

6 KEYS to a HEALTHY LIFE

1. Be in the present.

Seek to understand the limitations and opportunities that exist right now. Seek to understand if the time is right to act or to stay still.

2. Take responsibility for your own self-care and self-nurturing.

Enjoy what comes from others, but don't let your sense of self be dependent on it. Seek out what makes you uniquely you.

3. Let go of external outcomes, both past and future.

We can influence external outcomes, but never control them. Focus on acting in a way that is true to you instead of focusing on what the external results might be. Know what you want, act to achieve it, ask for help as it is useful, but remember that even if everything is done correctly, external outcomes are at their best only highly probable, never certain.

4. Be humble.

Accept the limitations of being human. Accept the value of being open to making mistakes or appearing foolish. Accept that the path to truth may be different for others than for you. Help others by sharing who you are, not by trying to fix them. Give back out of what you are given.

5. Admit intentional and unintentional errors, and be willing to make appropriate amends.

Communicate about negatives as well as positives. Remember that both are transitory, and keep moving on.

6. Value the uniqueness of yourself and of others.

Celebrate the intrinsic worth that comes from the unique combination of attributes and events that makes a person who they are. Avoid being caught in the roles and labels put on yourself or others; seek to find and relate to the authentic individual within.