



# Deanna Frazier tips

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## Get A Grip On Yourself! *The Diva Checklist for Self Maintenance!*

Hello, Everyone!

Sometimes after a divorce or when our self-esteem is low, we forget the simple rules of taking care of ourselves and over-indulge in the wrong things. Take a good look at yourself with honest introspection - no excuses. Face yourself head-on and change the behaviors that are keeping you from feeling great.

## Don't Give Up On Yourself

First start with the basics.

- \* Eliminate all addictive habits.
- \* Consult a nutritionist or buy a book about healthy eating.

Not only will you look better, you will also feel better!

Here is a checklist to help remind you of things that might need your attention. These are just some of the examples of the basic body care areas that can make a big difference in how you feel.

- \* Do you need to have a complete physical?
- \* When was your last eye exam?
- \* Is a trip to the dentist in order?
- \* Have you ever had a manicure or pedicure?
- \* How about a facial?
- \* Are you happy with your hairstyle?

One of the ways that I practice extreme self care is to get a regular massage. My massage therapist, Rhonda English, is fabulous. Give her a call at 972- 733-0965 if you are having any pain issues or need to de-stress.

## Buy Dating 101 - The Second, Third or Fourth Time Around

Contact Deanna Frazier For Speaking and Coaching!

Deanna Frazer will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.