

June, 2018

I'M ALIVE 2 THRIVE

Newsletter, Volume 4



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Do What You Know to Do!

If you're like me, there may be times you know what to do, but for some reason, unknown to you, you just DON'T do it! This behavior, or lack thereof, seems to be overwhelmingly related to my personal well-being. When I think about it, in my work, and in my taking care of others, I do, in fact, do what I know to do. I would not dare intentionally let my boss or loved ones down, so I do what I'm supposed to do! However, when it comes to my personal health and well-being, that is not the case. I am speaking specifically about developing a healthy lifestyle, exercising, and taking care of my mental health. I know that when I take care of these

things, then I am better able to take care of my responsibilities and take better care of others. However, I just haven't done so consistently.

One of the many reasons I love the Holy Bible is that it is "real". By that I mean, the Bible is full of "real" people in "real" situations. Yes, the times are different. The culture is different. But, the people and the struggles they face are real!

One such struggle is highlighted by the great Apostle Paul. He writes in Romans about the struggle that arises between *knowing* what to do but *not* doing it and *doing* what he knows *NOT* to do. In fact, he says, in Romans 7:15, "I do not understand what I do. For what I want to do, I do not do, but what I hate, I do."

It makes no sense, does it? We are intelligent beings. We KNOW what to do! The struggle is real, though, and HAS BEEN real for generations. We can focus on the reasons if we want to. Our sin nature. Our overbooked lives. Our misinterpreted understanding. OR, we could choose to focus on a solution.

I choose to do the latter. I choose to become solution-focused.

What is a solution to this dilemma?

For me is to become mindful and purposeful in "doing what I know to do" in regards to my personal well-being. That sounds altruistic and flowery, I know. But, I have been doing a lot of research on this lately and I believe, for me, this is the answer. I must simply, DO IT!!!

First, I will begin with a plan. Second, I will write it down on my calendar. Schedule it. Thirdly, at the end of the month, I will evaluate my progress.

"Starting over begins when I develop a reawakened appreciation for what I already have, a renewed recognition of what I've recklessly forsaken, a rehabilitated understanding that I foolishly do both of those things, and a revitalized commitment to live the rest of my life never doing either of them again." — Craig D. Lounsbrough





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What about you?

Do you find yourself in a similar struggle? Is there something you want to do, but don't? Maybe you keep doing what you don't want to do. What is one thing you can do today to move forward toward a solution to this dilemma? There is a lot of research out there that looks at ways to improve the quality of our lives, improve our sense of well-being, and promote healthy living. These are researched based practices that provide the foundation for our thriving. See below:

Practical Strategies to Improve Your Sense of Well-Being and Happiness

- Determine and apply your signature strengths in your everyday life.
- Adopt a growth mindset, rather than a fixed mindset.
- Engage in more activities that make us happier:
 - * Be kind. Engage in random acts of kindness daily. You will be surprised at the benefit YOU receive!
 - * Increase your social connectedness. Make eye contact, smile at people, and engage in conversation...EVEN IF you don't want to!
 - * Evaluate your priorities. Research suggests that when we value time over money, we are happier.
 - * Control your thoughts. Meditate. Be still and know HE is God!
 - * Exercise. Get moving. Not only do we experience a physical benefit from exercise but the benefits to our mental state and well being are statistically significant!
 - * Sleep! Getting at least 7 hours of sleep a day increases health, performance, and well-being.

Good Reads

Feel free to contact me for books and references to research.

Practices are adapted from the course *The Science of Well-Being* found at www.coursera.org

Now What???

If you're finding yourself in this dilemma, I want to hear about it.

If you're interested in coaching to help you determine your next steps, please let me know if I can help. You may use the contact form found at my website www.imalive2thrive.com.

