

TogetheriCan

4

October

BECOMING AWARE – DEVELOPING AWARENESS

Have a private conversation between you and you.

Conduct an honest evaluation.

What is it you don't like about yourself, be honest?

What results are you experiencing that you would just as soon not experience?

Look in the mirror what is reflected back at you?

Do your friends agree with your evaluation?

If they don't then maybe your thinking may be mistaken.

Are you over critical of yourself? Would you treat a good friend with the same callousness you treat yourself?

Are there things that you would like to change about your life, possibly the way you think, your physical attributes or your Spiritual outlook on life?

"Living a Longer Healthier Life Workbook" by Dr. Wayne Scott Andersen

Lesson four in the workbook Page 24: "Pinpoint the behaviors that are preventing you from living the life you want,"

Spiritual Assessment: What kind of relationship do you have with God, the creator of everything?

If you do not have a relationship Him, this may be the time to consider establishing one.

If you do have a relationship with God, what percentage of trust and faith do you place in his guidance for your life? Would it be 100%, 80%, 50%, how much time do you allow self to control and run your life?

Physical Assessment: What is your current health status?

Every choice you ever made has led you to where you are today!

Understand how genetics come into play. They are not absolutes!

Understand how your environment affects your health. Unhealthy environments, ones with yelling, anger and fear, as well as physical impairments. High Voltage lines close by, exposure to chemicals, contaminated foods, all lead towards disease.

Mental Assessment: Develop an attitude that says "I don't care what other people think of me." "What other people think of me is none of my business."

Some people will like me, some will not, that is a fact of life. If I worry about what they think, if I become a people pleaser, then I am letting them control me. They become my God, **wow!**

Some people will like what I wear and how I dress, some won't, should I care?

It's your life! You get to choose how you should live it. You don't have to live by instructions from your parents, teachers, pastors, siblings, or friends.

It is best that you come to comprehend that **you have the power to change!**

Ask yourself these questions:

1. Am I becoming healthier today, are my choices (***Simple Disciplines***) leading me in a positive direction towards Optimal Health?
2. Am I using (***Slight Errors in Judgment***) to lead me down the path towards dis-ease?

Forget about maturing, becoming older, that it is having a negative effect on your health. The truth is, the more (***Simple Disciplines***) you incorporate into your life, no matter what your age, the better chance you have of continuing ***Optimal Health***.

Everyone needs help with their life's journey, we are here to help.

Free health coaching
Together (with a health coach) I can

Call 619-722-0264

Michael McCright

Free Health Coaching – provided by the "Together i Can Group"
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