

HEALTH & WELL-BEING

WHAT IS YOUR MOTIVATION? ~

Motivations aren't only about powerful intentions. They can be powerful guides to remember your core "why" for living a fulfilling life.

You are invited to prayerfully set a motivating intention followed by three specific intentions in each of the following areas of health and

well-being. All four of these areas interact and relate with one another, but there is wisdom in focusing on each area for clarity knowing that achievement in one will benefit the other.

When you complete each set, take a look at our upcoming services and events to help you fulfill your motivating intentions.

PHYSICAL ~

Physical health and well-being are about conscious, consistent self-care.

Motivating Intention: (e.g., To love my body each day with care and compassion.)

Specific Intentions:

- 1.
- 2.
- 3.

Examples are:

1. Jog in nature three to four days a week.
2. Take time daily in meditation including intentionally listening to my body.
3. Have a compassionate diet that results in losing ten pounds.

PSYCHOLOGICAL/EMOTIONAL ~

Psychological and emotional health and well-being are about inner listening, balance, and constructive ways of expression.

Motivating Intention: (e.g., For my thoughts, feelings, and actions to be in harmony.)

Specific Intentions:

- 1.
- 2.
- 3.

Examples are:

1. See a practitioner monthly to support my mental and emotional well-being.
2. Take personal "retreats" for journaling or hiking at least one day a month.
3. Read three books on the topic of psychological well-being.

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LIFESTYLE ~

Health and well-being as a lifestyle look like healthy relationships, work/life balance, and constructive community engagement towards a world that works for everyone.

Motivating Intention: (e.g., Harmony in all my relationships.)

Specific Intentions:

- 1.
- 2.
- 3.

Examples are:

1. Make sure I take one full day off from work a week.
2. Date night with my spouse or respective other once a week.
3. Attend church once a week.

SPIRITUAL ~

Spiritual health and well-being are all about consistent practices in awareness of the Sacred.

Motivating Intention: (e.g., Daily time for Spirit, anchoring myself in what is most Sacred to me.)

Specific Intentions:

- 1.
- 2.
- 3.

Examples are:

1. Read something inspirational every day.
2. Go on a three-day silent retreat.
3. Find two new spiritual writers who inspire me.