



And welcome to success strategies and thank you so much for keeping up! We are on success strategy #13 and we are with The Jackie Jackson from The Jackie Jackson Show and Jackie Buys Homes. I am a business coach, mentor and entrepreneur and what I'm most known for is helping people convert their purpose and their passion into profit, so utilizing these 19 strategies, you can change the world. I mean, seriously, like you know, Superman style/Superwoman style, you can change the world. Right, so we are actually up to 13, and I actually like that number.

Right, even when you are a little kid and it's Friday the 13th and you were like, "Oh my gosh" you know, only negative things happen on the 13th but no, not today. Only positive things is happening on the 13th. We talking about prosperity on the 13th! So, lucky number #13! Alright, so 13 is start a health regiment.

Alright, I know it sounds really simple and really kooky and you're like "Jackie, I've been listening to you for like, the last 12 videos, and now you are up to 13 and now you are telling me that I got to run? I got to go do something, I got to go join a gym. I gotta do something. Um, yeah, I am! That's exactly what I'm telling you, ok. But not necessarily join a gym, or anything but I do want you to become mindful that your body is your temple, so it doesn't make any sense if you are focused on making more money, and being more profitable and living a prosperous life if your health is in jeopardy, alright, so you should be, on a daily basis, trying to eat healthy, or make healthier choices, drink a lot of water. I drink a lot of water, I always have a lot of water with me at all times. That's what you know, keeps me all glowy and stuff, you know what I mean and you know, I try to actually work out.

Right, so you get up, work out, you run, you do whatever. Workout is free by the way. You don't even gotta go anywhere. Like for those who have gym memberships and don't go, shame on you, because you could have did that at home, but if you don't have a gym membership, you can actually exercise at home, right? Get yourself a little jump rope or something from the 99 cents store, the dollar store and start jumping rope in your living room, right? Get on the floor in between commercials- and I told you to leave that TV alone! And if you are watching it, get down on the floor and in between commercials, so like 30 seconds or like 60 seconds commercials are, or maybe they are like up to a minute and a half. It doesn't matter. But get on the floor and do some crunches, some sit ups, or some pushups, do something like that and utilize your time wisely, ok?

A lot of people wearing like little Fitbit and you know, trackers that they can...wearable devices that they can track their progression with their health, and I'm a huge advocate for that because it's another way for you to track your goals, and be mindful of what you are trying to accomplish. So, make sure that you are incorporating something healthy that feeds your body and takes care of your temple because by the time that you make all this money, I'm going to need you to have your strength up, your health up, your strength up so that you can travel the world and do all the cool stuff and enjoy life with your family in a really healthy and successful way and it starts with making sure that you take care of yourself, alright? So that is tip #13 is start if you haven't done so already, start to live a very healthful life, a very healthy, healthful life. Be mindful of it, alright? Talk to you soon in #14!