



# From Surviving to Thriving:

*5 Key Habits to Elevate Your  
Career & Well-Being*

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## *5 Key Habits to Elevate Your Career & Well-Being*

Welcome to a transformative journey of personal and professional growth! In a world where the demands of our careers often seem to overshadow our well-being, it's crucial to strike a harmonious balance. The path from merely surviving to truly thriving is within your reach, and it begins with a set of five key habits that can redefine the way you approach your career and well-being.

In this guide, we will explore these habits that have the power to elevate your life, helping you unlock your full potential and unleash a more vibrant, healthier, and more successful you. These habits are not just about making small adjustments; they are about crafting a new way of life that prioritizes both your career aspirations and your well-being. Whether you're a seasoned professional or just starting your journey, these habits will serve as a compass, guiding you toward greater success, fulfillment, and a more balanced life. So, let's dive in and discover how these habits can help you thrive, not just survive.

### # 1 - CRAFT A POWERFUL AM/PM ROUTINE

Picture your mornings as the launchpad for a successful day and your evenings as the runway for a peaceful landing. Begin by setting a consistent wake-up time as a daily promise to yourself. Avoid diving into overnight messages right away, and instead, start with gratitude to appreciate life's small wonders while also setting an intention for the day ahead. Visualize your ideal day and kickstart your body and mind with activities like gentle stretches, exercise, journaling, affirmations, or a calming meditation session—customize it to suit your preferences. This routine carves out time for self-care before the day's chaos begins, allowing you to be more selfless throughout the day.

In the evening, let the rhythm of winding down guide you. Disconnect from the digital world at least an hour before bedtime to invite serenity into your life. Engage in activities that soothe your soul—whether it's losing yourself in a good book, pouring your thoughts into a journal, or luxuriating in a warm bath. As you prepare for tomorrow, lay out your attire, pack up your meals and snacks, and craft a to-do list. These mindful practices ensure you're well-rested and prepared to conquer the day's challenges come morning.

### #2 - HYDRATE, HYDRATE, HYDRATE

Picture water as the elixir of life, powering your body's every move. Starting your day with a glass of water is like a gentle nudge to your metabolism, saying, "Let's do this!"

Throughout the day, your trusty reusable water bottle should be your sidekick, ensuring you stay optimally hydrated. Aim for a daily intake of at least eight glasses, adjusting as needed based on your activity level and environment.

Make hydrating a habit by setting friendly reminders on your phone or placing your water bottle where you can't miss it. Spice things up by infusing your water with slices of refreshing fruits or fragrant herbs. When you stay hydrated, you're gifting your body the energy, focus, and clarity it craves.

### #3 - PACK & PLAN SNACKS AND MEALS IN ADVANCE

Think of meal planning as your personal chef, creating a roadmap to nourishment and success. Begin by sketching a weekly meal plan filled with wholesome, balanced options. Craft a shopping list that aligns with your plan, and when you hit the grocery store, stick to it diligently. Set aside some time for meal prep, chopping veggies, cooking grains, and portioning out snacks. With your fridge and pantry stocked with healthy options, you're well-prepared to conquer busy workdays.

This habit is your secret weapon against the siren call of unhealthy convenience foods. It ensures you're consistently fueling your body with the nutrients it craves, fostering sustained energy levels and unwavering focus.

\*\*\*Check out the last page for easy and healthy go-to snacks!\*\*\*

### #4 - KNOW YOUR PRIORITIES

Visualize the path to your ideal future as a mosaic, with your goals as the vibrant pieces that blend work and life seamlessly. To craft this masterpiece, set your sights not only on long-term aspirations but also on quarterly, monthly and weekly milestones across all dimensions, including work, home, health, relationships, and fun. Schedule a time at the close of each week to plan for the week ahead so you have a clear idea of what you need to do, where you need to go, and what support you'll need.

Identify tasks that align with these ambitions, giving them the priority they deserve. Embrace task management tools or simple to-do lists to choreograph your daily activities. Dedicate calendar slots and make use of your phone's "do not disturb" function to ensure focused work on these high-priority tasks.

Throughout your day, keep your priorities in sight. Be discerning about where you invest your time and energy. Sometimes, saying "no" to distractions or commitments that don't resonate with your goals is the greatest gift you can give yourself. By focusing on what truly matters, you'll propel yourself towards your own definition of success.



## #5 - DON'T FORGET TO BREATHE

In the whirlwind of a busy career and lifestyle, envision mindfulness and deep breathing as your calm anchor in the storm. Take regular breaks throughout your day to reconnect with your breath. Close your eyes and inhale deeply through your nose, embracing the stillness for a moment before exhaling slowly through your mouth. This simple practice acts as a reset button for your mind, reducing stress, sharpening your focus, and enhancing decision-making.

Consider weaving mindfulness meditation into your daily routine, even if it's just a few minutes. Apps and online resources offer guided sessions that seamlessly fit into your busy schedule. Over time, this habit cultivates mental resilience and overall well-being, equipping you for success.

As you embrace these five habits, you'll find yourself not just surviving but truly thriving, both in your health and career. Remember, small changes made consistently can create a profound impact over time. It's time to rewrite your narrative—from merely surviving to brilliantly thriving.

*"You'll never change your life until you change something you do daily.*

*The secret of your success is found in your daily routine." — John C. Maxwell*

Ready to unlock your full potential, thrive in both your career and well-being, and find that perfect work/life blend? [Schedule your free 20-min discovery call](#), and together, we'll explore how I can provide the support and accountability you need to make it all happen.



Hi, I'm Jess, and I totally get it! As a former realtor and busy professional, I've been right there in the trenches trying to juggle work, relationships, passions, and health. For me, it looked like fluctuating body weight, stress through the roof, feeling drained, and always striving to make career, family, and personal well-being play nice together. I totally get how work often takes the front seat and creating that ideal balance feels like a puzzle missing a few pieces. And, I know how lonely it can feel at times!

But you know what? My journey sparked a mission: helping busy professionals, like you, effortlessly weave healthier habits into your lives. Let's rewrite the well-being story together, embarking on a journey that integrates every part of your life seamlessly. With my own experience and a knack for understanding the hurdles you're up against, I'm here to support you as you move towards a more balanced, thriving lifestyle.

As part of my wellness journey, I studied at the Institute of Integrative Nutrition specializing in Emotional Eating Psychology and am a Certified Integrative Nutrition Health Coach.

# 18 HEALTHY PACK-AND-GO SNACKS

Rice cake with  
peanut butter &  
banana

Air-popped  
popcorn

Dark chocolate  
with a handful of  
berries

Apple slices with  
almond butter

Sliced cucumbers  
with hummus

Olives

Carrot sticks with  
hummus

Cheese and whole  
grain crackers

A hard cheese  
stick with an apple  
or pear

Greek yogurt with  
berries and  
granola

Turkey roll-ups  
with lettuce wraps

Cottage cheese  
and sliced peaches

Trail mix with nuts  
and dried fruit

Cherry tomatoes  
with feta cheese

Sliced bell peppers  
with guacamole

Rice cakes with  
avocado and  
tomato

Roasted almonds  
with sea salt

Celery sticks with  
peanut butter and  
raisins

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