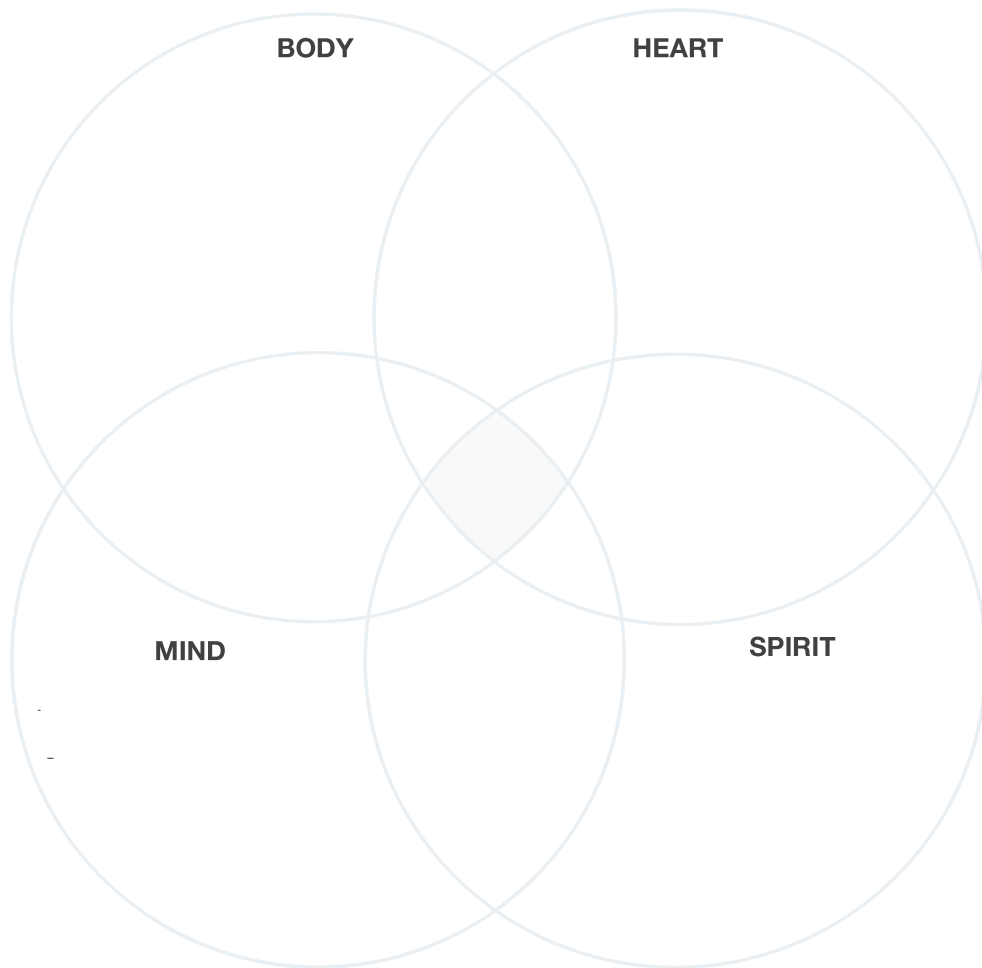


Start, Stop, and Continue

Think about one thing you would like to start, stop, or continue in each dimension of renewal.



Ideas for Balanced Renewal

BODY

Options to build your physical capacity:

- Get the amount of sleep you know your body needs.
- Set health and fitness goals (run a marathon, reach a certain cholesterol level or a target weight, etc.).
- Include vegetables, fruits, whole grains, fiber, and lots of water in your diet.
- Ensure that your exercise routine is not one-dimensional, but includes flexibility, strength training, and cardiovascular endurance.
- Reduce stress by eliminating Quadrant 3 activities.
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MIND

Options to build your mental capacity:

- Keep a journal to collect your thoughts and allow you space for working out problems.
- Read *voraciously*. And if you don't understand *that* word... well, our point exactly.
- Collect quotations that inspire you and stimulate your mind.
- Develop a hobby that allows you to do something you love.
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HEART

Options to build your social/emotional capacity:

- Keep your relationships in constant repair through continual deposits into the Emotional Bank Account.
- Value the differences in others and look for opportunities to Synergize.
- Build on strengths—your own and others’.
- Practice Empathic Listening regularly with the people who are important to you.
- Widen your circle of friends.
- Forgive yourself and others who may have hurt you.
- Build family relationships—both immediate and extended.
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SPIRIT

Options to build your spiritual capacity:

- Create, review, and refine your Personal Mission Statement.
- Appreciate and enjoy the world of nature.
- Read inspirational literature or biographies of people who inspire you.
- Commit to a life of total integrity to your priorities and deepest values.
- Listen to inspirational, uplifting music.
- Commit to serve in your family and community. Give of your time, money, and self.
- Practice meditation, reflection, or other activities that inspire you to be your best self
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