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Written by Julie M. Armenta M.A., Educational Specialist & Director of Armenta Learning Academy

Definition of “alert”: *at the ready, mindful, using intelligence, on guard, conscious*

The ALERT System is a great way to live daily and create success and results in your life! Follow this daily and you will see wonders in your world.



A = Action – Take action for what you believe in and are truly passionate about! Being busy is not necessarily taking action. It needs to be well-planned action. You can have a busy day, but no absolute productivity. You may be allowed too many distractions, interests, etc; don't let this happen and get in the way of taking action. Don't be distracted! Invest in what you do best! Action is the key to success! Discover and live your purpose and take action! The amount of action you put forth determines your amount of success.



L = Learning – Expanding knowledge doesn't require extensive hours. Learn as the day unfolds: talk to people, read books, listen to tapes, watch videos! Did you know audio tapes are the most productive way to expand your awareness? Listening to tapes 20 minutes a day for 100 hours each year is equivalent to earning a degree – amazing! Develop the habit of reading for 20-30 minutes each morning – a great way to start the day and get your mind naturally working. Read what challenges you; read biographies and autobiographies of people that you admire and who inspire you.



E = Exercise – It creates not only stronger bodies, but also stronger minds. We need balance in our lives. Take a 15-20 minute brisk walk to start; work up to a 30-minute walk for the best results. If you walk for 40 minutes four times a week, you can lose 18 pounds each year. Exercise has so many advantages; it improves sleep habits, relieves stress and anxiety, protects against injury, promotes health and good posture, relieves digestive disorders, enhances self-image, and expands your energy.



R = Relaxation – Take time to recharge your batteries. Preserve your energy, take time to rest, relax, and rejuvenate your soul. Take a minimum of 15 minutes a day. Go out in nature, listen to birds sing, put your feet in the sand. Let others know you are doing this and don't feel guilty; rejoice in you! Put up a “Do Not Disturb” sign at the office or at home to have your own set aside time that is yours. Exhaustion is not what we want. Choose 24 hour periods to do nothing but FUN – no phones, no work, etc. When work wins the battle over fun time with family, relationships, yourself, the consequences can lead to illness, depression, burnout, divorce, etc. Select at minimum 3-5 getaways per year that will help you relax. When you are rested and refreshed, you will be more creative, focused, and productive.



T = Thinking – This is not the thinking we do all day, but reflective thinking. This helps to reflect on what is working, what is not, what needs to change, what needs to stay the same. Look at what you did well during the day and what you want to continue the next day. Ask yourself if you need any adjustments to create better results. We all learn from our mistakes. Tomorrow is a new day, a fresh start – just a few minutes of positive thinking and reflection each day adds more opportunities, better performance, a stronger belief system, and better results.



BE CREATIVE AND HAVE FUN WITH THE ALERT SYSTEM – IT WORKS!