

Chapter 23

Maintaining Your Wellness Lifestyle

Remember, you and you alone are responsible for maintaining your energy. Give up blaming, complaining and excuse making and keep taking action in the direction of your goals ...

—Jack Canfield

If you commit to a lifestyle of maintaining high levels of well-being, you will feel great! True wellness leads to optimal well-being: energy, clarity of mind, self-control, competence, purposeful actions, and harmony. If you seriously implement the Wellness Compass Journey (or a similar process), you should expect to firmly root good habits, maintain the majority of your progress, and accomplish new goals. Of course, how much you change depends on your initial overall well-being, how much time and energy you invest, the challenges that occur along the way, and the extent to which you secure the professional support you need when you need it. After the end of two years, you will very likely have adapted the process so it's personally yours, perhaps from time to time looking back at *The Wellness Compass Travel Guide* for reference and inspiration.

Activity 23.1 Preparing for My Wellness Lifestyle

Use this activity to jumpstart your long-term thinking. Use activity 23.2 to refine your plans.

The Wellness Compass is designed as a guidebook for a lifelong journey. Travelers who have a long-term vision approach their well-being with a different mind-set. Because of this conviction, their time, resources, and efforts are viewed as investments—deposits that one will harvest annually as a part of their wellness lifestyle. A great harvest typically takes greater preparation.

Part 1. Defining my wellness lifestyle

What would your life be like if you sustained a high level of well-being across all wellness domains?

How would you look, think, feel, and act? What could you do? What would you not do?

How long do you want to maintain a high level of well-being?

Part 2. How will you maintain your wellness lifestyle?

Suggestion. Check off key the ideas that resonate with you right now, at this time in your life, as aspects of your well-being that you either plan to aim for now, or would like to strive for within the next year.

- ◇ Make it simple as you can.
- ◇ Commit to maintaining your success from day one. Don't ever set a lower goal; always aim to maintain your success.
- ◇ Consider wellness an ongoing part of your lifelong learning. Practice: devote time to plan, implement, and monitor your progress.
- ◇ Integrate wellness into data management systems. How do you organize and track your wellness information?
- ◇ Invest in the experts you need most. Who could help you the most?
- ◇