

Healthy Lifestyle Notes

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Everything is here to teach us.
Pay attention and learn.
Your choices matter.

Pain, problems and upsets are wakeup calls.
Listen and learn.
Then you can be helpful to yourself and others.

We all choose from the best we know and remember.
So stop, ask and be aware.
Listen to what you know.
Be open to learn more.

Seven Steps to Awakening

Awareness

Notice what is working and not working in your life. Let every upset be a wakeup call.

Acknowledgement

Confess your conscious and unconscious errors of omission and commission.

Allowance

Forgive yourself for forgetting your values. Forgive the past mistakes of self and others.

AHA!!

With a quiet mind and open heart, listen within for what is Real and True in Loving you!

Affirmation

Say "yes" to your inner guidance and clear away your doubts and fears.

Acceptance

Consciously receive All Good the Universe has in store for you.

Appreciation

Respect, value and honor all that is given to you with gratitude and joy.

Healthy Basics:

Pay Attention and Be willing to learn.
Explore and experiment with what you hear and know.
Say Yes to what works. Let go of what doesn't work.
Choose a basic healthy routine daily

Physical:

Air-Breathing.
Water-Hydration
Food-Nutrition
Movement-Exercise
Flow-Elimination

Renewal-Sleep/Relax

Mental:

Thought-Choice

Forgiveness-Release

Attitude-Positive

Perception-Focus on Good

Balance-Moderation

Spiritual

Inner Listen

Nature/Beauty

Contribution-Giving

Presence-Live in the now.

Gratitude-Appreciation