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## **FIVE KEY ELEMENTS FOR SUCCESS**

**Lorna DiMeo, MSW**

Everyone I know wants to reach the highest levels of success and fulfillment. They want to align themselves with who they are and who they are meant to be. Yet they often fall short and I discovered why.

As a result, I developed a program that uncovers the 5 key elements to achieving financial, spiritual and emotional success. Whether you're living the life you want or are on the road to what you want, there's one layer in particular that most people under value and overlook which makes it take twice as long and twice as costly to get there.

These items might seem simple at first glance. They are often overlooked and undervalued. That's a BIG mistake. All of us can save ourselves a great deal of frustration and even our sanity by incorporating these 5 elements into our lives now. They are essential in supporting us in aligning ourselves with success!

### **Element #1 Sleep/Rest**

Our brains do not process information well if we do not get enough sleep. We do not think clearly and our decisions are not as clear and sharp. Fighter pilots are required to get 8 hours of sleep or else they cannot fly. We need to see ourselves as fighter pilots as well.

**Practice:**

Sleep 8 hours a day.

Rest when tired. Take 2 10-minute naps a day.

If sleep doesn't come, sit quietly with closed eyes.

### **Element #2 Food/Nutrition**

White food such as bread, rice, sugar, potatoes, and alcohol depletes your energy and will make you jumpy. Sugars also deplete vitamin B, which helps the body handle stress. Caffeine affects the joints in your body and will cause joint pain and swelling. Caffeine also depletes vitamin E.

**Practice:**

Add one new vegetable and fruit to your diet.

Cut caffeine (including chocolate) to 2 cups a day.

Cut back on anything that is "white".

Be aware of what you eat. We are often on automatic when it comes to food. It's often helpful to keep a journal to help remember what we have eaten during the day.

### **Element #3 Work/Play**

When we work over 8 hours a day we exhaust ourselves and become much less efficient and sharp. Exhaustion affects our ability to make really good decisions and these poor decisions affect our personal and professional life. Adding play helps the creative juices flow and relaxes the mind and the body so new creative ideas can enter.

#### **Practice:**

Work 8 hours a day, maximum 10.  
Take a 10-minute break after 1 hour of working.  
Do things that are fun, restful and enjoyable.  
Take the weekend off and play.

### **Element #4 Exercise/Movement**

Our bodies are meant to move. If we don't move, our bodies stiffen up and tighten. We tire more easily. Movement of any kind including stretching keeps the body flexible and moves the blood through the body so that we feel more alive, alert and focused.

#### **Practice:**

Walk 10-20 minutes a day outside without any iPod or attachment to your ear.  
Do stretching exercises every morning.

### **Element #5 Silence/Energy**

The importance of silence and protecting the frequency that our bodies vibrate at is not well known in our culture. In the ancient traditions silence is seen as life giving. Being silent helps renew and refresh our bodies. It helps our bodies relax. There is so much noise in our culture that our bodies are always on high alert.

Listening to bad news on the television impacts our minds, our bodies and our home environment. Reading bad news in the newspaper fills our minds with negative thoughts and drags us down. Having negative

conversations with our friends, colleagues or family also lowers the frequency at which we vibrate. A lower frequency impacts our personal and professional lives.

Believe it or not checking our email or phone early in the morning affects the frequency at which we vibrate. Any negativity affects our mood, our physical health and our ability to make good decisions. If we are caught up in fear as a result of the negativity around us we can't see what is actually happening and our decision-making will suffer.

**Practice:**

In the morning do a "walking" meditation focusing on your feet. 10-20 minutes a day.

Sit quietly for 10 minutes a day.

Take time off from listening to television, radio, and newspapers for a week.

These five key elements are crucial to the health of our body, mind and spirit. Unless we take care of ourselves we will find that at some point it will become more and more difficult to make the right choices. Incorporating a focus on these 5 elements into our daily lives will quiet the noise, confusion and overwhelm that takes over our minds. It will help us get clear and focused so that we can make quick, aligned choices with what is in our best interest both personally and professionally.

I know how hard it is to give ourselves permission to do these things because taking care of ourselves can seem not as important as the business "to do" items. I have been there. I know how guilty and irresponsible we can feel doing something for ourselves. Yet we deserve to eat healthy and take time for ourselves especially if we are telling other people to invest in themselves. We need to be a positive role model and practice what we preach by doing what's good for us.

These 5 key states are how to support ourselves, our family, our businesses and the people we serve. If we do not get the support we need we cannot fully achieve the big impact that we want to create in the world. We cannot be strong for others. Picture a chair...if one of the legs is broken or missing it is impossible to sit in the chair and be supported. These elements create space in our minds and bodies for new creative ideas and possibilities. Then success is ours!

To learn more you can either call or email Lorna at:  
978-265-9782  
ledimeo@gmail.com

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