

CHEF'S CORNER FOODS
Presents



**WINNIE'S WHIRLWIND
WELLNESS TOUR**



FAVORITE IMAGES

If:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Then:

K-N-O-W-L-E-D-G-E

11+14+15+23+12+5+4+7+5 = 96%

H-A-R-D-W-O-R-K

8+1+18+4+23+15+18+11 = 98%

But:

A-T-T-I-T-U-D-E

1+20+20+9+20+21+4+5 = 100%

Hub911.com

POSITIVE MIND SET

Positive mind.
Positive vibes.
Positive life.

Habit Six : Start everyday with a positive mind-set.

Upon awakening make the stance to face the day and no matter what it brings with a positive frame of mind. Prepare physically for the fact that everything may not go smoothly or as plotted, and be willing to handle any challenges you're faced with (we know there will be some).



Happiness
is always an
inside job.



Lama
Surya Das

“If you act and speak with a kind heart, happiness will follow you like a shadow that never leaves you.”

Fake it until you make it!
Smile, it's contagious.

Research: Penn State University, Shawn Achor writes: "Happiness is a work ethic... It's something that requires our brains to train just like an athlete has to train."

REWIRING THE MIND

Gratitude Empathy
Patience Compassion
Understanding Honor

**WHO IS THE
MOST AWESOME
PERSON TODAY?**



Treat difficult situations as if it's a piece of cake!

COMPLAINING IS DRAINING!



**COMMIT TO TALKING 20% ABOUT THE PROBLEM
AND 80% ABOUT THE SOLUTION!
SOON YOU 100% WON'T WANT TO TALK ABOUT IT!**

notsalmon.com

TRIGGER WORDS



"Ask Yourself One Question.
Is it a Friendly Universe?"

If you expect disappointments and believe life is supposed to be hard, that's what you'll experience.

If you expect pleasant surprises and believe life can be easy and enjoyable that's what you'll experience..."

- Albert Einstein

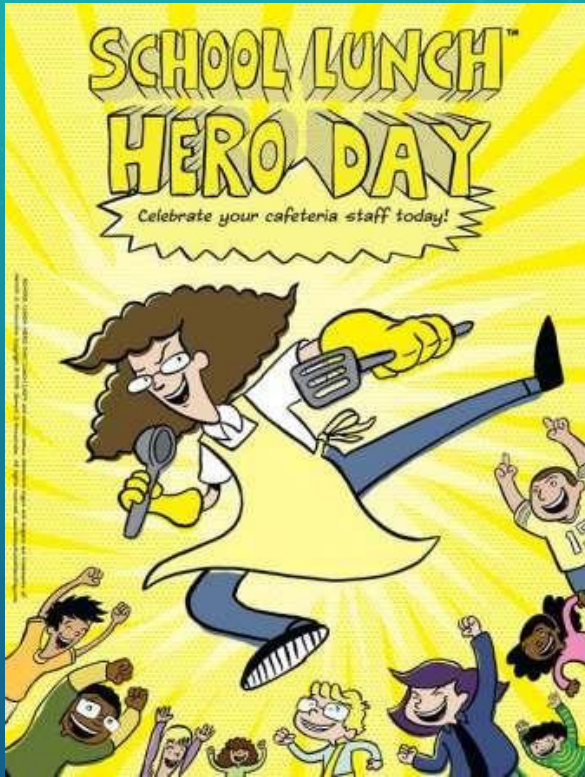
AmbitiousNation.com

Adorable
Brilliant
Cool
Delight
Electrifying
Fabulous
Generous
Honorable
Inventive
Joy
Knowledgeable
Lively
Marvelous
Nutritious
Open
Polished
Quality
Reliable
Superb
Trilling
Unreal
Valued,
Wholesome
Zealous

Laws of Attraction

PLAYING THE PART

Grooming



When I grow up I want to be...
(a Lunch Lady)

I FEED HUNDREDS
OF HUNGRY KIDS
ON A DAILY BASIS
WITH A SMILE
ON MY FACE. 
What do you do?

Team Work



Ohana means family and
family means no one gets left
behind or forgotten.

~Lilo and Stitch

Clothing

KITCHEN ROCK STAR FASHION

- Hair up and net
- Only small earrings, wedding ring and watch allowed
- Non-skid closed toe shoes
- Uniforms
- Pants



TREAT YOUR BODY AS A TEMPLE

Drink water!

- Body holds up to 50-75% water
- Regulates temperature
- The compound lubricates joints
- Digest carbs
- Helps swallowing (saliva)
- Flushes waste and toxin, bowel movements

Tip: Drink 2 glasses of room temperature water in the morning before having coffee or breakfast





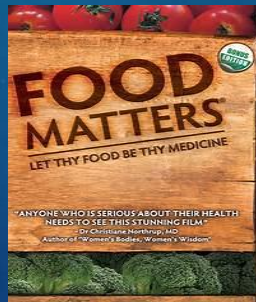
Pick unprocessed
as much as possible



Stock healthy snacks
at home

Food Matters
Documentary

Okinawa Program



FOOD CHOICES

Bright colored fruits and veggies
full of antioxidants
(fights free radicals that likes to
attack healthy cells which leads to
aging and lowers brain function
and immune system)



Color research: Blue vs. Orange



Portion sizes

MOVE YOUR BODY: NO ONE CAN DO THE WORK FOR YOU



Planet Fitness

\$10 /mo, black card \$20 /mo

Unlimited massage chair and hydro massage



Foam Roller

Farmers Markets

5 minute videos



**@chefmamachang
Tai Chi 10 minutes**

Tai Chi 18 Movements



Group walks after work

**After
dinner
walks
with pet**



STRESS MANAGEMENT IDEAS

What's your passion?

Paraffin Wax

Epsom Salt Feet Soaks



Meditation
Traffic Control 1 Min
Cleaning



Calm App
Duolingo App



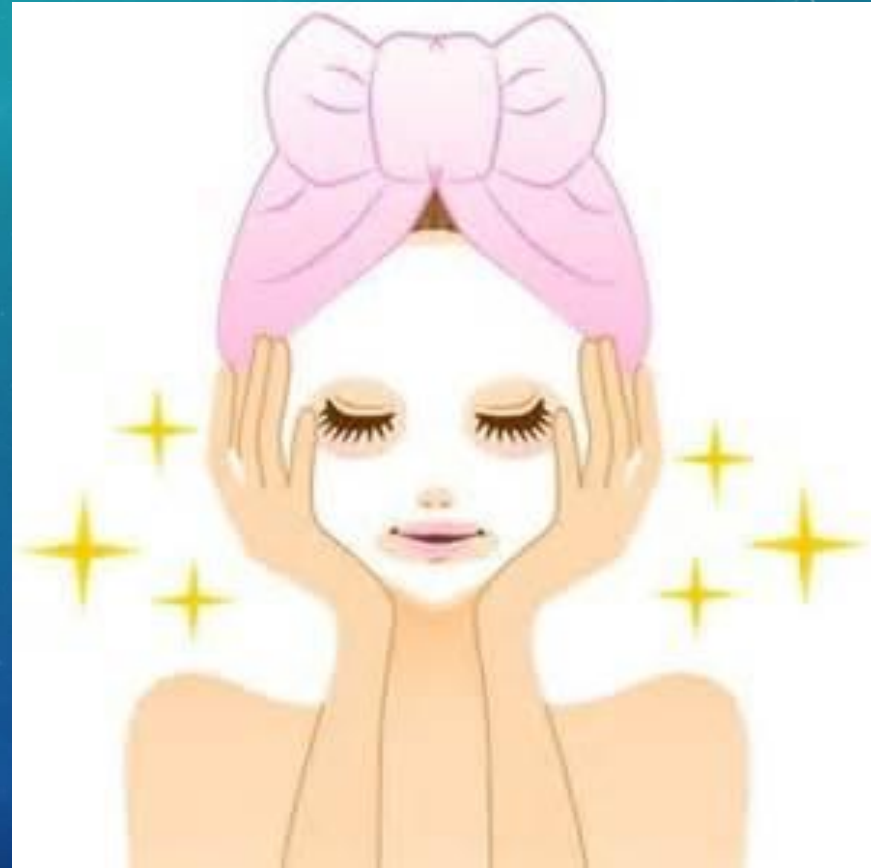
Pet Videos



KEEP
CALM
AND
KARAOKE



MAKEUP AND SKINCARE TUTORIAL



SKINCARE ROUTINE

DAY AND NIGHT

Day Routine

- 1.) Use cleanser to wash face
- 2.) Balance the Ph of skin with toner
- 3.) Eye cream, and/or serum
- 4.) Serum (wrinkle, brightening, or firming)
- 5.) Face and neck cream
- 6.) SPF (every 2 hours)

Night Routine

- 1.) Use oil to extract sunscreen or makeup
- 2.) Use cleanser to wash face
- 3.) Balance the Ph of skin with toner
- 4.) Eye cream, and/or serum
- 5.) Face serum (wrinkle, brightening, or firming)
- 6.) Face and neck cream

SKINCARE TIME!



**Compliments of Saks Fifth Avenue
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Instagram, Twitter

YouTube, Snapchat



DON'T STOP BELIEVING JOURNEY



Just a small town girl
Livin' in a lonely world
She took the midnight train
Goin' anywhere
Just a city boy
Born and raised in South Detroit
He took the midnight train
Goin' anywhere

A singer in a smokey room
The smell of wine and cheap perfume
For a smile they can share the night
It goes on and on, and on, and on

Strangers waiting
Up and down the boulevard
Their shadows searching
In the night
Streetlight people
Livin' just to find emotion
Hidin' somewhere in the night

Workin' hard to get my fill
Everybody wants a thrill
Payin' anything to roll the dice
Just one more time
Some will win
Some will lose
Some were born to sing the blues
Oh, the movie never ends
It goes on and on, and on, and on

Strangers waiting
Up and down the boulevard
Their shadows searching
In the night
Streetlight people
Livin' just to find emotion
Hidin' somewhere in the night

[Instrumental interlude]

Don't stop believin'
Hold on to that feelin'
Streetlight people
Don't stop believin'
Hold on
Streetlight people
Don't stop believin'
Hold on to that feelin'
Streetlight people



FIREWORK KATY PERRY



Do you ever feel like a plastic bag
Drifting through the wind, wanting
to start again?

Do you ever feel, feel so paper thin
Like a house of cards, one blow
from caving in?

Do you ever feel already buried
deep six feet under?
Screams but no one seems to hear
a thing

Do you know that there's still a
chance for you
'Cause there's a spark in you?

You just gotta ignite the light and
let it shine
Just own the night like the 4th of
July



'Cause, baby, you're a firework
Come on, show 'em what you're
worth

Make 'em go, "Aah, aah, aah"
As you shoot across the sky-y-y

Baby, you're a firework
Come on, let your colours burst
Make 'em go, "Aah, aah, aah"
You're gonna leave 'em all in awe,
awe, awe

You don't have to feel like a wasted
space
You're original, cannot be replaced
If you only knew what the future
holds
After a hurricane comes a rainbow

Maybe a reason why all the doors are
closed

So you could open one that leads you
to the perfect road

Like a lightning bolt, your heart will
glow

And when it's time you'll know
You just gotta ignite the light and let
it shine

Just own the night like the 4th of July
Baby, you're a firework

Come on, let your colours burst
Make 'em go, "Aah, aah, aah"
You're gonna leave 'em all in awe,
awe, awe

Boom, boom, boom
Even brighter than the moon, moon,
moon

It's always been inside of you, you,
you

And now it's time to let it through-
ough-ough