

TogetheriCan

14

November

POWER OF HABITS – ASSESSMENT TIME – FEELING DISCOMFORT

Evaluate what it is you believe must change. **Conduct an assessment** – **Physical** changes – changes to thinking – **Mental** changes – changes concerning your **Spiritual** relationship and possibly changes that may enhance your **Financial** situation.

Most often **when change takes place there is some discomfort** and re-orientation that **needs to be recognized** and then it can become part of a plan. That discomfort may come in the form of financial discomfort, mental discomfort, physical discomfort or sometimes a spiritual discomfort.

Many people will watch themselves deteriorate, already in pain or discomfort, but still **fighting** the fact that they may have to experience some discomfort in order to get to the new place. They **accept the misery** they are in so that they don't have to feel the discomfort they imagine may come their way.

Losing weight is easy - feeling uncomfortable is not!

Prior to incorporating a change into your life, determine what will be involved in order to make that change.

Write down/journal any discomforts that you expect (project) may occur while making this change.

Using discernment, ask yourself the question: **"Will this discomfort I must go through be worth experiencing, feeling and enduring, knowing** beforehand the **benefits** I will receive?"

Know and identify before you start any new process the things that may cause you discomfort while you are on the journey.

Make a decision before you start that you will **be willing to feel those particular discomforts** while you are progressing towards optimal health.

Lock in your mind the saying: **"This, too, shall pass."**

In life there is something called the **Law of Cycles**. If something goes up, it must come down; if something gets worse, then it can get better. Also, if it improves and gets better, chances are that at some point it will probably get worse.

The only consistent things in life are change and cycles!

Old beliefs, definitions and Habits hold us locked into the past. This is where guilt and shame reside. Disabling Habits (smoking, drinking alcohol or sodas, overeating) all keep us walking down the path towards dis-ease. It is as if we become slaves to what others have taught us to believe. This may

be called the ***Path to Destruction!***

Developing an open mind, accepting new knowledge, changing old disabling definitions, accepting Habits of Health bring with it a new freedom. Ridding ourselves of ***Habits of Dis-ease*** opens the door to ***Joy, Peace and a Serenity*** that many have never experienced before. This may be called the ***Path to Transformation!***

Together i Can Or tic - TiC - you choose.

Separation and ***living life to its fullest*** is a ***total contradiction!***

Join with others who have the same goals in mind. Support is essential!

Weight loss, optimal health, a joyous lifestyle is available.

We can help with free health coaching.

Transformational Change is Possible!

Michael McCright

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

Togetherican.com

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