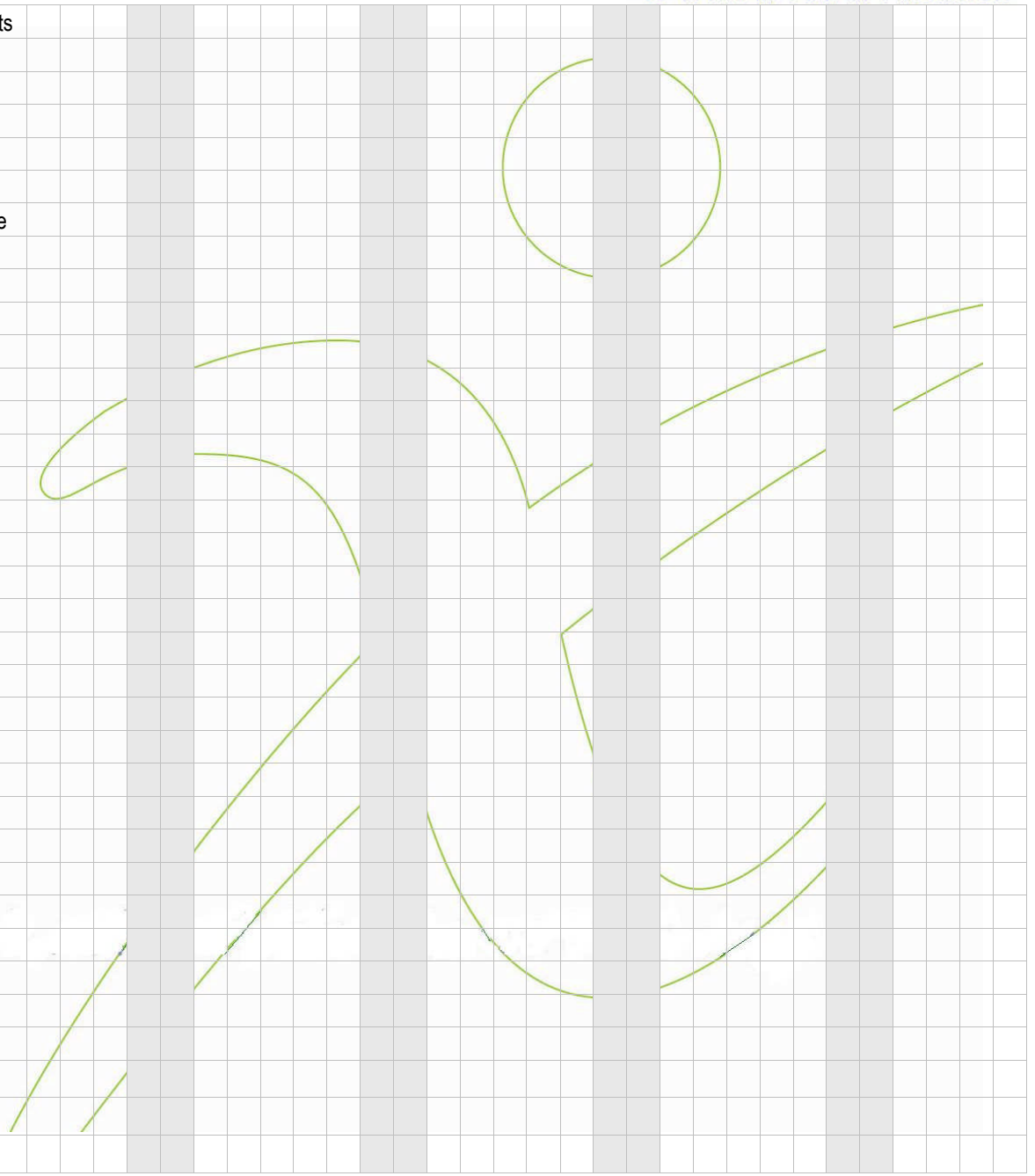
Name: `s progress towards being on track with work-life effectiveness. Starting date

maximum IMPACT PROFESSIONALS
...on track with work-life effectiveness

Nutrition 5 Veges & 2 fruit daily, less fat from meat & dairy, less processed, supplements
Exercise Double heart rate for > 30 minutes 3-4 time weekly, walk, enjoy, consistent
Water 8-10 glasses -2 litres / day – wee stays clear; < caffeine, < protein
Sleep/ Recreation early, 8 hrs, pattern, chill out, fun, out-doors
Temperance moderation & balance in all things good and cease bad stuff
Attitudes your call! Accept what won't change, solution focussed, win-win, life's short!
Relationships know & value them, rationalise, release/deal with 'bad spirits', the Divine
Trust test assumptions, D&M friends & family, society/ strangers, God
Admit that I battle a range of 'real', 'threatened' & 'imagined' issues
Avoid '**noise'**, take a regular quiet time
Avoid **extremes**
Be **courageous** in the light of entrenched patterns
Be emotionally **honest**
Be intentional and careful in **confiding** in others
Be **merciful** & forgiving
Be **relationally** focused & reconciling
Be **teachable**
Don't invest in **blaming** others
Take responsibility to allow God to **reprogram** my mind
Test my assumptions about people's view of me
Use **reminder** stickers
Work responsibly with your GP or practitioner, **map progress** and re-assess
Intelligently **experience** your feelings
Journal with explicit reflection and insights
Learn an appropriate & accurate **language** to describe your feelings
Maintain a **gratitude** attitude with a focus on the positives
Recognize **stress** as normal and neutral – and 'manage' my responses
Progressively **reconnect** relationships which aren't toxic
Regularly do something inexpensive I **enjoy**
Reject the lies & **negative messages** of the past
Sing, enjoy nature, smell the roses