

# 10 STEPS TO OPTIMAL HEALTH & HAPPINESS

**YOUR GUIDE TO  
UNLEASHING YOUR  
VITALITY & POSITIVITY  
FOR A FULFILLED LIFE**

By Jill Martin





# WELCOME!

If you're feeling called to improve your health and the quality of your life, these 10 steps will help you.

Optimal health isn't just about taking care of your diet or exercising for 20 minutes a couple of times a week. It's about prioritising yourself and looking after your body, mind and soul. It's about increasing the priority of YOU across the different areas of your life.

Here's the reality: we live within a backdrop of fear and uncertainty where the global economic and political climate is shaky, the threat of terrorism overhangs us, most of us have overstretched our credit, and job stability is a thing of the past. Add to that the pressures of performing in your job; being a good partner, parent or friend; having a life and personality worthy of social media; and a body that looks great in your swimwear.... And no one has ANY time!!

It's a lot to carry, and there's no wonder record numbers of people are suffering physically, mentally and emotionally.

This guide is about helping you improve your health and vitality under the shadow of this reality and the pressures of your daily life. So who am I to be your guide?

I'm Jill Martin and I own LLiV. I spent 20 years in corporate marketing before I burned out and crashed. I turned a failing business around,

retrained as a Health and Life Coach and Emotional Healer, and became a bestselling author.

I now specialise in helping people transform their health and lives, and the steps in this guide are how I live my life. And my life is busy, so don't think for a second that I wrote this guide with my feet up in a hammock, sipping on a pina colada ;) I have the same struggles as you, and experience the same kind of pressures. I've learned to navigate all of this, and to give my body, mind and spirit what they need to thrive.

I walk my talk and the results show it works - I have more energy than most people half my age and I look at least 10 years younger than my 47 years.

So dive in. Take what you can from this guide and most of all IMPLEMENT! If you want to experience change in your health - whether physically, mentally or emotionally - then you need to make some changes in how you manage your life and take care of yourself.

End of!

Remember small hinges swing big doors, so the changes you make don't have to be huge to make a difference.

I think you're worth a bit of effort to be happier and healthier. The question is, do you?

Jill xx

PS. I'm in the studio most days so say "hi", ask me any questions you have, or get a top-up on motivation... **Or follow me on Insta @jill\_martin\_lliv**

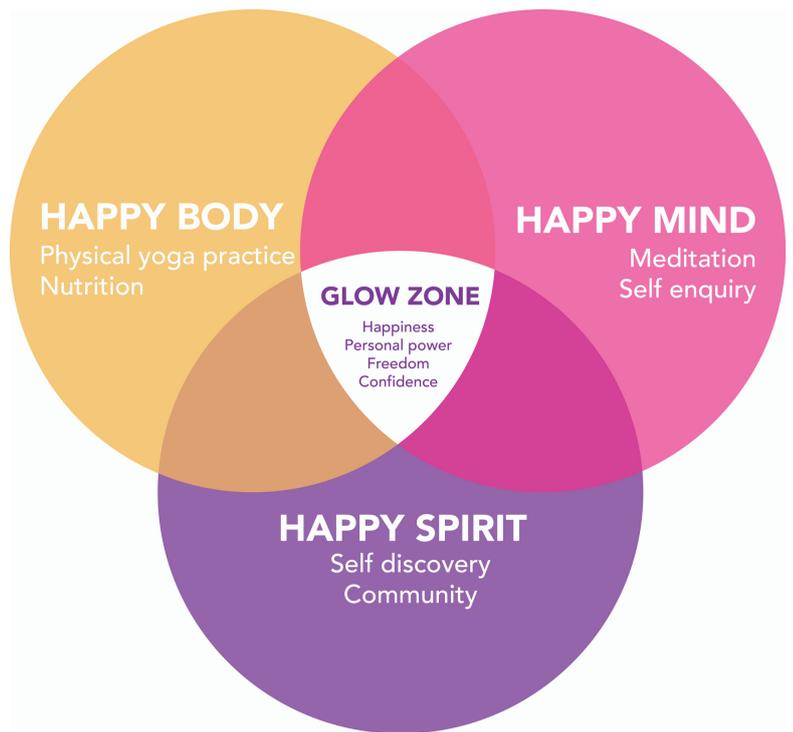
# INDEX

This e-book is split in to 3 sections:

1. Needs of your body
2. Needs of your mind
3. Needs of your Soul / Spirit

These 3 parts of your being are completely interrelated.

YOU ARE A WHOLE BEING, and all aspects of you need to be taken care of in order for you to be in optimal health and happiness - in your GLOW ZONE.



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# NEEDS OF YOUR BODY

In a lot of ways the needs of your body are the most straightforward to take care of. Aside from illnesses and individual nuances, our bodies have pretty much the same requirements. Your body will also give you direct feedback on what works for it and what doesn't.

You just need to be listening and understand its language!

Giving your body what it needs is like laying solid foundations for a healthy and happy life. Get this area right and a lot of other stuff will start to take care of itself.

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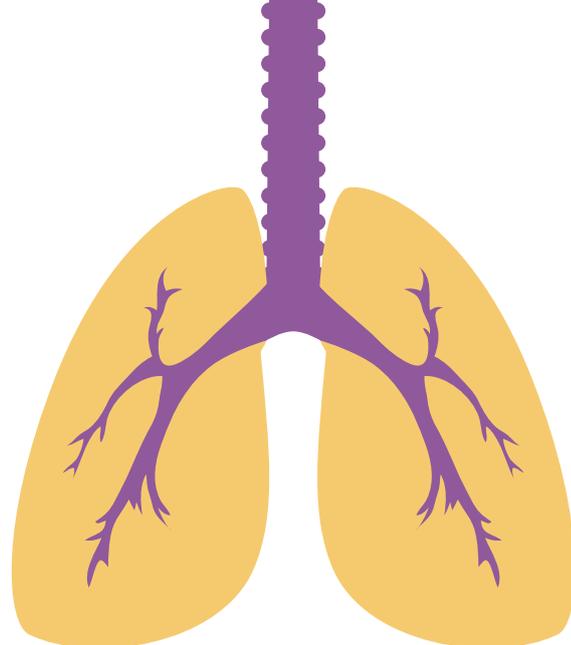
# STEP 1. BREATHE

We all do it all day every day, yet most of us are unaware of the power of our breath and its tremendous potential to impact our health. Increased oxygen levels hold a treasure trove of benefits including more energy, reduced stress and anxiety levels, and improved immune function.

Before I discovered yoga I didn't know how to use my lungs. My belly was tight and constricted from stress and hunching over a desk, and my breaths were shallow and tight. This is **STRESSED** breathing.

Slowing, deepening and extending your inhales and exhales sends a message to your brain that you're safe. This switches off your stress response and allows your body to switch energy into digestion, repair, cleaning you, creating new immune cells and other essential maintenance.

Learning to use the capacity of your lungs and to breathe deeply can have a profound impact on your life and health, and is super easy to implement.



Your body can't take care of essential maintenance, growth and repair when it's stressed. Breathing is the key to changing its state from stressed to relaxed. That's why there is such an emphasis on it in our yoga classes.

## TIP:

Throughout your day, take '**breath breaks**' to calm your nervous system and manage stress and anxiety: The first step is awareness. Take a moment to notice **how** you're breathing. If it's a stressful day the chances are you're breathing in a tight and shallow way, up by your collar bones.

So take a few slow and controlled breaths, right down in to your lower ribs and back. It may take a few breaths for your chest and diaphragm to relax and soften enough to allow you to take deeper breaths. That's normal, so keep going and your body will respond.

A slow count of 4 is good for each inhale and exhale. If all you can manage is a 2, no worries. Just focus on relaxing and working up to a 4. If you can go beyond a count of 4 without straining... Awesome!

Just 5 slow, deep controlled in and out breaths can make a significant difference, and you'll notice you start to feel calmer and more relaxed.

## STEP 2. NOURISH

Nourishing your body is the difference between you surviving and thriving.

Your body has basic nutritional needs to function and get you through a day. Calories alone will do this. To feel **truly alive**, full of energy and vibrancy, and in optimal health, your body has another level of requirements, and that's **nutrients**. By nutrients I mean vitamins and minerals, enzymes, cofactors, essential fatty acids and the full spectrum of amino acids.

Regardless of whether you like your body shape or not, I'd like you to start to think of your body as the most beautiful and sophisticated piece of design and engineering **EVER**, and food is its high performance fuel and medicine.

Your body is continually renewing and regenerating itself from the building blocks it takes from your food. So you literally are what you eat.

For you to be in optimal health, you need to give your body optimal nourishment. This is very simple, however our modern lifestyles and food production and manufacturing methods make it harder than it needs to be, and marketing messages further confuse the picture.

Here are some simple principles to cut through the noise and help you nourish your body for optimal health.

# Hydrate

Forget expensive anti-aging creams, staying hydrated is the best elixir for youthful skin.

Your body is 60% water so keep it topped up! After oxygen, it's the most important substance your body needs, so take it seriously. Dehydration impacts everything from your bowel movements to your co-ordination, ability to think, energy levels, detoxification and headaches.

The average ideal amount is around 1.5 – 2 litres a day (more if you're sweating a lot). Front load this as you're most dehydrated in the morning, and don't want to be getting up in the night to pee. If you don't like water, find a way to make it work for you – add lemon or lime slices, food grade essential oils or fresh herbs.

Coffee, black tea, sugar-filled squash and fizzy flavoured drinks don't count!

So how do you know when you're dehydrated? Firstly, don't wait until you're thirsty as you're already dehydrated by that point. Check out your pee colour and smell. It should be just the Pino Grigio side of clear, and smell-free (asparagus excepted ;) If your pee is darker or smells, reach for the water! Headaches and a dry mouth are also obvious signs you're dehydrated.

## Keep Your Body Clean

Part of nourishing your body is giving it the space and energy it needs to assimilate the nutrients you give it.

Your body's top priority is survival, and it will continually work to keep its internal environment clean and remove substances that are a threat to it. If your body is putting a lot of energy in to cleaning out toxins and chemicals that are harmful to it, there's less available energy to put into assimilating nutrients, replacing lost cells, and creating the energy you need to thrive.

Put simply, a clean body is a happier healthier one that supports vibrant life. Think about it, a stagnant toxic pond doesn't support healthy life, but it does support death and mutations. It's the same for your body and the cells within it.

## Chemicals to avoid that are harmful to your body

- Processed food additives – artificial colours, preservatives, stabilisers, flavourings and hydrogenated 'bad' fats
- Agricultural chemicals such as pesticides, herbicides and fungicides
- Foaming agents, solvents and fragrances in our personal care and hygiene products
- Chemicals in domestic cleaning products and air fresheners
- 'Protective' chemicals on upholstery, carpets and curtains, such as waterproof and fire-proof chemicals
- Air pollution – and in London there is plenty of that
- Industrial chemicals – used in cleaning, manufacturing, construction etc
- Pharmaceuticals
- Plastics
- Heavy metals found in air, water and food
- Alcohol, nicotine and recreational drugs

You live in 21st Century London and exposure to toxic chemicals is unavoidable. So, this is an area where you could easily drive yourself in to a paranoid frenzy.

A better idea is simply to do your best, and control what you can!

This means: eat clean organic food, use natural cleaning agents and fragrances, don't use non-stick pans or microwave plastics, drink lots of good quality water, sweat and do a Cleansing Program a couple of times a year.

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# Nutrient-Flood Your Body

Nourishing is about giving your body what it needs to THRIVE.

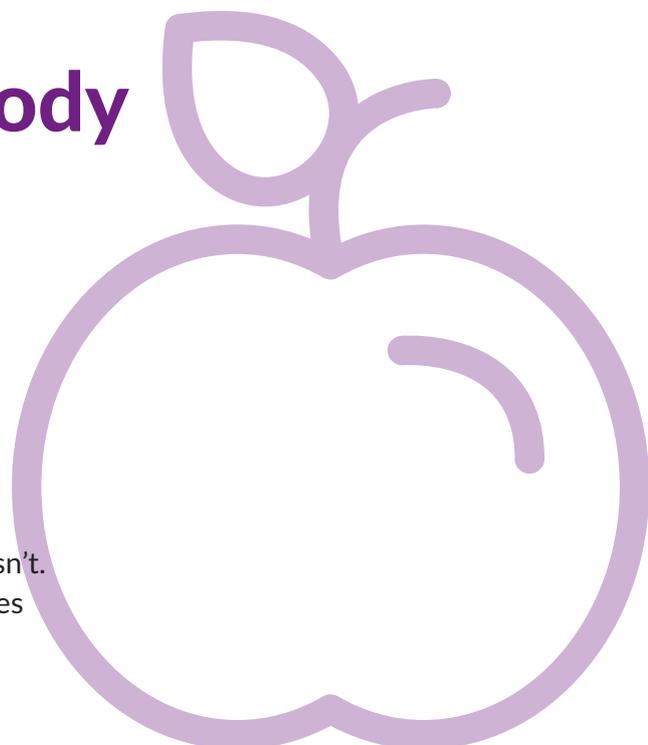
**Forget calories. Forget diets. Think high quality nutrients.**

When you focus on feeding your body fresh, vibrant, colourful, nutrient dense, high quality foods, it will respond with increased energy, reduced cravings, clearer skin and a sharper mind.

And your body will always tell you what works for it and what doesn't. Your job is to get to know, and become sensitive to, the signs it gives you,... And to respond accordingly.

Food nutrient levels start with good soil, and freshness. Our 21st Century reality is that our soil is depleted of many nutrients, and food is picked before it's ripe (i.e. at low nutrient levels), and then cold stored for weeks or months whilst it's transported or kept off the shelves.

Optimal health is no longer a norm or the result of a 'balanced' diet. So if you want to be in optimal health, you have to think and work outside the norm.



## TIPS

- When you focus ON high quality nutrients you can take your focus OFF calories. So switch your focus – eat as much as you like, but make sure it's high in nutrients rather than empty calories. Empty calories include refined white carbohydrates, sugar and processed fats. These play havoc with your body and are linked to many diseases, so steer clear.
- As much as you can, eat organic, non-processed foods and a diet high in colourful vegetables with good quality protein and fat.
- Top up with superfoods like wheat grass, spirulina, barley grass etc for extra nutrients. These are rich in vitamins and minerals that simply aren't found in commercially farmed foods.
- Put the effort in - cook and prepare food yourself. Yes, I know – who has time!?! Trust me, if anything is important to you, you'll find the time. So this is about you deciding what's important to you and what your priorities are. If you're resisting this, maybe it's time to value yourself a little more and put yourself and your health first. You matter, so act like it!
- Everyone's body is different so pay attention to how your body responds to food. Cultivate a nurturing relationship with your body. Notice your energy levels, skin reactions, bloating, breath, water retention, emotions, focus – they're all connected.

# STEP 3. MOVE

Sitting is the new smoking! Our 21st Century lifestyles often mean we're static for large chunks of our day. This leads to a lot of weakness in our muscles and joints and compression in our spines, as well as increased chance of heart disease, obesity, type 2 diabetes, depression and anxiety.

Our bodies were made to move, and our muscles, joints, lymphatic system and even our mood and mental health rely on it.

Moving and exercising builds physical strength and resilience, as well as releasing an abundance of feel-good chemicals into your body, which impact our mental and emotional health.

## TIPS:

- **Build more movement in to your life:** walk up stairs and escalators, take the more scenic route, stretch throughout your day, take a lunchtime power walk, dance whilst you're cooking!
- **Commit to building both strength and flexibility** – your body needs a balance of both (yoga is great for this).
- **Don't take your mobile to the gym** – focus on moving whilst you're there rather than checking Instagram.
- **Find at least one form of movement you love and build it in to your regular routine.** You're more likely to stick to it if you enjoy it and feel better from it.

**BUILD A REGULAR YOGA PRACTICE  
IN TO YOUR LIFE**

See <https://llyour.life/yoga-prices> for  
your options



## STEP 4. REST

Your body needs to move. It also needs to rest. When your body is at rest it gets down to the business of essential maintenance, repair, rejuvenation and cell replacement.

Many of us experience a negative cycle of fatigue: we're tired so we use sugar, caffeine (or drugs) to boost our energy levels, alertness and focus. We're then too wired to sleep, so we become more tired. The effect of caffeine diminishes and the sugar crashes get more significant, so we need more... the cycle goes on.



Some of us – like me – become addicted to adrenaline. Stress gives us the rush we need to make us feel alive and get us through the day. But by night-time our bodies are full of adrenaline's sister chemical – cortisol – and we're exhausted, but restless and unable to sleep (that tired but wired feeling).

For many of us rest equals checking our phone, Facebook or binging on a box set. Our devices emit blue light which signal to our bodies that it's time to wake up. So our bodies get confused and don't know whether they should be sleeping or waking. Social media often triggers a stress response or anxiety too, as we start to compare our bodies, lives or lifestyles with the idealised images we see.

### TIPS:

- Prioritise sleep, and get a good routine around sleep, including cutting off the electronic devices 90 mins before bedtime. Your need to check your device may be as powerful as an addiction, so take note of how strong a grip your devices have on you and take back control!
- Rest can be much easier after exercise. Exercise provides a way of burning off nervous energy, getting oxygen into your body and calming you down. A LLiV yoga class is great because the intensity meets you where you're at and then brings you down in to a state of relaxation. If you're not used to yoga you may find your energy increases when you start, as you clear the energetic pathways in your body and the energy starts to move. This will settle down over time.
- Use your breathing. Go back to Page 4 and use the breathing tips before bedtime to switch off your stress response and switch on your rest and repair state.
- Avoid stuff that winds you up – watching the news, having a conversation about finances, reading a work document or watching a thriller can all increase your stress level. Avoid them all before bedtime.
- Get complete with your day. Emptying out any frustrations, annoyances or unspoken tensions into a journal can help you let go and close your day in peace. I don't recommend you download on to your partner last thing before sleep - you might feel better but you'll end their day on a low.
- Indulge yourself – use lavender essential oil, meditate, breathe, snuggle. Enjoy the process of going to bed and calming yourself down.

# NEEDS OF YOUR MIND

The main problem most of us experience with our minds is the sheer volume of stimulation, information and thoughts, and the quality of these thoughts. Add a cocktail of inflammatory chemicals from processed foods, and deficiencies from an inadequate diet, and the health of your brain and mind can quickly suffer.

Taking care of your diet goes a long way to taking care of your brain / mind. Whilst your body will respond to a poor diet by feeling sluggish, achy, stiff and immobile, your brain responds to a poor diet by feeling foggy, slow, achy, confused, depressed and anxious.

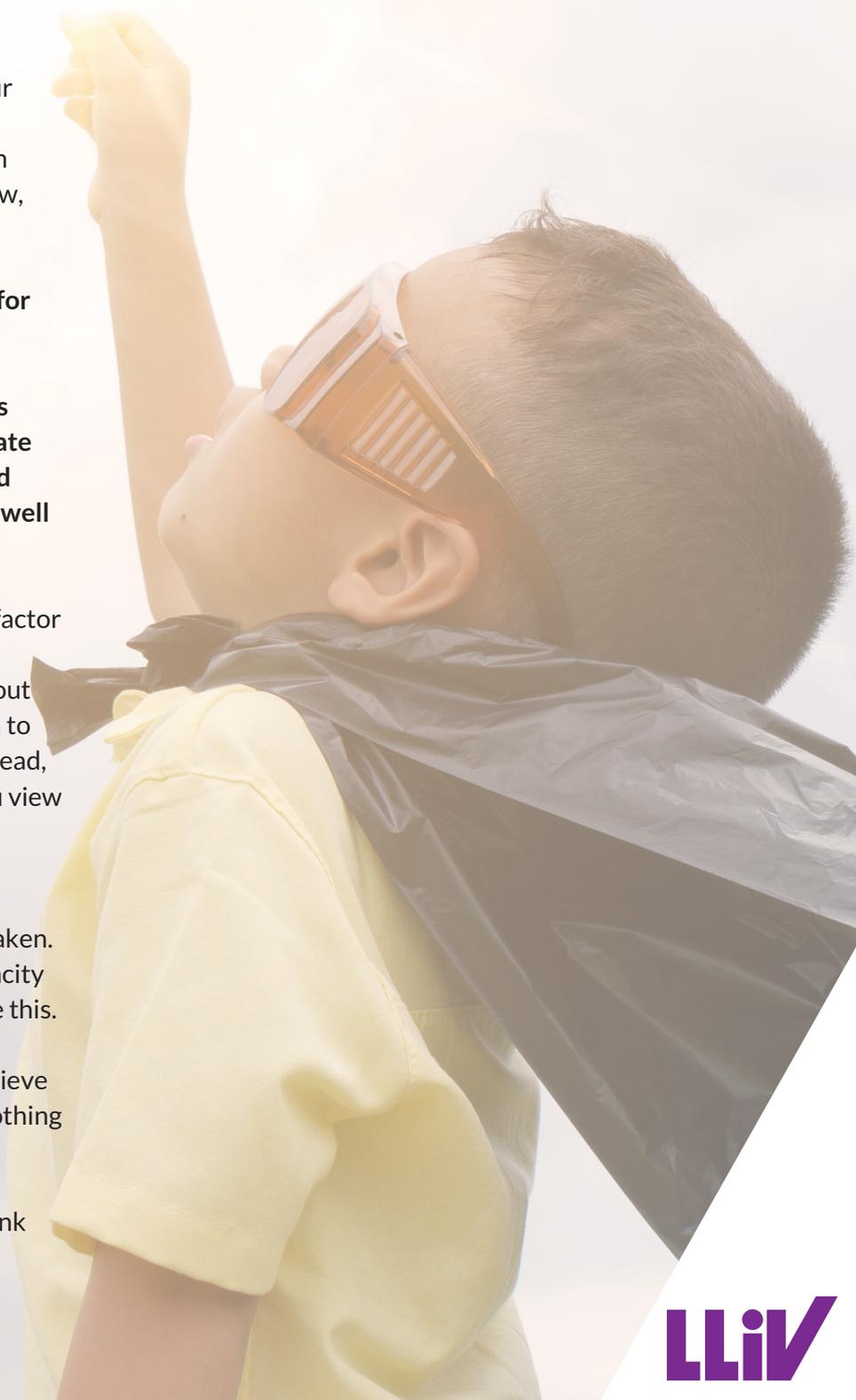
**So, often emotional problems, lack of zest for life and low energy - which are commonly treated with anti-depressants - can be the result of brain inflammation or deficiencies caused by a bad diet. So never underestimate the power of a good diet and get this sorted first! It impacts the health of your brain as well as your body.**

Your mental and emotional health is also a factor of **how you process** events and emotions.

Optimal mental health and happiness is about knowing when to hang on to stuff and when to let go, being aware of the dialogue in your head, becoming self aware, and choosing how you view things.

If you think you can't change how you think about things or view the world, you're mistaken. Science has shown our brains have the capacity to evolve and change, and you can influence this. You can also change your beliefs. Not convinced? The chances are you used to believe in Santa Claus, and now you don't. That's nothing more than a belief change.

So, upgrade how you nourish your mind, think about things and approach life.



# STEP 5. LET GO

Hanging on to anger, resentment, rejection, hate and other dark emotions literally poisons your body and is a pointless use of energy.

I'll explain... Every emotion you experience comes with its own chemistry. Positive emotions like joy, love, gratitude and empathy create very positive chemistry. This chemical cocktail positively impacts every cell in your body, which in turn affects your wellbeing and health.

Negative emotions and our struggles with control do the exact opposite – creating a toxic bath for your cells, causing cellular dysfunction and depleting your energy.

It's part of our make-up as human beings to experience both positive and negative emotions, so the trick is to cultivate the positive ones, and let go of - or get over - the negative ones.

Letting go is never easy and it starts with an awareness that you're hanging on to something. Remember you can choose where to focus your thoughts. So focus on positive ones like gratitude, love, and forgiveness, and let go of the people, situations, stuff and emotions that don't serve you.

## TIPS:

- Cultivate a gratitude practice – start with 5 things you're grateful for every morning or evening and write them down or 'experience' them in a meditation. This retrains your brain to focus on the positive.
- Grow your self awareness – notice your inner dialogue, your judgements towards yourself and others, what triggers you and where you spend your emotional energy: are you bitching and moaning or approaching life positively?
- Engage in inner work with an emotional healer to let go of limiting beliefs and emotional traumas that hold you back at a subconscious level – this is deep and powerful work and the impact is profound.



# STEP 6. SPACE

London life is often about packing every minute with something so we can have a 'full' life. What this means is that we can get so caught up in 'life' that we never give ourselves space to step back, get perspective and reflect. Years can disappear, and we end up wondering where the time went, how we got to where we are, and what we actually filled the time with that mattered to us.

Space is about creating moments to step back, reflect and bring conscious awareness to your life, so that you can put yourself in the driving seat and create the life you want, rather than letting your life run away with you.

## TIPS:

- Meditate – meditation doesn't have to be a drama! Candles, altars, apps and huge guided visualisations aren't essential. Meditation is about tuning out, going inward and creating some quiet space, even if just for a moment. Your mind will interfere – it does that! The idea is that you slow down, step back, create space and give inner calm a chance. So whether you do it in the toilet at work or in front of a shrine at home, start building a few minutes of regular meditation in to your day. It all counts!
- Journal – journaling is a great way to gather your thoughts, get clear on what you want, and what needs to happen for you to achieve it. It creates the forum for you to assess your life, get stuff off your chest, and formulate plans, goals and actions. It can be the difference between your life running you, or you running your life purposely.
- Take walks in the fresh air. Get out in to nature.
- Work with a coach – a coach can provide a mirror for you to reflect on, hold you accountable, and be your support to make stuff happen. A coach also listens without judgement or agenda, and holds you to a vision of your greatest self. Many of us simply don't have people in our lives who listen to us with that much attention, who care about our growth, or assess our lives from a perspective that doesn't involve their own needs. If you want to take control of your life, a coach is a very valuable person to have in your corner. **If you're interested in coaching, check out the LLiV website - [www.llivyour.life](http://www.llivyour.life).**



# NEEDS OF YOUR SOUL

The needs of your Soul or Spirit are your highest needs. Once your basic survival needs are wrapped up, this area is where you add real quality to your life.

This area is about self actualising: tuning in to who you really are, growing towards your true potential and connecting to your Purpose. I believe this is a never ending journey as your potential is infinite, and so there is always growth for you beyond where and who you are now... And that's exciting!

From coaching I know that the needs of your Soul are powerful and disruptive. I started to work on myself as I was burning out. Although I was 'successful' I felt stressed, anxious and shackled by myself. I knew I was capable of so much more, but yet I was unable to access this. The friction inside me was unbearable. I believe this 'friction' is the difference between the truth of your potential (that your Soul is calling for), and the life you are settling for.

Your Soul calls for adventure, experiences, joy, colour, passion and vibrancy.

Our ego calls for safety and certainty.

This is the conflict that must be overcome for optimal happiness to be achieved!

# STEP 7. GROW

As humans, our experience is shaped by our upbringing, conditioning and ego. We strive to protect ourselves, fit in, be accepted and approved of, and limit what we're capable of achieving, and who we're capable of being.

Your Soul longs to live in its potential and for experiences that make us feel alive and happy. But you don't just wake up one day and live in your potential, it's an ongoing process of pushing your own boundaries and stretching yourself further... otherwise known as GROWING!

Growth is about trying new things, learning, challenging yourself, getting out of your comfort zone and evolving. When we aren't growing we feel dissatisfied, unfulfilled or stuck. Literally, like we're stagnating.

Yes doing things that grow us involves stretch and getting uncomfortable. Growth requires a big breath and courage! But, it builds character, confidence and self worth, and takes you closer towards realising your potential.



## TIPS:

- Do things that grow you every day – challenge yourself to be more playful, speak up, try new things, go to new places. Everything won't be for you but the process of trying will grow you, and there is satisfaction purely within that.
- Set boundaries when normally you wouldn't – growth isn't just about trying new things, it's also about setting new standards for yourself and owning your life.
- Say “yes” to something you're afraid of – whether it's asking someone on a date, trying a new yoga pose, applying for a new job, or going on holiday by yourself.
- Just do that thing you've been procrastinating about.
- Set yourself the goal of becoming unrecognisable to yourself. As you grow, you will change as a person.

# STEP 8. CONNECT

There are 3 types of connection: connection to yourself, others, and that which is greater. They're all important.

## Connection With Others

There's growing evidence that our social connections make a huge contribution to our wellbeing. Human beings are tribal, so communicating, feeling we're loved and supported, experiencing touch, being part of something, contributing and giving love are all innate requirements. Meaningful relationships where we can be ourselves, feel accepted and trust openly are literally food for our body and being.

Yet, we're often too busy or too caught up to give people time, we avoid eye contact and shut the opportunity for connection out. Just think about your morning commute : (

Connections with others can be quite magical, so think of them in terms of quality not quantity. Few quality relationships where you have real honesty and openness are better than thousands of Instagram or Facebook friends.

### TIPS:

- Say "hello" to a stranger, help someone who's struggling with their suitcases or shopping. Talk to the old person in the supermarket queue who's taking their time because that's the only human interaction they've had that day.
- Instead of messaging a friend, call them.
- Befriend an older person through Age UK: [www.ageuk.org.uk/get-involved/volunteer/local-services-volunteer/](http://www.ageuk.org.uk/get-involved/volunteer/local-services-volunteer/)
- Take time to really listen to people, and cultivate friendships where people really listen to you.
- Get vulnerable. Don't be afraid to show people who you really are. Be honest and heartfelt in how you communicate.



# Connection With Self

As a coach, two of the biggest issues I hear are “I don’t know who I am. I don’t know what I want”.

As our lives have speeded up, the time and space for us to connect with ourselves has been squeezed out, which can literally leave us feeling lost.

Making time to be with yourself, by yourself, is super important. This is a time to reflect, enquire, delve deep and ask yourself important questions, and just check in with yourself about how you feel. It’s about getting to know yourself and going inwards. Meditation, journaling and coaching are all great ways of deepening your relationship with yourself, and it starts with making space for yourself.

# Connection With Something Greater

We all have a need to feel part of something bigger than ourselves. The reality is that we’re all part of something. Kirlian photography shows that everything has an energetic field and that these fields blend in to each other. We simply naturally seek to consciously experience something that is already there.

Connection to something greater tends to lead to more trust in life. We live in such an uncertain time and it often feels like the World is going crazy or falling apart. Feeling connected to something greater acts like a rock of reassurance in the storm.

## TIP

I encourage you to engage in some kind of spiritual practice. To me, a spiritual practice is simply about connecting, and has nothing to do with religion. It could start with meditation, spending more time by yourself getting to know yourself, journaling or reading a few books. Find your version that works for you.



# STEP 9. EXPERIENCE

Experiences feed your Soul.

Experiences are things outside of your norm that make you feel good about life and yourself. They're about feeling the raw playfulness, emotions and freedom you felt as a kid. So experiences aren't so much about the location or spending money. They're about making moments special.

Sometimes it can be about liberating yourself and feeling more free. At other times it can be about being quiet and cuddling up on the sofa on a rainy afternoon. It can even be about getting a little bit playful or naughty and doing things you're not supposed to do ;)

What's most important is that you build experiences into your life... and savour them.

## TIPS:

- Get playful and free - dance, laugh, act like a big kid, play games with friends, get out in the sunshine and fresh air.
- Watch how kids behave and play, and learn from them. Recapture that sense of abandon.
- Get creative - experiences can be more about connection than the event itself. So, see how you can bring 'moments' to any situation.

# STEP 10. PURPOSE

Purpose is a biggy, and goes hand in hand with fulfilment.

Most of us inevitably get to a point when we start asking what we're here for and what life is all about. This often happens from our mid-30's onwards, when we realise that the years of struggling and working hard in our careers haven't actually left us happy.

Many of us also realise that we've been living the life that someone else wanted for us (parents / teachers etc). We see that we've been travelling through life on a default setting rather than stopping and asking ourselves what we really want, and consciously creating our life around that.

Living on Purpose is about tuning in and constantly making decisions and taking action in alignment to that. It's not so much about pursuing a career, but seeking to be the truest and most unlimited version of yourself in whatever context that's required - which is why self-connection is so important.

Connecting to your Purpose isn't something that's easily done. It requires a lot of looking inward and tuning in to what really lights you up. And it's really worth it.



# Hi, I'm Jill

**Personal and Life Transformation Specialist, business owner, bestselling author and leader.**

I help professional men and women who find themselves overwhelmed, stuck, and misaligned with their goals and aspirations, to reclaim their health and life, find their success, and discover a new sense of aliveness, excitement and freedom.

I understand what it's like to feel trapped, confused and frustrated, even when the outside world sees you as successful. Before I created the life I lead now, I had a 'successful' 20 year corporate career. I had the titles, the salary, bonuses and promotions, the responsibility, recognition and even an award. But inside I felt constantly stressed, anxious and inadequate.

I didn't know what I wanted because I didn't know who I really was. And I didn't believe I was capable of creating my own destiny, or living the life I really wanted.

I was also aware of a friction inside of me – a deep frustration and dissatisfaction that was calling me to be who I really was, and to become someone greater. It was my potential calling me to step up!

Following physical burnout I did the work, re-trained, looked at myself, examined my life, overcame my limiting beliefs, went way outside of my comfort zone and now live a much happier life. I'm connected to my purpose, making a difference and creating my future.

I've experienced that physical, psychological, emotional and spiritual change really is possible. I understand that creating the life you want isn't just about goals and plans, it's more about tuning in to who you are and what you want, removing what's in the way, and creating new habits, beliefs and even identity. And of course, taking action.

I absolutely know that change is possible and lives can be turned around. I believe we all have the potential to be happy, well and great, but very little in our lives teaches us how to go about this. I'm passionate about my health and life and yours, so I share my decades of experimentation, experiences, learnings and training, so that you can get to good health and happiness quickly, and LLiV, thrive and glow with aliveness.

**Check out how to work with me at [www.llivyour.life](http://www.llivyour.life) or follow me on Insta @jill\_martin\_lliv**