



Gina Pero

21 Ways to Live Life Full Out



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1. Be in the moment, surrender, and ask all questions to God and the angels.
2. Identify who you really are.
3. Take time to acknowledge how far you've come.
4. Put things into your body that nourish you.
5. Heal any trauma or dis-ease in your body.
6. Choose to live in the infinite possibilities.
7. Ask yourself each morning, "what do I need to know today?"
8. Visualize who you want to become and the life you want.
9. Create a vision board to find out who you are and what you like.
10. Connect with a like-minded and like-hearted community.
11. Know why you're here.
12. Reflect daily on who you are and what you are choosing.
13. Be willing to take honest inventory of what you're experiencing.
14. Know the difference between who you are and who others want you to be.
15. Honor the true nature of what is unique about you and the gifts you have.
16. Allow yourself to feel your feelings in real time.
17. Acknowledge what you have right now in your life.
18. Be still from technology and from the constant noise of the world around you.
19. Laugh.
20. Throw the voice of the doubter in the garbage!
21. Each day ask "What else is possible?"

What is living life full out? What does living life fully mean to you? What if you knew that living with ease and joy everyday is possible? What would it take for you to integrate one of these tools below into your daily life?

We get one life, one body and one soul. We get to create the life we want!

What life are you choosing to live? What ways are you honoring your body to live with ease and grace? Our bodies are the vessels in which we live our daily lives in mind, body and spirit. Our bodies contribute to us each and every day. Are you contributing to your one precious body?

What are you putting into your body? Are you listening to your body's needs? How are you sitting, standing, walking, talking, and moving?

What thoughts and feelings are you choosing? Who are you spending your time with? What physical activities are you choosing? When was the last time you took a nap to rest your precious vehicle?

What nourishes your soul? What lights you up inside and gets you out of bed? When was the last time you said "thank you, body?" What kind of life does your body want to live? When will you choose to invest in you, your body, your mind, and your spirit?

The time is NOW!

My name is Gina Pero and I am the creator of The Gina Pero Show: Living Life Full Out. I have interviewed over 50 human beings on the topic of living life full out and ways that that is possible. The show is inspiring people all over the world, reaching 82 countries so far. The gift for me through this show is the reminder that when I honor my body and myself fully, I then am able to honor, love, and accept everyone else. "Love thyself first." **MV**

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