

THE BEE HIGH ON LIFE PODCAST with Queen Bee, Kelly Renee' Baker

Episode 005 -Bee Physically "high" on life

Summary: While I believe spiritual health is MOST important, all other areas of health are very important as well. If you want to live a life of Joy on the daily then you must be "high" on life in all areas. Today we discuss what it means to be physically high on life.

Topics/timestamps:

- \* Comparisons, the 80's, Olivia Newton John and Friends (:45)
- \* Become more Christ like (3:00)
- \* Are you living to your fullest potential (4:30)
- \* Sex, sex, sex (do I have your attention? lol) (6:15)
- \* Focus, what you focus on you get more of (8:05)
- \* Healthy eating and choices (9:05)
- \* Only you can change you (11:10)
- \* YOU are WORTH it (15:25)
- \* Join the "I wanna get physical" challenge (15:45)

Resources:

[https://open.spotify.com/show/7eZcPrfBNGM4szxoFD0mSn?si=uzfQyCpTbmOZTzrgBDs3g&dl\\_branch=1](https://open.spotify.com/show/7eZcPrfBNGM4szxoFD0mSn?si=uzfQyCpTbmOZTzrgBDs3g&dl_branch=1)

[kellyreenebaker.com](http://kellyreenebaker.com)

Episode transcript:

[kellyreenebaker.com](http://kellyreenebaker.com)

JOIN THE "I wanna get physical" Challenge at [kellyreenebaker.com](http://kellyreenebaker.com) OR <https://www.facebook.com/groups/KellysChampionsVIP>

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