What is your passion and purpose? When you answer these questions and follow the direction they give you, you will improve your heartfelt life.

Develop a business plan for your dream business. Layout the steps to your ideal schedule of events. They say you should write your Executive Summary last but it's read first. This provides your business description, product or service description, ownership and management, key initiatives and objectives, marketing opportunities, competitive advantages, marketing strategy, and financial projections. Corporate Structure, legal forms, directors and officers and an organizational chart.

The Business Overview is a way at looking at the history of development and achievements. Vision and/or Mission Statement, I find so many businesses don't have one of these completed. I believe that a company should start with this as their stepping stone to beginning their business. When this is developed all the other areas of their business fall into place. The overview also includes Objectives on startup, short-term(first year), and future or Long-term. Is your business going to be home based, online, or a facility or location.

Once these plans are in place you will be able to see amazing results in your business. Add Confidence to your Business and Step out and go for your dreams.

6 LOVE nutrition

When it goes from your head to your heart, you will begin believing in a great *nutrition* plan. We have a lot of options when it comes to nutrition. There are all kinds of foods that offer the best nutrients for our body. There are all kinds of websites that list what the best meal plan is and how to live by those foods alone.

I have been up and down with nutrition and weight and so it comes down to my choice on what I determine to be beneficial to me. We are our own worst enemy at times. Sometimes when life is busy I go for a quick snack and neglect the real good choice of fruit and vegetables. I was watching the Food Nanny the other day and she offers suggestions to plan your meals for two weeks. When you go through this process it allows you to be ready and prepared.

If you're struggling with nutrition perhaps a nutritionist would be a support system for you. They have developed meal plans and particular food choices that offer a way for you to find a balance in your life. When you are in control of food and it is not in control of you then you know you are providing a support for heart.

Maintaining a healthy diet is one of the best weapons for fighting cardiovascular disease and other heart conditions. "Paying attention to portion sizes and preparation methods — for example, grilling instead of deep-frying fish and chicken — also is important," says Wylie-Rosett. "Choosing heart-healthy foods requires attention, but the payoff in better health and increased longevity is worth it."

7 LOVE Exercise

Key Recommendations for Physical Activities or *Exercise* are the following:

1. Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.

For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.

To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

2. Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

I hope this book has provided you with some highlights on how you can improve living with Heart and balance your life. Go out and make it happen!