

Activity 1: How Can I Best Utilize This Book

Use to select an option of how to proceed through this book

- If you struggle with change, you are highly encouraged to start with chapter 15, or at least complete the activities in chapter 15, before implementing a wellness compass journey to accomplish any goal.
- If you are struggling with issues that involve building your willpower or self-discipline, consider completing activity 12.1 before implementing a wellness compass journey to accomplish any goal.
- If you are struggling with an emotional issue, please consider completing activities 15.1 and 15.2 and activities 2–5 for a more robust foundation before launching into the socioemotional domain outlined in chapters 6–9. Do not leave out activity 4, as clearing your conscience could be a key aspect of what is causing you emotional distress.
- If you are struggling with debt or overwhelming financial issues, you may benefit from immediately completing activity 17.3 and activity 17.4, and I highly encourage you to complete activities 2, 12.1, 14.1, 15.1, 15.2, 16.1, and 16.2 before launching into a wellness compass journey for a more comprehensive foundation for financial success.
- If you desire to lose weight, consider completing activity 3, all the activities in chapter 7, activity 9.1, and all the activities in chapters 11–14 before commencing a plan. If you struggle to stick to plans once you initiate change, you may also find activity 15.1 and chapter 16 very helpful. Why do all of this first? Do you want to be effective, or would you rather continually increase your body fat with a yo-yo approach to dieting? Also, there are lots of obstacles to successfully losing weight and keeping it off; with a comprehensive approach and a realistic plan, you are much more likely to develop and implement the strategies that you need to be successful.
- If you aim to really define and live your life more purposefully, in order to live each day based on your values and be as fully contributing as possible, you are encouraged to skim the entire book before reading and doing the activities in chapter 17. If you are very content with your physical well-being, you could perhaps just assess how you are doing compared to the “Wellness Compass Healthy Habits” (figure 10.1) and, if doing well, not complete other of the physical domain activities.
- If you struggle with balance or otherwise feel stressed out, it may be tempting to just zone in on chapter 17, “Maintaining Balance.” Unfortunately, *maintaining* balance requires real understanding of all the other domains and what’s most

important to you at this time. At the very least, please consider completing all the activities in chapters 2, 3, 7, and 9; completing activities 11.2, 13.1, and 14.1; and reviewing table 16.1 and figure 15.1 before diving into chapter 19. If you are not clear on your life purpose, also include activity 14.2. If you struggle with time, also consider playing the life-purpose game (chapter 18), as this will likely provide you with new insight about your time management practices.

- ❑ *Know yourself.* If you are already functioning at a very high level of wellness across all wellness domains (i.e., if your Wellness Profile Assessment domain scores are all considered very good or excellent), or if you are mature enough to know what long-term goals you want to focus on—what is referred to as wellness lifestyle planning—consider skimming chapters 20–24 and initially focusing your efforts on chapters 22–23.
- ❑ *Still not sure?* Start by completing the wellness profile, then skim chapters 2, 6, 10, 14 and 20-21, so you have an excellent overview of the key components of the book. Then, just go with your gut!

Success requires your motivation and commitment (sweat equity). You will reap what you sow, tend, and harvest. You can use this book and the suggested activities to fundamentally and permanently enhance all aspects of your well-being, or maybe just work on the one or two goal that have eluded you. More than anything, your success depends on how committed you are to accomplishing your goals, how motivated you are, and how you use that motivation to propel you through every wellness journey.

The journey of 1,000 miles begins with one step.
—Lao Tzu

Begin with the end in mind.

Consider completing a Wellness Compass Profile (see chapter 21, step 1.1) as your first step that will provide you with a snap shot of your overall well-being before embarking on any specific journey.