

A woman in a white dress stands on a beach at sunset, holding up a sheer fabric. The background is a warm, golden sunset over the ocean. The woman is silhouetted against the bright light of the sun, which is low on the horizon. She is holding a long, flowing white fabric aloft with both hands, and it catches the light, creating a soft, ethereal glow. The beach is dark and wet, reflecting the golden light of the sunset. The overall mood is one of joy, freedom, and living in the moment.

# LIVE YOUR BEST LIFE

5 SIMPLE WAYS TO START LIVING A LIFE YOU'RE OBSESSED WITH

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**BY JULIE BOOHER**

# HI THERE!

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**I'm so glad you're interested in living a life you're completely obsessed with - from the inside, out.**

If you utilize one (or all!) of these strategies, you can expect to:

- Quadruple your confidence
- Feel Strong & Sexy in your own skin
- Make your relationships rock
- Skyrocket your energy
- Sleep like a baby
- Look forward to waking up every day
- Just become an all-around happier human!

My intention for this guide is to give you simple, tangible steps you can start taking in your life TODAY, to bring you one step closer to the life and body of your dreams.

This guide is full of juicy tips and tricks, but please don't get overwhelmed! My recommendation: Find one or two messages in here that really resonate with you, practice those and get really good at them. You can always come refer to this guide once you've mastered a few strategies and are ready to tackle more

Remember – you're already a strong, sexy goddess just as you are. This guide is to help you become even more obsessed with your life, starting right this moment.

xo, Julie

## LET'S GET INTO IT!





# TIP ONE:

## EAT WHOLE, NUTRIENT DENSE FOODS

BUILD EVERY  
MEAL AROUND #GPF  
GREENS, PROTEIN, FAT!

The food we eat affects nearly everything in our lives – from the amount of energy we have, to the way we feel during the day, to even the relationships we have with ourselves and other people.

Everything, and I mean everything, comes down to the food you're putting in your body.

The food we're consuming either gives us life, or gives us the opposite.

It either enhances our life and wellbeing, or takes away from it (i.e. disease, obsession with food, etc.)

Through lots of trial and error, both with myself and hundreds of women I've worked with, I'll simplify my eating philosophy into three simple words:

### EAT. WHOLE. FOODS.

Seriously, it's that simple.

People in the fitness industry seriously overcomplicate this one – from counting macros, to flexible dieting and IIFYM (if it fits your macros), to counting calories, to eliminating whole food groups.

When really, it comes down to a simple principle:

If you want to lose weight, you must be in a caloric deficit (meaning you must expend more energy than you're consuming). If you want to gain weight, you must be in a caloric surplus (you must consume more energy than you're expending).

Put simply, here are **three nutrition rules to live by**:

- Eat whole foods
- Eat when you're hungry, stop when you're full
- Appreciate food for what it is – a way to bond with friends and family over a delicious meal, a means to keep you alive, and a way to truly enjoy all life has to offer. There's no need to overcomplicate it or stress about it! You need energy for more meaningful things than that.

Want more? Here's my **favorite 4-step process you can use to make ANY meal a healthy one**.

- Start with vegetables!
  - Any veggies count here; I prefer to start with a huge batch of kale, spinach, lettuce, zucchini, peppers, mushrooms, onions, etc. This will help add a lot of volume/bulk up your meal (so it feels like you're eating a huge portion size!)
- Add a protein
  - Add 4-6 oz. of any protein (my favorites are chicken, turkey, steak, salmon, tuna, and lamb)
- Add a healthy fat
  - Healthy fats are KEY to fat loss, hormonal balance and just overall feeling satiated and fuller for longer. Omega 3's are especially great – so walnuts, chia seeds, and flax seeds make a great topping to any salad. My personal favorite healthy fats include coconut oil (I cook with it – about 1/2 to 1 tbsp.), 1/2 avocado, 1 tbsp. olive oil on my salad, or a handful of nuts.
- Add a complex carbohydrate source (*based on goals, see below*)\*
  - If your goal is fat loss: add 1 serving of carbs (fruit and potatoes are my go-to) before and after your workout
  - If your goal is muscle gain/maintain your current physique: add complex carbs to every meal (fruit, potatoes, rice, etc.)

If you structure every meal like this (even snacks – or 'mini-meals' as I like to refer to them because they are mindful meal choices that will actually keep you full), you're well on your way to become (even more of a) lean, lovely, glowing goddess <3





## WHAT ARE WHOLE FOODS?

Whole foods are nutrient dense foods, typically with one ingredient. Think: avocado, chicken, banana, berries, etc. These nutrition powerhouses give you the most bang for your buck – as they are chock-full of micronutrients to help your body thrive and feel amazing.



# TIP TWO:

## MOVE YOUR BODY!

Nothing feels better to me than moving my body.

And no, this doesn't mean hardcore activity all the time.

While I love a good, sweaty gym workout or outdoor HIIT sesh (more on that later), I equally love slow, leisurely walks on the beach (or around the park), or a good ole afternoon Downward Facing Dog.

And truthfully, all of these styles of movement serve their purpose in a healthy lifestyle.

So hear me when I say this: whatever workout you enjoy doing is the best workout for you.

If you love to dance... DANCE like no one is watching, honey!

If you love to lift weights... challenge yourself and lift heavy, boo!

If you love yoga... bend, stretch and meditate your heart out, sista!

Through different periods of my life, I've done different types of activity: Olympic weightlifting, powerlifting, yoga, running a half marathon, body building, plyometrics, sometimes a combination of any of the above.

And the key ingredient that's kept my love for fitness alive and burnin' hot: **each activity added spice to my life.**

And when it stopped being spicy, I let it go. Seriously – when something didn't feel natural and authentic to me anymore, or I dreaded doing it – I stopped doing it, simple as that.

*"But Julie, what's going to give me the best results for my body?," you ask.*

Whatever activity gets your heart rate up, gets you sweaty, and you do **CONSISTENTLY** over a long period of time – that will get you the best results.

I could sit here and tell you to work out like I do (if you're curious: currently a mixture of 3 days total body strength training, a couple days of at-home HIIT workouts (think: plyometrics), and lots of walking) but you are not me. And if you do not like your exercise routine, you will stop doing it and you won't see any results at all.


But, just to give you something tangible if you're like, *"Julie! I don't even know what I like! Help!"* Here it is:

- **Best Workouts for Fat Loss:** Strength training is great for giving you a lean, toned physique. Add 2-3 days of High Intensity Interval Training (HIIT) cardio for a bonus!
- **Best Workouts for Muscle Gain:** Strength training all the way, as your muscles have to constantly be stimulated in order to grow (which means increasing intensity over time). Limit cardio to 1-2 times per week.
- **Best Workouts for Overall Motivation/Happiness:** A combination of whatever you enjoy doing, just always remember to rest at least 1 full day per week

Don't forget the importance of walking, too! Whenever I'm trying to 'lean out,' I will park farther away, take the stairs, go for an extra walk in the morning and/or afternoon, and try to hit my step goal on my Fit Bit in order to increase my overall daily energy expenditure. Sports and extra-curricular activities are also great for this.

**Moral of the story: Do what you love, get out there and get movin'!**



A person is captured in motion, running across a wooden bridge. They are wearing a white zip-up jacket over a bright pink sports bra, and grey leggings with a dark, marbled pattern. The bridge has a wooden railing on the left, and the background is a bright, slightly blurred outdoor setting. A white rectangular box is overlaid on the center of the image, containing a quote and the author's name.

**“Movement is  
medicine in creating  
change in a person’s  
physical, emotional  
and mental states.”**

**CAROL WELCH**



# TIP THREE:

## EXPRESS GRATITUDE

This one's short and simple, and quite frankly – changed my life.

If you have 5 extra minutes during your day (and if you don't, you need this even more!), you have time to express gratitude and give thanks.

Here are three simple ways to get started (remember, don't try to do everything at once! Choosing one of these is a great start):

- **The 3-Page Journal.** I read this circulating around the Internet once, and loved the simplicity of it. I'm a writer, so naturally this stuck out to me and I decided to give it a shot. Every morning while I'm drinking my coffee, I write whatever comes to mind – no judgment – for at least 3 pages. I love the concept because when you sit down to journal, sometimes it feels like you need to pour out your deepest, darkest secrets or write a novel. But to achieve the benefit – which is clearing your mind and focusing your thoughts – it only takes 3 pages and about 10 minutes of your time.
- **Express gratitude out loud in the shower.** This doesn't have to be in the shower – it can be whenever works best for you and your schedule – in the car on the way to work, sitting in bed before you go to sleep, any time works wonders. But to spare my neighbors from hearing me sing in the shower, I repeat out loud, "I am grateful for \_\_\_\_\_. I am grateful for \_\_\_\_\_. I am grateful for \_\_\_\_\_." I say at least 5 things, but sometimes it even takes up my whole shower time!
- **Meditate.** Set a timer for 10 minutes. That's good enough to start with. Use an app like Headspace, or just look up 'meditation music' on YouTube. Seriously, don't overcomplicate this one – just sit there, focus on your breath, don't judge yourself if you start thinking about the quinoa-shell tacos stuffed with kale you're about to make for lunch – and leave your mat/pillow/blanket/couch/bed feeling refreshed and ready to take on the day with a greater sense of gratitude.

In our instant gratification society, we get frustrated when things we want don't manifest and show themselves in our lives right away. And, we get stuck in the cycle of, "If \_\_\_\_\_ happens, then I'll be happy."

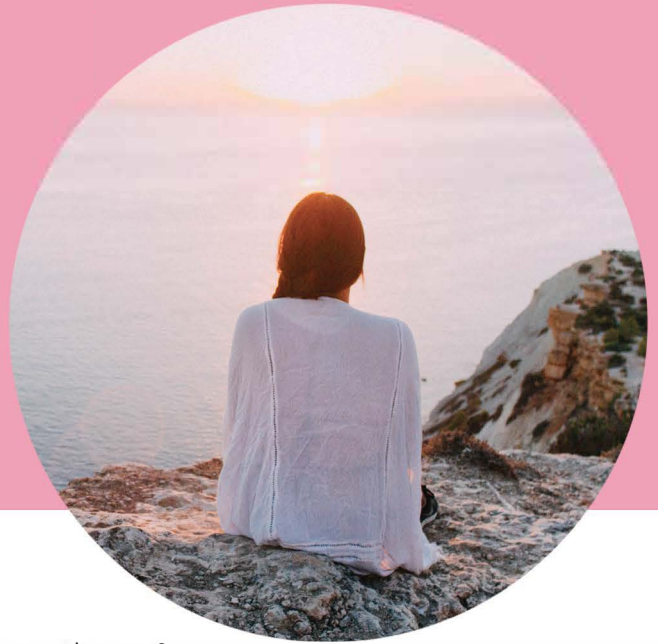
But when you learn to be happy with what you have and you're grateful for what already exists in your life – you'll only naturally attract bigger, better opportunities than what you could've ever hoped or dreamed of.

Try it. It works!



# TIP FOUR

## OWN YOUR POWER



What if I told you that everything you ever wished for and desired, already exists within you?

I'm here to spill the beans: *it does.*

When you own your power and realize your fullest potential, you'll come to understand that what you're seeking on the outside (a better body, more money, an amazing relationship, better friendships, a fulfilling career) already has the potential to exist – you just have to relax and trust that whatever you are seeking, is also seeking you.

You, my darling, are wonderfully and magnificently made, and are worthy of all the great things in this world.

YOU have complete control of making your life an epic, thrilling, meaningful, whirlwind adventure that you can't get enough of. And it all starts with recognizing the power within you.

SO, how do you do that?

- **Believe it.** Write down a list of 10 affirmations and read those to yourself every morning, mid-day, and at night before you go to sleep. It also helps if you'd rather record yourself reading them (you can do this if you have an iPhone and there are also apps like ThinkUp for it), and listen to it.
- **Surround yourself with positive people.** You are a product of your environment. As the saying goes, you are only as powerful as the 5 people you spend the most time with – so make your time count! If the people in your immediate circle aren't the best influences, maybe it's time to level up by meeting new people with similar goals and interests. In the meantime, try to surround yourself with people you admire by listening to podcasts, reading books and just consuming information from people that make you feel like a million bucks! *\*Start by reading/listening to You Are a Badass by Jen Sincero. That book rocks.*
- **Practice owning your power.** Look in the mirror. Look yourself in the eyes. So often we don't even take the time to look at ourselves, let alone acknowledge and embrace the beauty that stands before us! How freakin' amazing is it that we are alive? That each of us are gifted with unique skills and abilities? You have the power to use those gifts, my lady. Do the world a favor and own your beauty and potential!
- **Use mantras.** Mantras are similar to affirmations, except I like to make my mantras much shorter and something I can easily remember. My favorite mantra is always a variation of: "Everything is always working out for me," to remind myself that I am powerful, loved, beautiful and co-creating with higher forces to make my life freakin' awesome.

**MY FAVORITE MANTRA:** *Everything is always working out for me. I am worthy of all the great things this world has to offer.*



# TIP FIVE:

## DO SOMETHING YOU LOVE EVERY DAY

You can't pour from an empty cup – meaning in order to fully love, serve and give to others, you have to fulfill your own needs and desires first.

This can be a hard concept to understand, especially as women where we naturally fill the role as 'caretakers' to everyone around us.

But if you're feeling like you're burning the candle at both ends, it's likely because you haven't taken the time to fill your own cup up first before trying to pour into others.

This doesn't mean you need to neglect all responsibilities, nor does it mean you need to be selfish.

In fact, serving yourself first is the least selfish thing you can do because it allows you the opportunity to serve and love others in the greatest way possible.

Here is your permission to take 5 minutes today and do something you absolutely LOVE. Read a book, take a walk in the park, paint your nails, take a bath. Dance around the house like no one is watching. Do something just for you.

And don't do yourself the disservice of using the excuse, *"I don't have enough time."*

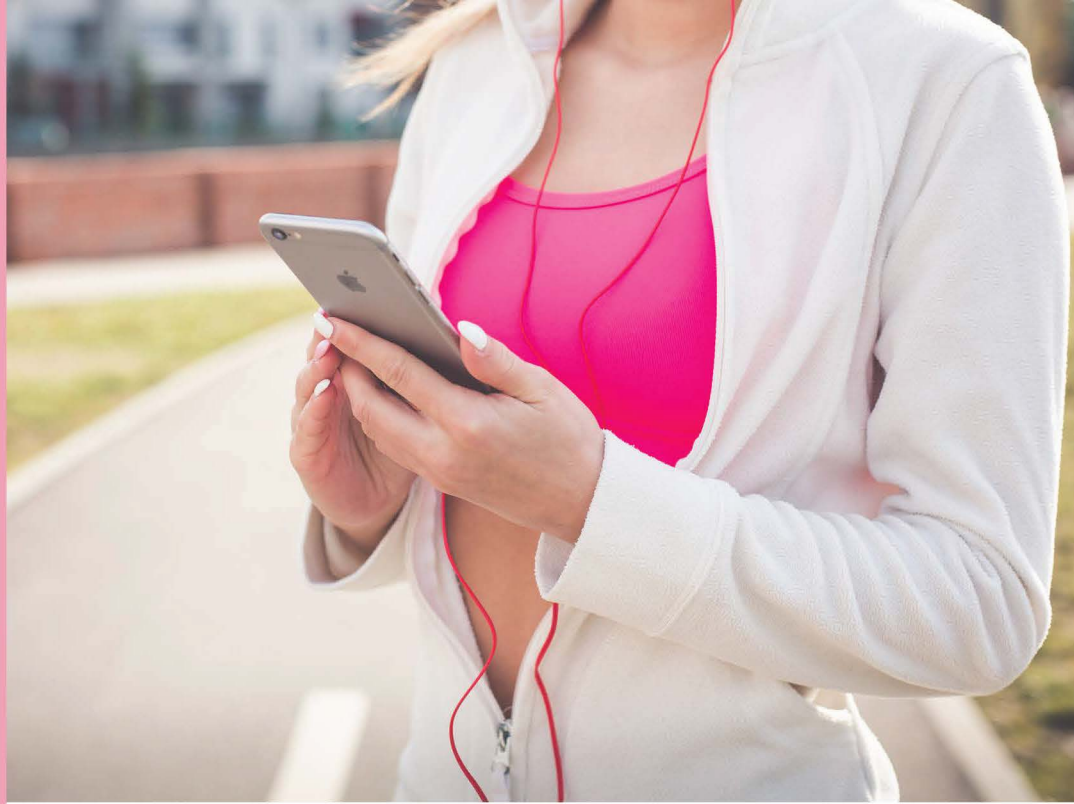
Wake up 5 minutes earlier.

It's worth it.



# BONUS TIP

## DO A SOCIAL MEDIA CLEANSE



I had to add this one in a category of its own, because I believe it's that powerful.

We're all privy to social media – the good, the bad, the ugly.

I absolutely love social media, and I have to spend a lot of time on there because it's a huge part of my business.

BUT, a while back, I found myself getting sucked into the comparison trap.

*"Ugh, her body is so great. I work out so much, why don't I look like that?" "You mean all she does is post pictures of her butt and she has how many followers?" The list goes on, but you get the point.*

So I decided to do a social media cleanse, which resulted in me:

- Having SO much more time and energy on my hands because I wasn't mindlessly scrolling
- Increasing my confidence because I wasn't comparing my body / life / job / relationships to other people
- Enhancing the quality of my life because I'm more creative without the thoughts/opinions of a million other irrelevant people drowning out my true voice and spirit

SO, if you want the same benefits, here's all you have to do:

Go through all your social media accounts (Instagram, YouTube, Snapchat, Facebook, etc.) and simply unfollow all the people that make you feel less than great about yourself.

Ask yourself, *"Does this person add value to my life?"* and if the answer is NO, wave a big fat goodbye to them.

Note: Even if they're 'entertaining' to watch, but you find yourself comparing yourself to them in any way, which results in you feeling crappier after you watched/read their content – these are the sneaky ones that are the most important ones to let go of. I promise it's worth it and you will find much better use of your time.

And if you want to take it even farther, I suggest deleting the apps from your phone for a while (I did 30 days the first time, and now I only re-download them when I need to post something for work). You'll be surprised at how much happier you are, how much more time you have, and how great your life truly is once you stop comparing it to other people's highlight reels on the Internet.





So, there you have it! 5 (6, if you include the bonus ) simple ways  
to start living a life you're obsessed with – today!

Like I said, there's lots of juicy info in this guide, so even if you take  
away one thing to implement, you're well on your way to coming  
into your true power and creating a body and life you love.

Congratulations on taking the steps to become the Strongest,  
Sexiest version of yourself!

You are Beautiful. You are Strong. You are Sexy.  
You are Powerful.

Time to start owning it.

**JULIE BOOHER**

**Want to start creating a life you're completely  
obsessed with?**

Schedule a FREE Consultation with me!

*\* Click the link above or visit [julieboohier.com/free-consult](http://julieboohier.com/free-consult)*

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