

# 10 VITALITY SECRETS FOR A HEALTHY BALANCE



BY: DRS. JOYCE CAROLS

# HEALTHY BALANCE



## WELCOME

**BY. DRS. JOYCE CAROLS**

Work-life balance does not exist in my opinion!

And that's an odd thing to say for a coach who makes a living out of supporting people in making sure they maximize their potential, performance & impact so they can have a balanced life between professional success and personal happiness, health and wealth, isn't it?!?!

Well my point is: You cannot balance two things that are inseparable. One of the unfortunate by-products of the work-life discussion is that it encourages us to compartmentalize our lives when, for many people, it is interconnected in many ways.

Work cannot be separated or balanced with life because it is such a large part of our lives. One-third of our life is spent at work. The importance of our work will undeniably vary from person to person.

For some, a job is a job. For others, work is an essential part of our identity. If you spend 60 hours or more at a job you love, should you feel guilty because your life is imbalanced or feel gratitude that you love what you do?

The work-life conversation comes up short because it frames the discussion as a balance between two things that cannot be separated, and because it uses time as a faulty scorecard. What really matters is the engagement and energy we choose to bring to all areas of our lives.

Engagement generates energy. Being engaged and energized allows us to show up as our best self in all areas of our life.

So the question is about prioritizing, making the right choices and see what does and does not fuel you with healthy energy, how to avoid as many energy drains as possible and to balance your life out.

Have fun reading my top 10 secrets!

*Drs. Joyce Carols*

# SOME INSPIRATION

Welcome to your next step towards an energetic, balanced and joyful life!

With this E-book I want to give you some guidance and inspiration on how I got from being burnt out and literally being paralyzed due to a broken neck, to walking again and live my childhood dream of playing Field Hockey in the World series against Argentina, working for major fortune 500 companies and later building a successful business.

I was at the top of the corporate ladder, working 80-hour weeks while managing some of the biggest brands in the world. I thought I was living the dream until I suffered a major burn out. I was not sleeping enough. I had zero energy and absolutely no balance. I felt paralyzed with fear and constantly felt overwhelmed. I was running on empty. With the help of a coach, I managed to get back on track again.

I went back to the corporate world and built a career in a male-dominated profession. I know what it's like to be the only woman in a room with 400 men, to go the extra mile to prove my worth and command the attention to thrive at the top. I get it. It takes dedication, commitment and grit.

I didn't realize I would need that dedication and grit even more to overcome an even bigger challenge. Being paralyzed due to a broken neck! Doctors told me I had a 1% chance of ever walking again! Career was no longer my priority. My health went straight to the top of the list. I focused all my attention on getting well. By staying positive and using my dedication, commitment and grit, I taught myself how to walk again. I went from a 1% chance of ever using my legs again, to playing in the National Women's Field Hockey Team against Argentina and starting my own coaching & training business. I went from no hope to completely surpassing the odds to not only walk again but fulfilling my childhood dream of playing competitive Hockey against one of the World's best teams and building a 7-figure coaching business at the same time.

From the moment I got back on my feet, I knew that I couldn't go back to the way of living that sucked the life out me, working ridiculous hours to climb a ladder that was leaning against the wrong wall. I had to follow my heart and create a life where I felt fulfilled every single day, doing what I loved and having more time for myself, with my family & with my friends. In this E-book I'm sharing how I did it.



# STRESS FACTS

## ***Stress: What is it and why should you care?***

According to psychological studies 1 in 4 Top Managers suffer from some form of stress in our western society! The strange thing is that stress is actually a normal part of life.

At times, it serves a useful purpose. Stress can motivate you to get that promotion or run the last mile of a marathon. But if you don't get a handle on your stress and it becomes long-term, it can seriously interfere with your job, family life, and health.

Everyone has different stress triggers. Work stress tops the list according to surveys. Forty percent of U.S. workers admit to experiencing office stress, and one-quarter say work is the biggest source of stress in their lives. Stress is not just something you think you're feeling. Stress causes real physical harm to your body!

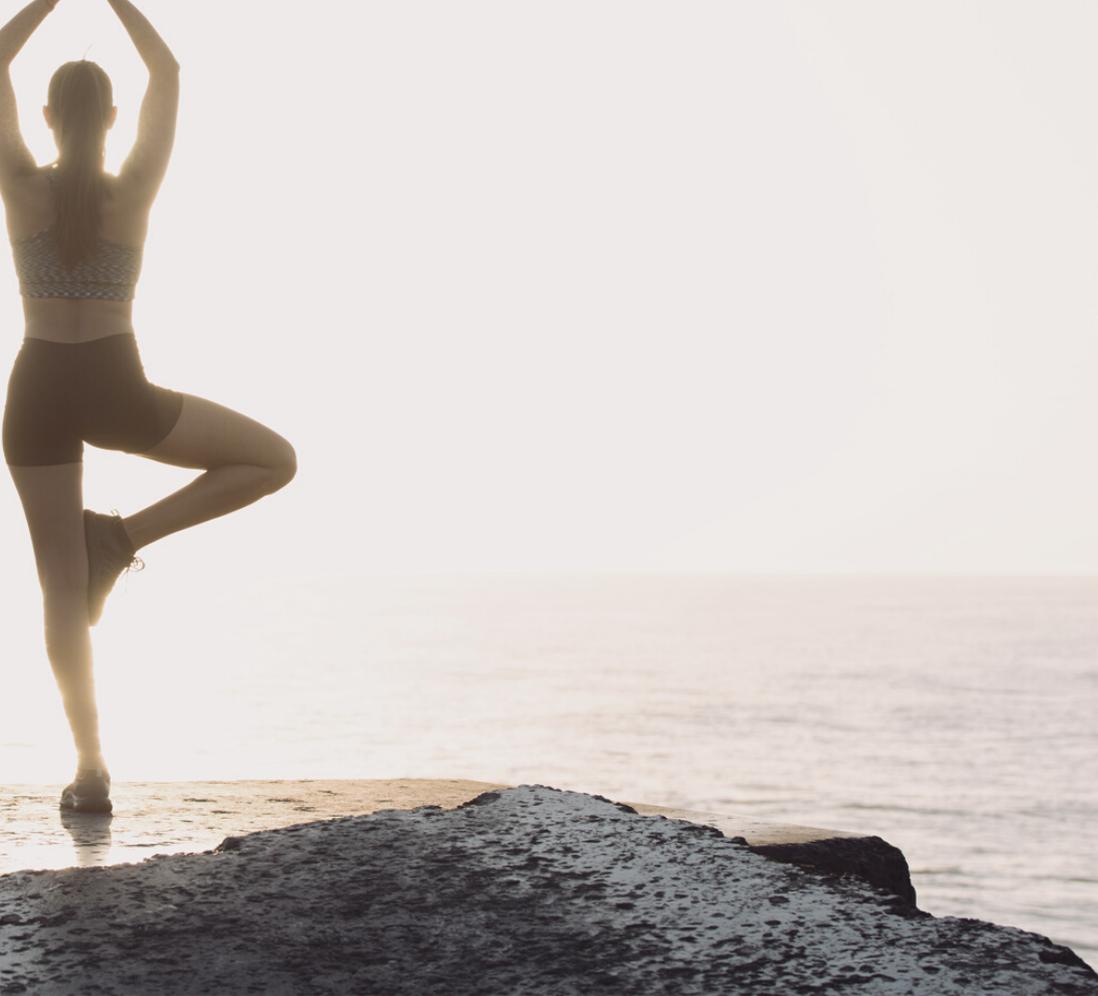
The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, like;

- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems



• Weight gain • Memory and concentration impairment. That's why it's so important to learn healthy ways to cope with the stressors in your life. Stressful events are facts of life.

You may not be able to change your current situation but you can take steps to manage the impact these events have on you. You can learn to identify what stresses you and how to take care of yourself physically and emotionally in the face of stressful situations. Being aware of your stress triggers can help you determine a good stress management strategy.



## Stress management strategies

Stress management strategies include:

- Eating a healthy diet and getting regular exercise and plenty of sleep
- Practicing relaxation techniques such as yoga, deep breathing, getting a massage and meditation
- Taking time for hobbies such as reading a book or listening to music
- Fostering healthy friendships
- Having a sense of humor
- Volunteering in your community
- Seeking professional counseling when needed
- Surrounding yourself with positive people
- Growing a Success Mindset.

The payoff in learning to manage stress is peace of mind and, perhaps, a longer and healthier life.

The 10 tips I share with you in this E-book have been proven to effectively deal with stress and ensure that you live a more balanced life. Years of study, input from experts in the field, plus my own experience and knowledge, have made this program a steady base for growth towards a better balance between professional success and personal vitality, energy and happiness

***Never stress over  
could haves, if it  
should have it would  
have***

# TRIPLE 7 FORMULA

The 10 things I do to keep my work-life balance, to stay healthy, have loads of energy to get all things done and keep me happy are:

## 1. My Triple Seven Vitality Principle covers Vitality Secrets 1-3.

If you stick to this every single day, you will notice a major difference in your energy level. This Triple Seven Principle means that you should:

- a. **Sleep at least 7 hours per night.** Enough sleep is one of the most important things your body needs. Sleep deprivation is a major cause of a lot of mental and physical problems. Give it a try!
- b. **Drink at least 7 glasses of water per day.** Spread them over the day. Our body needs enough water to function properly.
- c. **Have a 7-minute workout routine per day.** There are several good and free apps for this on the internet and or in your phone.

Try to keep track of your progress every single day



# MEDITATION



The fourth thing I do every day is guided **Meditation**. I do this at night when I'm in my bed. Daily meditation has so many proven benefits for our health and body.

It improves your focus & memory and the quality of your sleep. Meditation reduces stress, anxiety and depression thereby elevating your happiness which leads to trouble-free relationships. Meditation has been proven to strengthen our immune system and aids in pain management.

Every night when I go to sleep, I listen to a guided meditation to end my day and I choose one that serves my purpose for that moment in my life.

Here's an **example** of what you can do:

*Sleep meditation: Lie down in your bed. Put your hands on your belly, close your eyes and focus only on your breathing. Notice how your belly expands with each breath in and how it goes down with each breath out.*

*On every breath in you say the word "sleep" in your head. On every breath out you say the word "well" in your head. Try to keep breathing as normal as possible. If your mind wanders of then get your attention back by focusing on your belly movement.*

If this exercise is not working for you, feel free to go online and search for guided sleep meditation techniques. I advise you to listen and feel what guided meditations feels right for you. Just put it on a headset when you are lying in bed and fall asleep while you listen to it. Don't worry if you fall asleep during the meditation, your brain will still register and benefit from it.

It can be strength, energy, abundance, relaxation, health. Whatever I need the most at that moment. I put on my earphones and fall asleep while meditating. Your unconscious mind will capture the lesson and essence of it while you sleep.

# 12 HOUR RULE

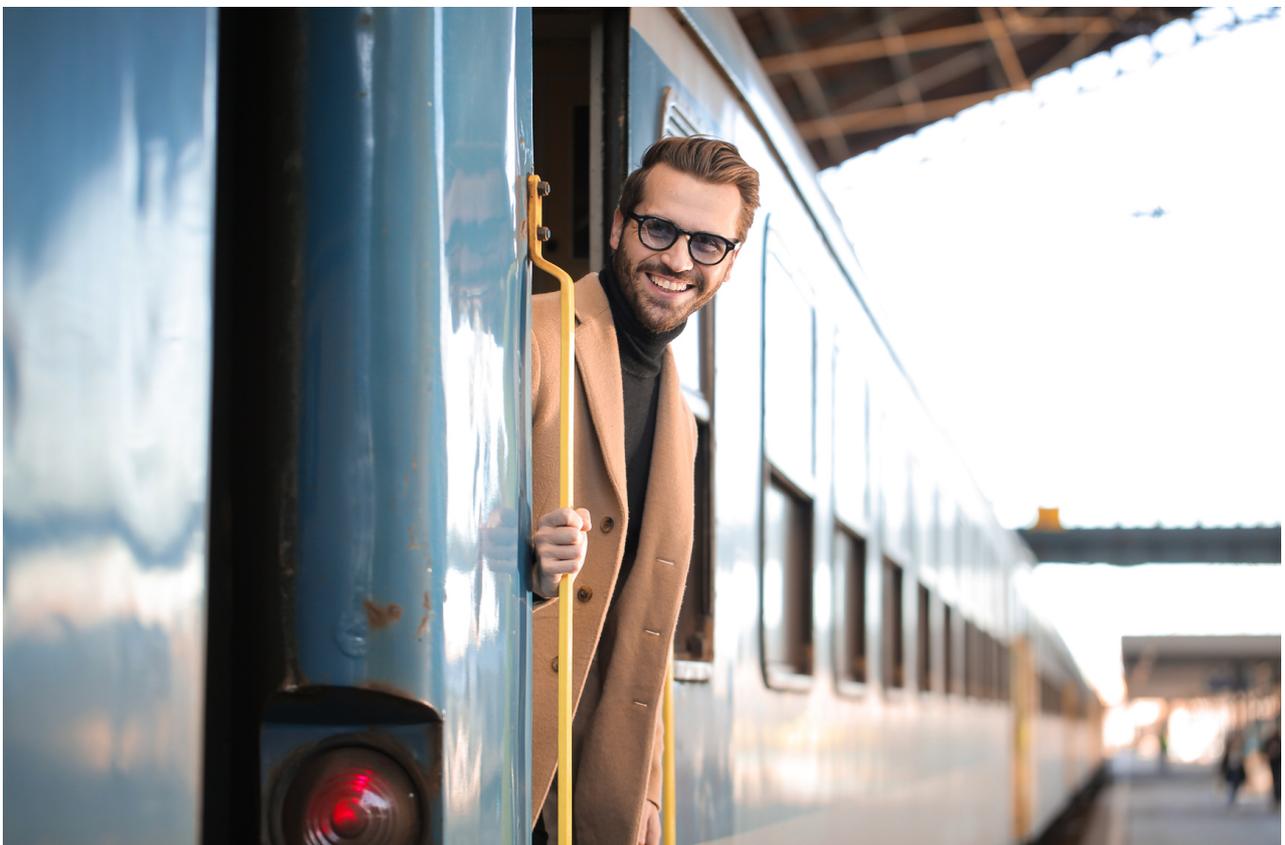
I have a 12-hour rule. As humans we have the (biological) tendency of putting everyone else's need before our own. You and I are no exception to this rule. Working with all the wonderful clients I have over the past two decades, I discovered that this was a major cause of stress and burn-out.

We simply feel we don't have enough time in the day and sometimes we wonder who will take care of us? Fact is we cannot take good care of others if we do not take good care of ourselves!

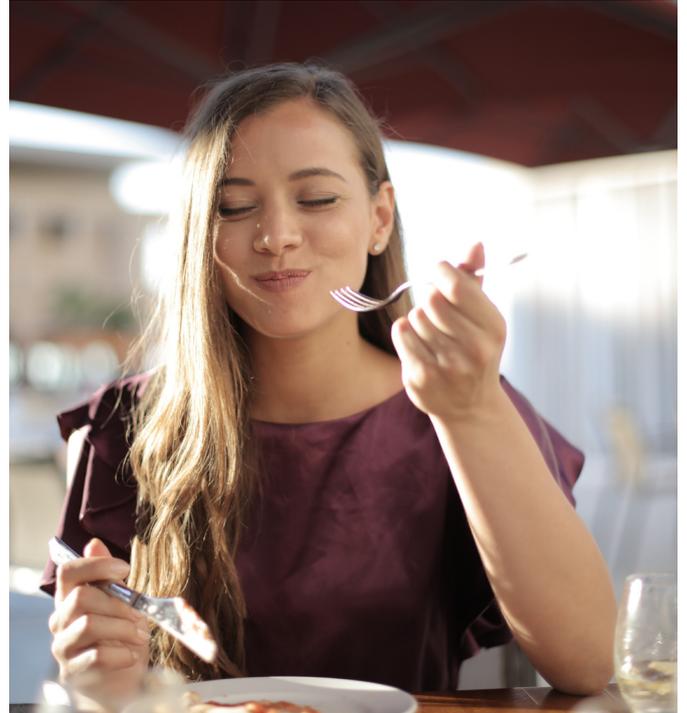
So, here is the deal: 12 out of the 168 hours we have in one week are solely for you. Yes! YOU! 12 hours of Me-Time. Do things to pamper yourself. Do something that makes you happy and makes you smile. Things that give you joy and energy. I call it my "smiley moments".

Divide the 12 hours over the week and plot these smiley moment in your calendar! Sit down every Sunday evening and plan your week.

So what will be your smiley moments and when will you have them every single week? ( planning a few smiley moments a week, actually works best).



# MINDFULNESS



This one is one of my favorites! **Mindfulness.** Just being in the here and now and focus on that ONE THING you are doing at that moment! Two exercises I want to recommend to you are the following: a.

**Mindful Walking.** Every morning when you get out of bed and walk towards the shower/bathroom, try to focus on every step you take instead of focusing on your goal (the shower/bathroom). Try to feel your feet move, touch the ground, your feet in the air and the surface they touch. Is it soft? Is it hard? Is it cold? Does it feel warm? Does it feel cold? What do you feel in the rest of your body when walking like this?

You will notice a difference in the way you perceive the world around you and you will wake up in a different state.

b. **Mindful eating.** When you eat, just eat! Stop thinking about the things you want or have to do later that day. Eat, taste, smell, feel all the food on your plate and in your mouth. Feel the sensation of the food and the drinks you have with your meal and really enjoy it! And NO phone!

You will start to discover that you will have a different taste of things and feeling about your food. It's best to buy or make yourself a nice meal of organic food and spread the meals evenly over the day to keep your metabolism active and on the right track.

# GRATITUDE

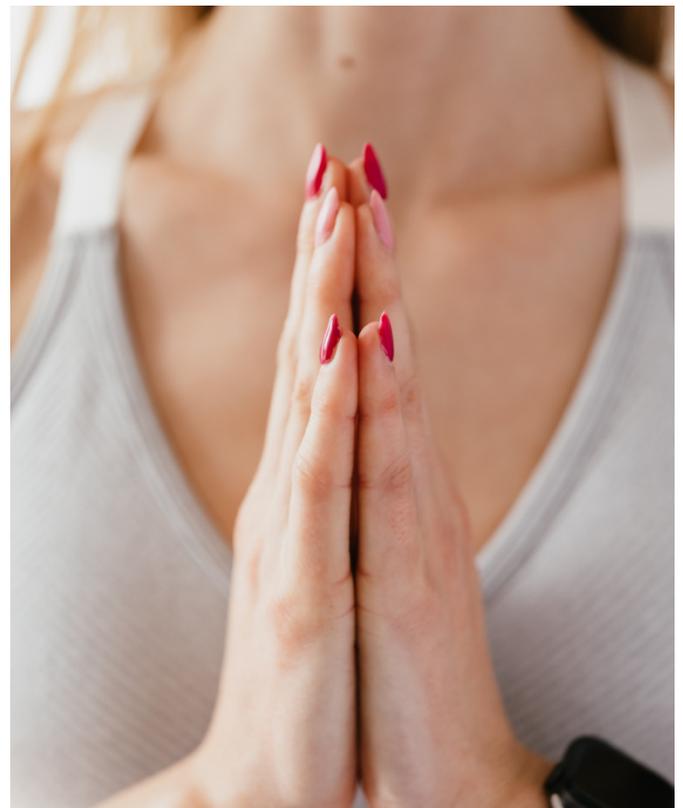
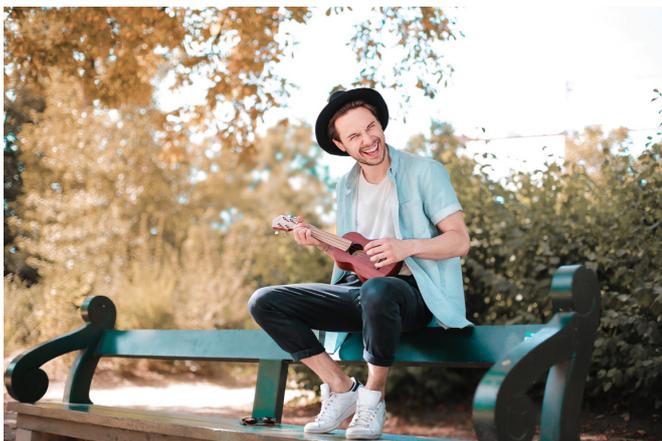
**Gratefulness** is my number seven! Every day I write down in a journal what I'm grateful for on that particular day. It gives you a focus on the positive things in the day and it makes you go to sleep with a positive feeling.

Being grateful has a lot of healthy benefits:

- Gratitude increases happiness by a staggering 25%!
- It improves your health
- Grateful people sleep better
- Grateful people tend to be more social, generous and compassionate; so our social life improves because of it
- Gratitude boosts productivity with 50% and 80% claim to work harder for a grateful boss
- Grateful people are more resilient to stress

Truth of the matter is, you'll start to notice that once you practice gratefulness you will get more of it. So what are you grateful for today and how will you keep track of your gratitude and how can you nourish it?

What you nourish grows. Same goes for my secret number 8.



# HAPPY JAR



**Positivity.** This was a game changer for me. During my Studies in Psychology, I learned that we have this prehistoric part in our brain that has the tendency to protect us. Which, of course, is a good thing. However, it wants to protect us from dangers like a lion eating us! This part of our brain focuses on every aspect in our lives that is “bad”, “different” or “not good”.

As the probability of “lions eating us” is pretty much zero nowadays, we don’t need to use this “focus on the bad stuff part of our brain” that much as we used to about a 1000 years ago. My advice to you is to focus on everything in the day that did go well or that you did well instead of focusing on all the negative stuff. Thinking in term from good to great will highly improve your quality of life and lower your stress level. There will be things in a day that went well and you have thing you can grow, improve or learn from. Sounds better, doesn't it? But besides the fact that it not only sounds better for you, it also feels better and it gives you the brain capacity to grow, learn and improve yourself. Whilst when you are under stress, (thinking: "that wrong", "you failed", "you made a mistake", "my mistakes", "my fault" etc), you'll loose 75% of your brain capacity (as it short of shuts down) and you're left with only a fight, flight or freeze response.

The solution of learning to focus on the good things in a day: **Make a Happy Jar.** Write on a nice colored piece of paper that one thing that really made you smile, proud or happy that day and drop it in your Happy Jar. If ever you have a bad day, you can open your Happy Jar and read all these nice things which will instantly make you happy.

Going from good to great actually is a huge ENERGY SAVER!!!! As I said: Studies have shown that it takes you 75% less energy to “improving” yourself (better to best) versus “correcting” yourself (wrong to right, bad to good).

# PLANNING

Every Sunday I sit down and Plan for the week ahead.

A good and clear weekly plan will give you a sense of direction and peace of mind as you know what and when things need to be done. Make sure you put everything in there like your work and/or commute hours, bills payment, going to the gym, doing the groceries, the household cleaning (even if it's done for you, put it in your planning as you have a better overview of what to expect). And of course your smiley moments!

Be flexible with your plan as there always will be unexpected things popping up. Plan up to 80% of your time and leave 20% open in your schedule for the unexpected. To make your planning stick and to make it easier on yourself, please do not plan more than 3 action items per day. This will prevent you from getting frustrated because you ran out of time. Your brain really needs the satisfaction of having check a box ...or two.

Tip: Making your bed first thing in the morning will already give you a sense of accomplishment.



# TECH DETOX



**Tech-Detox** is the last of my 10 Vitality Secrets. I will let you in on a well-kept secret I have and have practiced for more than a decade. My phone is on silent mode ALL DAY LONG EVERY DAY OF THE WEEK!

Even with my busy company, I have managed to keep my phone on silent mode without losing any clients, losing no work nor missing anything major or important event. It brings me peace and quiet.

I know that for a lot of you this is a huge step to take. For the first phase, turn your phone on silent mode from 20.00 hours to 8.00 hours. If you keep your phone near your bed it is highly recommended that you put your phone on airplane mode!

In the next phase I challenge you to put your phone on silent mode during a whole Saturday or Sunday (or both!) and work towards doing this for the whole week. There are so many ways people can reach us and I am sure you will check your phone often enough to get the really important calls/messages. Disconnect to reconnect!

# FINAL THOUGHT

If you feel like this is a lot to do, I can assure you that it will only take you about 10 minutes per day! Everybody and I mean Everybody can find 10 minutes in a day! If I can do this, with two children, a busy 7 figure company and a fulfilling social life, I'm sure that you can do this too!

Be nice to yourself and treat yourself like you treat others with love, respect and gratitude for each and every day you have. If you take good care of yourself, you will be able to take better care of others.

Please remember that:

- You are a beautiful human being
- You have an amazing big heart
- You are gorgeous inside out
- You are this diamond waiting to shine
- Your time is now!

Make your balance your priority. A healthy balance is a matter of choice! Have a wonderful balanced day!



"Balance is not better time management,  
but better boundary management.  
Balance means making choices and  
enjoying these choices."

BETSY JACONSON

If you still have questions or if you feel you want to have an even better balance between your professional success and personal energy, vitality and happiness, then don't hesitate to contact our team at [info@JoyceCarols.com](mailto:info@JoyceCarols.com), visit the website [www.JoyceCarols.com](http://www.JoyceCarols.com) or become a member of my [High Performance Membership Group](#). I would love to get in touch with you and find out how we can work together

# INFO & CREDITS

## ABOUT

### ***DRS. JOYCE CAROLS***

Drs. Joyce Carols is the CEO and - founder of Enjoy EsC with a strong drive 4 diversity. Joyce started working for major Fortune 500 Companies in her early 20s. By the time she was 36 she founded her own companies which became globally well renowned

Joyce overcame severe adversities in life and still managed to achieve all the big, unthinkable dreams & goals she planned for herself. Her experiences inspired her to share this knowledge with others and she was soon mentoring, training & teaching thousands of people all over the world to create the lifestyle, wealth, and happiness in their lives by maximizing their potential, performance & impact. Both for Businesses as individuals alike.

With her ground breaking Corporate Women & High Performance Leadership & R.O.A.D.M.A.P. TO SUCCESS Programs, Joyce and her global team strategically support companies, entrepreneurs and individuals with inclusive & high performance leadership strategies to maximize their potential, performance & impact.

## CONTACT US

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