



# **Your Complete Checklist for a healthy, happy life**

Gillian O' Shea

[gatewaytowellness.live](http://gatewaytowellness.live)



I have been blessed to have had a very full fifty one years on this planet so far... with tumultuous ups and downs. I say blessed yes, because all the lessons I have had to learn are now the blessings and gifts I use to have a blissful life, and to be of service to others.

My journey gave me a huge opportunity to try and test various avenues to overcoming trauma, recover from stress, heal from imbalance and live from a heart space of Love.

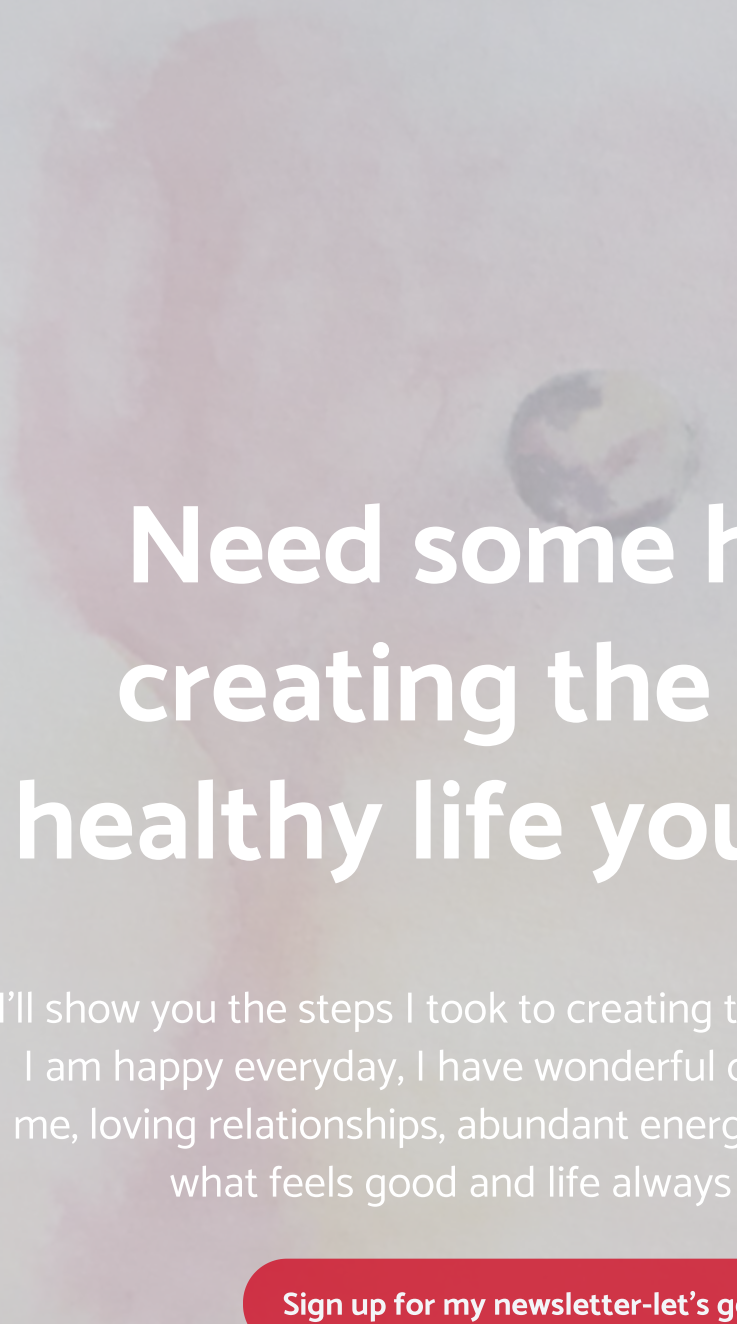
This is my checklist of the 10 most important habits to a healthy, happy life. May they help you xxx

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- Hold yourself in high regard first. Then hold all living things in high regard.
  
- No one knows better than you what is best for you, so find ways to connect with your higher self, go within to find your answers and guidance. You are connected to source and as such, you came into this world with all the knowledge you need. Find ways to rediscover this.
  
- Your body is the temple that houses your spirit. It is intelligent, right down to your cells. Everything you tell yourself, all that you experience, all that you are subjected to, has an impact on your body so be mindful of this.
  
- Start and end each day by being grateful for your many blessings. The more grateful you are the more blessings you attract.
  
- Guard your thoughts, for everything you experience and manifest come from them.
  
- Everything is Energy. If you get this, then you can measure energy and manipulate energy for any outcome you desire. The lowest frequency is shame (20) the highest is enlightenment (700+). Aim for love or above (500+) and you will not get sick and you will age slower.
  
- Make non-judgement a core practice ... if you can do this for yourself and for others, we will be less angry and resentful.
  
- Love is all there is. Live from a heart space of love. Our whole experience will be more loving, we will have less fighting and we will take better care of ourselves, each other and the planet.
  
- We are energy, physical, mental, emotional, spiritual beings. You have to consider each aspect of a being if you want to bring about healing.
  
- Life should feel good. If there is anything robbing you of joy, then change it. That goes for work and relationships. None of us know how much time we have so make every day count.

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A woman in a red dress is shown from the waist up, holding a globe of the Earth. The background is a soft, hazy landscape with a sunset or sunrise sky. The woman's arms are slightly raised, and she appears to be looking at the globe.

# Need some help in creating the happy healthy life you desire?

I'll show you the steps I took to creating the life I desired - where I am happy everyday, I have wonderful clients who appreciate me, loving relationships, abundant energy and health. I only do what feels good and life always goes my way.

[Sign up for my newsletter-let's get started](#)

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