



# 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 stanchness 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



Oprah Rachel Hollis Ellen DeGeneres



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](http://notsalmon.com)

# TRIGGER WORDS



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

"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

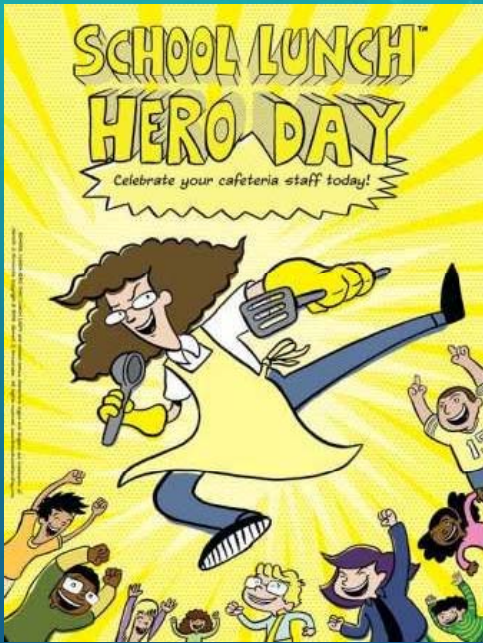
AmbitiousNation.com

## Laws of Attraction



# PLAYING THE PART

## Grooming



## Clothing



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

## Team Work



# 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







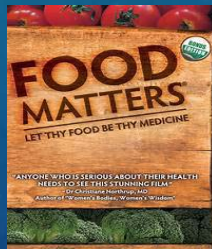
Eating foods that make u feel vibrant and alive

# 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)



Food Matters Documentary



Okinawa Program

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



Farmers Markets    Foam Roller

**5 minute videos**



@chefmamachang  
Tai Chi 10 minutes

Tai Chi 18 Movements

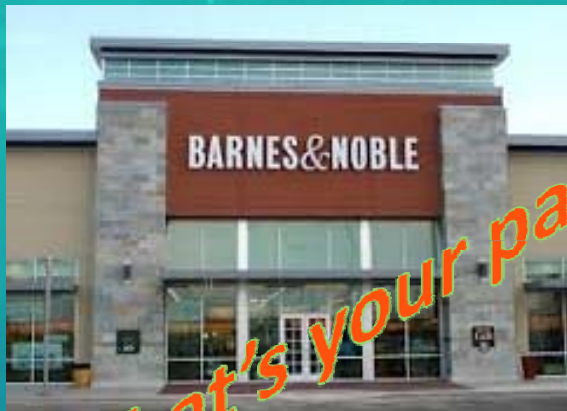


**Group walks after work**

**After  
dinner  
walks  
with pet**



# STRESS MANAGEMENT IDEAS



*What's your passion?*

## Paraffin Wax

Epsom Salt Feet Soaks



Meditation  
Traffic Control 1 Min  
Music list



Calm App  
Duolingo App

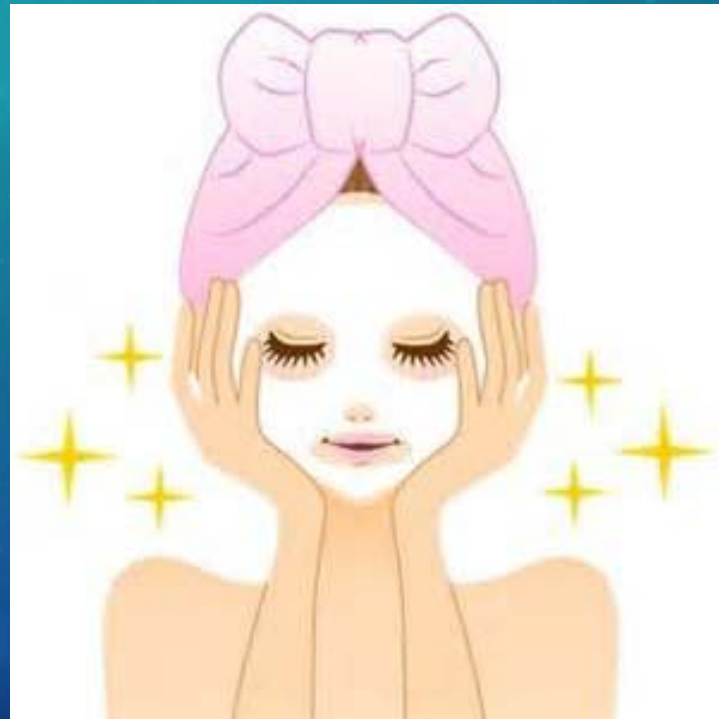


Pet Videos





# 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

Winnie Chang

A.K.A.

Chef Mama Chang

winniechang@chefscornerfoods.com

Cell phone: 415-812-3398

Facebook: Chef's Corner Foods

chefmamachang @

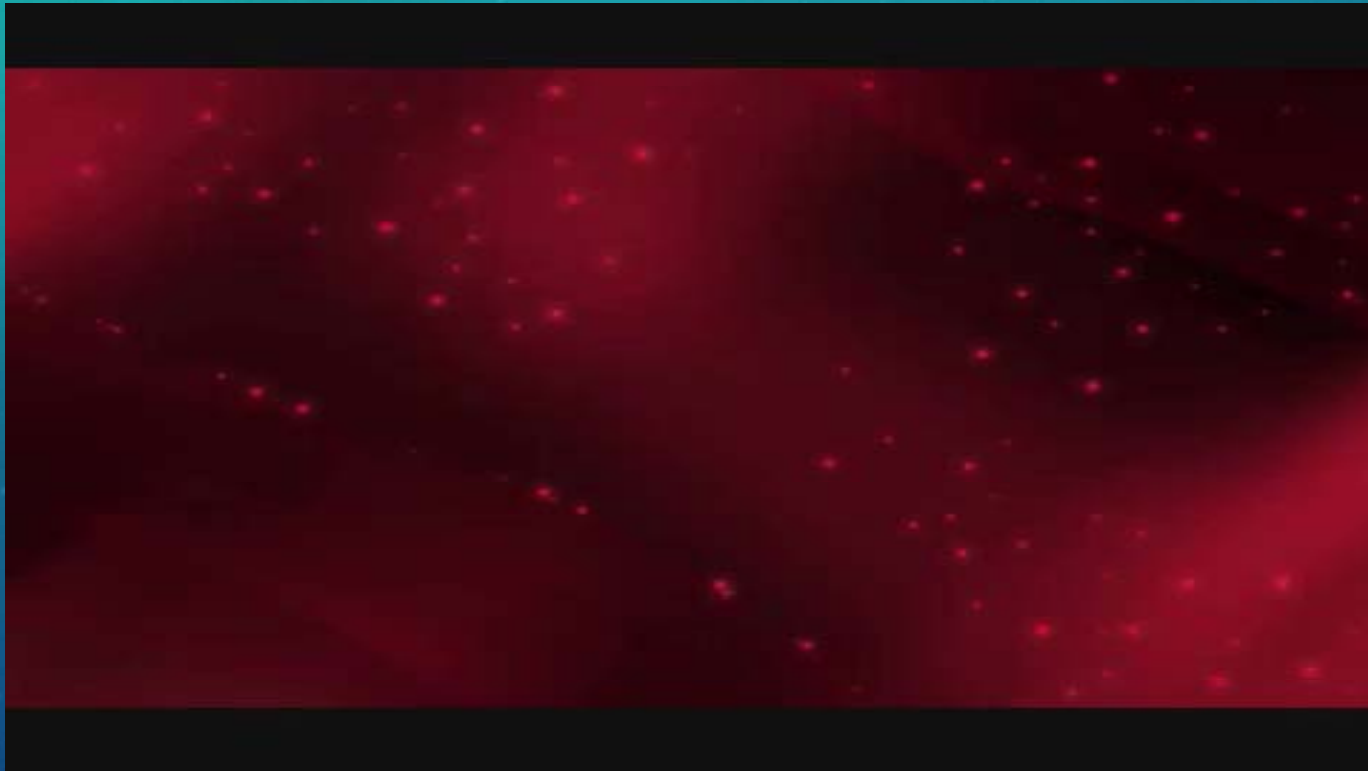
Instagram, Twitter

YouTube, Snapchat

Lunch Heros Documentary on Netflix



# 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