

My Own Self

Spend time now recording some of the key points you want to recall related to your relationship with self. Consider each question, starting with the head and moving down to the toes.

How do you (or will you) nourish your mind? What practices will help you grow intellectually?

- read at least 25 books this year
- study the Gospel of Luke
- plan to teach a class on some topic that interests me
- practice Spanish with Pimsleur tapes

How do you respond and relate to your feelings? What practices will help you grow emotionally?

- develop my "extrovert" side — take risks to meet new people
- monitor "negative thoughts" that lead to depressed feelings
- grow a new friendship
- keep company with happy, holy people for support (but don't neglect others)

What would you say about your relationship to food? What practices will help you nourish your body properly?

- limit portion size - eat less, eat slowly
- reduce carbs and sugar
- check weight once a week
- more exercise, adequate sleep

Do you (or will you) make time in your weekly schedule for exercise? What practices will help you stay fit?

- running or walking - 6 x/week for at least 30 minutes
- gym or exercise video workouts 3 days/week

How do you make time for rest in your life? What practices could you adopt that would help you claim sufficient time for rest and relaxation?

- make sure I get 7-8 hours of sleep each night
- Sabbath Day - once a week - NO work allowed
- 15 minute pauses throughout the day — remember to breathe when stressed

How do you maintain balance in your life? Are there any aspects of your life that are currently out of balance?

- limit hours spent working
- reduce email
- turn off technology during prayer + reading times and on Sabbath Days

What practices could you incorporate into your life that would help you maintain a better balance between work, study, prayer, sleep, etc.?

- daily work periods : 9:00 am - 12:30 pm and 1:30 - 4:00 pm
- exercise 30 minutes/day, 6 days/week
- sleep 7-8 hours/night
- meditate 30 minutes/day
- read or study most evenings