

Change Your Life March

Emotional



Quickly write down five things that you don't like. Now write down five things that you love. Which list was faster to create? It is very easy for us to list the things that we don't like—getting stuck in traffic, embarrassing situations, or even going to a job we don't like—but it takes us a little more time to think about what we love. The reason is that the negative seems more predominant in our lives so that is what gets our focus and as a result we get even more negative.

The Law of Attraction says that what you give energy to comes back to you. So, when you are focussed on that traffic jam, the universe gives you a traffic jam. If you want more of the items on your "Things I Love" list to be a reality, change your focus and change your life.

Intellectual

Intellectual wellness is about self-directed gaining, developing, creatively applying, and and abilities that focus on achieving a more wellness would you like to develop? Do you need skills or abilities do you need to gain? What is your these questions and then take some action. class. Or seek a mentor. Or join a debate group. intellectual wellness and your life.



behavior and life-long learning. This includes expressing critical thinking and intuitive skills satisfying life. What area of your intellectual to practise critical thinking? What knowledge, plan to engage in life-long learning? Answer Maybe you need to take a communication a Any of these actions will improve your

Occupational

Being occupationally well is about contributing unique skills/talents to work that is meaningful and rewarding, whether the work is paid or a volunteer activity. Work needs to be personally rewarding for you but also contributes to the well-being of the community at large.

What have you done for your community lately? What skills or talents do you possess that could be better used at work or in a volunteer role? How could you improve the life of someone else?



Physical



Physical wellness involves taking responsibility and care for minor illness and also knowing when professional medical attention is necessary. Physical wellness includes being able to monitor your own vital signs whether perceived or measured. Physical wellness also means understanding the relationship between sound nutrition and the functioning of the body.

Dr. Oz says that there are five lifesaving numbers you should know. They are: blood pressure, waist size, weight, cholesterol and fasting blood sugar. For details visit <http://www.doctoroz.com>. Do you know your lifesaving numbers?

Social

A socially well person contributes to the human common welfare of the community. They take an living environment, encourage effective members, and seek to preserve the beauty and social wellness live in harmony with their fellow interdependent relationships with others and A socially well person works for mutual respect within a community. What are you doing to improve preserving beauty and balance in nature?



and physical environment for the active role in promoting a healthy communication among community balance of nature. People experiencing human beings, seek positive, developing healthy sexual behaviors. and cooperation among the individuals your social wellness? How are you How is your sex life?

Spiritual

People engaged in spiritual wellness are willing and able to transcend themselves to question the meaning and purpose of life. They question all that is around them and have an appreciation for that which cannot be completely understood. These people seek to find harmony between what lies within and the social and physical forces that come from outside.

What questions are you asking yourself in your quest for spiritual wellness?



Words from the Wise

Here is a thought to accompany you on your journey.

- **James Baraz:** Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't).

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