



The Feelin Good
Mama
BY YOUR BEST

5 Not So Common
(But Fun) Tips to Be
A Feelin Good Mama!

(And You Don't Even
Have To Have Kids!)

1. The Wink! - Learn to Flirt!
2. The Hand! - Learn To Stop!
3. The Hair Swing - A Must!
4. Skipping! - Learn To, Ah, Skip!
5. Falling! - two Types!



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1. The Wink! - Learn to Flirt!

Flirting can be so much fun! When we flirt, we bring out our playful side. We are light-hearted. We are putting our best foot forward in showing we can be positive and fun. Flirting and being playful with our significant others, a potential love interest, our friends and our children can come easily and naturally, but when was the last time you flirted with yourself?

That's right! When and how often do you flirt with yourself? Does this thought make you cringe a little bit? Does it make feel a little bit uncomfortable, maybe? This is normal. We aren't taught to turn our affections and playfulness inwardly. But, it is one of the greatest things you can do. Start a love affair with YOU!!!

Start with this easy little trick. Whenever you are around a mirror, take a moment to give yourself a little wink! That's right! Wink to yourself. Look yourself in your eyes and tell yourself how beautiful you are, what a good job your are doing. Maybe put some bright red lipstick on and take a moment to focus on YOU and all of your glory.

The GOAL is to start cultivating a very strong and lasting love affair with YOU! (*Do this daily.)



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2. The Hand! - Learn To Stop!

"The Hand" is a powerful tool and I would suggest practicing this in the mirror as well at first. It's good to picture yourself as somewhat of a primary school traffic guard for this one.

Think of all the things, people, obligations, duties that you would like to say "NO!," but you just feel like you can't. If something is feeling uncomfortable, brings a feeling of drudgery or it wears you down, you probably need to figure out how to protect your energy a little better around this issue. This may mean setting some boundaries and learning to practice saying "NO!" or "STOP!"

This doesn't come easy for some of us, but it's a skill we need to work toward. Practice standing in front of a mirror to start. Hold up your hand as if to say "STOP" and think of the things or people in your life where you would like to develop some boundaries. Think deeply about these issues and how you would like to release them as they present at the moment. Visualize them coming toward you or coming up in your day and you say "NO!" STOP! You are not serving me currently. I'm creating my own invisible boundary around this situation until further notice!"

It may take some practice. Eventually, the goal is to become the traffic guard in your mind without needing a mirror. Boundaries are so important for FEELIN GOOD and sometimes just noticing them is the start we need. (*Do this daily.)



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3. The Hair Swing - A Must!

For this one, we have to go back to the 80's and resurrect Miss Piggy of The Muppets. If you don't know her, please do a Google search and make sure to watch The Muppets Take Manhattan - a total classic!

So, Miss Piggy was the epitome of style, grace and confidence. Am I right? Miss Piggy was always dressed immaculately and was always adorned with diamonds and pearls. She was the apple of Kermit's eye and she had a signature hair swing. When she swung her hair, she caught the attention of everyone in the room as well as any and all personal objects in her path.

So, after you have thoroughly watched The Muppets Take Manhattan and have studied Miss Piggy's mannerisms to perfection, it's time to put them to practice.

Again, find a mirror. First, brush and style your hair until you feel like royalty. Make sure to put on your most luxurious, expensive gold and diamond jewelry and dress as elegantly as you like. The important part is the actual SWING and this will take practice to get it just right. Place one hand behind your hair and with flair and just the right speed and effort, flick your hair up in the air. It helps to use a side eye glance and you can blow kisses as well. This trick works well with # 1. The Wink.

The GOAL is to feel like a million dollars! You are worth it! BE CONFIDENT! BE BOLD! FEEL GOOD! (*Do this daily.)



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4. Skipping! - Learn To, Ah, Skip!

Ok, personal question here. When is the last time you skipped? Like, skipped like you were 6 years old in the schoolyard playground? Like, skipped like Dorothy in the Wizard of Oz. Maybe a while?

We can learn so much from kids about FEELIN GOOD. So many of the things we did as kids are still available to us today. We just have to be open to getting back to them. As a personal trainer, I've gotten my adult clients skipping. They usually look at me like I'm crazy at first, but once they get to skipping, they always grow a big smile on their faces. There is something about skipping that brings out the kid in us. It brings back a time when life was lighter, sillier, more carefree. Kids really do seem to have all the secrets!

You may feel silly skipping on your own. Grab a friend and skip up and down your driveway a couple times a week. If you have kids, start skipping with them. The real key is moving, being active and getting your heart rate up and your blood pumping. Skipping is one of the most playful forms, but you can certainly try jumping rope, jumping on a trampoline, walking, jogging, taking an aerobics class or dancing.

BE SAFE! GO AT YOUR PACE an JUST MOVE!!! It is one of the main keys to FEELIN GOOD! Now, get to SKIPPIN! (*Do this daily.)



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5. Falling! - two Types!

So, for me, there are two types of falls in regards to FEELIN GOOD and I would not recommend practicing either of these in person unless you have a good spotter and a safe place to land. These are more about mental falling and the two types are 1. FALLING BACKWARD and 2. FALLING FORWARD.

1. FALLING BACKWARD - In order to truly be FEELIN GOOD, we have to learn to have a level of trust. This is the same as the dreaded "trust fall" used in so many group and community building programs. We have to learn to mentally learn to FALL BACK and trust that GOD, the Universe, Source, etc. has our back. We have to learn to take risks to follow our goals and dreams and we have to believe there is a power greater than ourselves that will catch us and see us through. We also have to trust ourselves and know we will have the right ideas, reactions, strategies when the time is right. There is no way to ever know all the angles. JUST TRUST!
2. FALLING FORWARD - Falling forward is similar and you actually have to use #1 for #2. Falling forward is taking that leap, taking that step, falling forward into the unknown to move toward your dreams and goals. There is no way to get there without learning to fall forward.

In my opinion, FEELIN GOOD is all about learning to FALL - BOTH WAYS! (*Do these daily.)



HELLO! I AM

Violet!

Violet.
Oleander.
Rose.

Violet wanted to share..

“It’s never too late to be a kid again! Don’t be afraid to have fun, take chances, be silly and even make mistakes. It’s all GOOD!”

<https://www.violetoleanderrose.com/>





Hello, I'm Kelly Anderson!

Born and raised in Athens, Georgia, Kelly has worked in the health and fitness industry since 2006. She has vast experience in teaching Pilates, Corrective Exercise, Personal Training, Group Fitness, Mindset and Motivation. She is a life-long runner and has had a passion for all things health-related and anti-aging. She has a BFA degree in drawing and painting from the University of Georgia and ran her own mural painting company for 10 years.

Kelly began her journey into the growing field of Biohacking in 2021 and her ideas for two movements called “Biohacker Mom” and “The Feelin Good Mama” were born to support women and moms 40+. She serves to lift up and inspire women and families all over the world.

Kelly is a single mom, an artist, an illustrator, a writer, a women’s coach and an entrepreneur. She and her daughter, 12, will be celebrating the release of their first of a series of children’s books called “Violet Oleander Rose” in October 2023. Violet is a health and mindset expert for kids.

Kelly and her daughter enjoy the beach and working on new projects together. They share a crazy life with their Red Heeler, Simon, and chubby kitty, Smokey.

