

## 6. Live Life With a Passion by Tim Reynolds.

It's Your Decision to Live Life with Passion

By Dr. Tim Reynolds

I started my adult life jumping out of airplanes at age 17 as a member of the US Army Airborne and then went on to Special Forces Green Beret training. Talk about learning to live with passion. Everything we did, we did all out. This experience was where I learned the philosophy of work hard and play hard! It was also where I adopted the philosophy of "physical fitness: the difference between self confidence and self doubt," which I still believe to this day.

I have maintained this philosophy through my adult life and it has served me well. I still love working hard and I still love playing hard.

Since becoming a physician, I have had the privilege to interact with many people and even impact their lives. I have noticed a huge difference between those who live with passion and those who simply live from day to day and how it affects their health. Those who face each day as an adventure and are excited about opportunities coming their way are definitely in better health. They miss fewer work days and are happier about what they do.

Here's an example. In my clinic we handle many cases related to occupational medicine and workman's compensation. It is interesting to watch someone with a workman's comp injury and see how their philosophy of life affects their ability to get back to work. Those who live their lives with passion and are happy with their lives heal their injuries more quickly and get back to full duties in a much more judicious fashion.

On the other hand, those whose life's philosophy is "what can others do for me?" or "how little work can I do and still get paid?" tend to milk the same injury for as long as possible. In fact, they will begin to become their disease or illness. As they try to get more time off and prove that they are in fact injured, they start to take on the characteristics of a person with that injury even if there is no physical evidence they actually have the injury.

What can we learn from this phenomenon? The mind is a powerful tool and we need to be careful of how we feed it and where we direct it.

Our lives and our health are a reflection of our thoughts. The way we choose to live begins with the things we choose to think about and the things we allow to enter our minds. If we continue to fill our minds with garbage from the media, magazines, and television, our lives have very little chance of taking on the excitement, adventures and opportunities we all hope for.

However, if we take that same time and fill our minds with the opportunity to learn by taking classes, reading good books and listening to positive educational/motivational material, our lives will take on a whole different meaning. It won't happen right away. At first, you may not even notice a difference. But if you continue to listen to and read from good teachers, you will start to see your life change for the better.

Every day we are blessed with the opportunity to create the life of our dreams. We only get one opportunity to live on this earth (as far as we know), so why not make it everything it could be? Why not take this day to say we are tired of living the way we have in the past and then realize that the past does not equal the future?

Geese fly south in the winter because they are geese - they have no choice and it is what they are programmed to do. We are not geese; we are humans; and we can choose to do something else. We are the only species on earth that can make plans and set goals and realize the physical equivalent of our thoughts.

Health is a journey. It begins with the mind. Your particular philosophy on health and what makes for a healthy body will far outweigh anything you do at the gym. Living a life full of passion and joy and adventure will also lead to a life of health. So make a decision that this is the day you truly turn your life into one of adventure and romance and fun. Live every minute and live with passion.

[Ed. Note: Tim Reynolds, M.D., is a board-certified Emergency Medicine Physician. He is a Managing Partner of Healthcare Express and the Chief Medical Officer of Urgent Care America. Dr. Reynolds is also a health and lifestyle expert and sought-after speaker.]