

# The Path

LIFework Renewal

Anxiety, stress, overweight and inactivity create barriers to your health and happiness. **LIFework Renewal** pulls together proven, easy-to-understand practices to help you explore your path to happier, healthier living. Like in sports, this path builds your skills through regular training and guides your actions through specific strategies.

## Training develops your skills

### **Quiet** to develop a *healthy spirit*

Quiet (sitting, eyes closed) calms both your mind and body. The concerns of the day fade and your overall stress level decreases. Quiet also focuses your energy and develops your ability to learn and maintain new habits.

### **Eat right & exercise** to develop a *healthy body*

“Eat right and exercise” is the basic prescription for good health. Develop a lifestyle that includes a diet and exercise practice that you can do for the rest of your life. Consult a doctor, dietician and trainer as needed, but keep the concepts and techniques easy to understand and tailored to your needs.

### **Learn** to develop a *healthy mind*

The mind, like the body, requires exercise to stay fit. Find something you enjoy and learn about it: read, watch movies, find others who share your interest and discuss the finer points. Also, seek opportunities outside your normal experience to challenge and stimulate your mind.

## Strategies guide your behavior.

### **Approach - Unconditional acceptance** of life as it is and people as they are

Your overall approach to life is how you enter into your day or a given situation. It's your mindset, your default setting. Adopting unconditional acceptance as your approach means that you enter each day – each moment – open to what it presents. You take it at face value, without judgment.

### **Respond - Gratitude, kindness & generosity** in response to people and events

Throughout each day you are responding to all sorts of things: traffic, people's actions and comments, the news of the day, how you feel, etc. Practicing gratitude, kindness & generosity helps you avoid rash reactions and teaches you to thoughtfully respond to people and events.

### **Reflect - Understanding and assimilation** of why you react the way you do

When you find time to reflect, consider your strong reactions to certain events. Why do you think the event affected you so strongly? Did the event remind you of something else? As you consider these and similar questions, you will develop a deeper understanding of yourself and empathy toward others.

*A productive and happy life is not something that you find; it is something that you make.*

**Martin Luther King, Jr.**

*How we spend our days is how we spend our lives.*

**Annie Dillard**

*You must be the change you want to see in the world.*

**Gandhi**

*In order to forgive others, we need to first come to terms with how and why we reacted the way we did and what we can do to ensure that we do not repeat the same behavior in the future.*

**Fred Luskin**