

From small seeds big trees grow – Making a healthy/positive lifestyle resolution you can live with

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MAY DAY MAY DAY

It's now the 5th month of the year, and many of you may have established a resolution at the start of the year, but now your energy and motivation to continue may be waning, your current lifestyle just constantly seems to get in the way of your resolution, or you may even have forgotten about your resolution altogether. NOW may be a good time to re-look at your HEALTHY or POSITIVE lifestyle resolutions.

The following are simple principles we use, which may be helpful for you.

HAVE SOME ATTITUDE

- A healthy lifestyle is foremost an Attitude of mind – set your intention to lead a healthy lifestyle in what ever way you would like. Resolve to be Committed to your intention or task.

I'M OK, YOU'RE OK

- Be accepting and non critical of yourself – we ALL have negative habits and addictions, which may not be good for us – this is your truth. A time will come when we need to let some of them go.... This is perhaps the best mark of a spiritual person – one who considers her limitations and then aims to go beyond them in a loving, not aggressive way.

CHECKS AND BALANCES

- Do a lifestyle check – how is your lifestyle working for you now? What realistic changes may be needed in your life to take you towards how you would like to be?

- Reflect on what is important for you – I find my best reflection comes when I run or when I walk on the beach. What is your activity, if any? Reflect and consider who you are, what you are doing now, and is it what you would like to be or do.....

Do you have any unhealthy or negative habits you need to change?

A CHANGE IS AS GOOD AS A HOLIDAY

- Nothing will change, if you keep doing the same thing – so yes there is some effort involved – you may need to go outside your comfort zone, but balance this with the personal satisfaction of knowing you are achieving something GREAT.

- What ever you want to do – write it down, place it on the fridge (or someplace where you see it daily) and tell some one.

- Make small changes only – make a priority list and add one positive habit or remove one negative habit at a time.

HEART BEAT

- You need to want to do it from your heart. No rocket science here – you may like to do it, BUT if you really don't want to do it, then it won't happen. In other words, choose to do something realistic.

BABY STEPS

- Try to find a way of incorporating that new skill or habit into your schedule, so it doesn't impact too greatly. For example, a few years ago, after being extremely inconsistent with my meditation practice, I decided I would practise it 2 times per day, where I can't forget or it could slip away – first thing in the morning and last thing at night and I mentally said to myself just for 5 minutes – so easy. It is usually always much longer, but the point is it doesn't have to be.

- Find those few spare minutes – often people come to me who are trying to fit yoga into their lifestyle and say they don't have enough time for 30 minutes or 60 minutes of yoga – that's OK; just choose a few practices which work best for you and just take a few minutes each day with them.

A STEP AHEAD

- Educate yourself, and practise to gain mastery – learn all about what you need to do – through learning you gain interest, maybe even excitement, which will help to keep you motivated.
- Empower it with your RELAXATION or MEDITATION practice – repeat your resolution 3 times before and after your practice.
- Persevere – for sure things will come up and you will sway from your path, but hey we are all human! Just keep trying..... and be kind to yourself. Generally speaking if you keep practising you will gradually find that the change becomes a new positive habit.

BUT IT'S NOT WORKING

- Take time out to check back with yourself – how are you going?
- If it is really not working for you, try something else or get some assistance – nothing like an external person to give you a “wake up” and keep you on your toes!

LISTEN UP - IT'S MY LIFE

- There is so much information out there – advising one to eat this way, take this supplement, do this exercise, live this way – it's all very confusing.
- Yoga suggests that we need to go inward more to listen to our bodies and minds, and in this way we will better know what we need and is healthy for us.