

Tips to Fight Workplace Temptations from



15 minutes = BETTER FOOD

Make it yourself.
Include two vegetables.
Wheat just once a day.

Your brain and body need real fuel during the workday, and a few better food choices can make a HUGE difference in how you feel. Here are some ideas for taming food temptations—at the office or anywhere you work.

- Plan your lunches in advance especially if you work from home. The refrigerator is closer than it appears. But you're stronger than you think.
- Trust only your own candy dish. Try individually-wrapped bites of 70%+ dark chocolate to satisfy your post-lunch sweet tooth. It's good for you.
- Adopt a "no vending machine" policy. Willpower schmillpower. Promise yourself right now so there's no decision to make when temptation hits.
- Eat something you brought from home before client lunches or employee potlucks. You'll be less likely to eat things that will steal your energy later.
- Coffee shops are comfy workspaces, but beware if you're a nibbler. Skip the long afternoon work session where you have easy access to muffins.
- Treat yourself to things you can sip. Staying hydrated can help you feel less hungry. Not-sweet sparkling waters and teas are good options.
- Before any meeting that's 90 minutes or longer, eat a handful of nuts. That's a long time to stay focused. Your brain and stomach will thank you.

15 minutes = BETTER YOU

Focus on yourself.
Pick an aspiration.
Start with once a day.

What you choose to do with your time matters: listen to yourself and do things that make you happy. The "should do" stuff usually gets done, so do something every weekday that simply makes you more of that person you're meant to be.

- The combination of busy home and office schedules can make getting enough sleep seem impossible. Try using your 15 minutes for a quick nap.
- Put lunch on your calendar just like the other events that matter. Shuffle things around if you need to, but don't skip this time. You deserve it.
- Give your eyes a break from screens. Write on actual paper—even if you don't save these notes. Do something you can put your hands on.
- Connect with people who share your non-work interests. You may be surprised by what you can teach or learn from each other in fifteen minutes.
- Tell someone about your aspiration and why you chose it. They'll ask you about it later, and you can be proud of this new thing you're trying.
- Don't save the things you really want to do for later. "Later" will always be there—until it isn't. Be generous to yourself TODAY.
- If you're not excited and looking forward to this time, choose again. Think creatively. It's doesn't have to be practical. It should just make you happy.

A Box Lunch Lifestyle is a practical solution for more energy at work, and you'll find more details at www.BoxLunchLifestyle.com. You'll prove to yourself that you can make rules that work for you. You DO have the discipline to eat better and accomplish what you aspire to in life. Even if you do it for just one day—just once!—that's better than never doing it at all. If you can change your lunch break, you can change. SO WHAT'S NEXT?