

the WELLBEING NAVIGATOR

how do we continue **improving** our health when sometimes it seems so difficult to **keep up**?

before you begin...

Improving your your wellbeing can dramatically — and positively — affect your happiness, success, and contribution. It's power cannot be underestimated or ignored.

In this exercise, we share four of the top obstacles to achieving a higher level of wellbeing. Answer the accompanying questions to help you navigate around your obstacles.

These top obstacles have a way of reappearing throughout your lifetime. We suggest that you revisit this tool each quarter to check your progress and make any necessary adjustments to your approach.

obstacle #1: poor habits

Poor habits are rituals that don't propel you in the direction that you desire to go. They are counter-productive to the results that you want to see in life. You can create new habits through incorporating new rituals that align with achieving the change you want to make.

define what you want to change.

Start by picturing your ideal vision of good health over the next 1, 5, or 10 years. How do you eat? What are you doing to stay active? How do you refresh your energy?

what do you need to stop/start?

what new rituals will help you?

obstacle #2: lack of time

We all have the same amount of hours in a day, but we don't all use them the same way. We often use the excuse that we don't have time to eat right, exercise, or take time for ourselves. And yet, some people DO find the time. So can you.

Look at your calendar and schedule the time you need to be healthy. Schedule it FIRST.

find the time.

What can you eliminate or delegate from your schedule to free up more time to be healthy?

how will you be active? when?

how will you eat better? when?

obstacle #3: knowledge gaps

Educate yourself – The more you learn about health & wellbeing, the more things reveal themselves. Begin with the things you are interested in. Be open to exploring new areas.

Surround yourself – Stay close to others that are on the same path that you are. Find role models and accountability partners. Build your own personal health & wellness community.

Start small – You don't have to learn everything all at once. Begin with a blog that really speaks to you. Buy a book on the topic that you are curious about. Talk to a nutritionist or a trainer

what do you desire to learn more about?

where can you get more info in those areas?

obstacle #4: negative self-talk

You are amazing.

You are strong.

You can do this.

You have it in you.

As we learn to replace negative self-talk with positivity, something happens. We become less critical of ourselves. We become more accepting. We begin to believe that we CAN.

Use positive affirmations - Instead of saying "This is too hard," tell yourself "Growth only happens on the edge of my comfort zone." Remind yourself regularly that you can do it.

Write a story to live into – Create a story for yourself that will remind you of what you've set out to accomplish. "I always work out three times a week, it's non-negotiable." If you tell others your story you are even more likely to stay in integrity with it.

what change(s) are you using to kickstart?

what's your story? (be positive)