

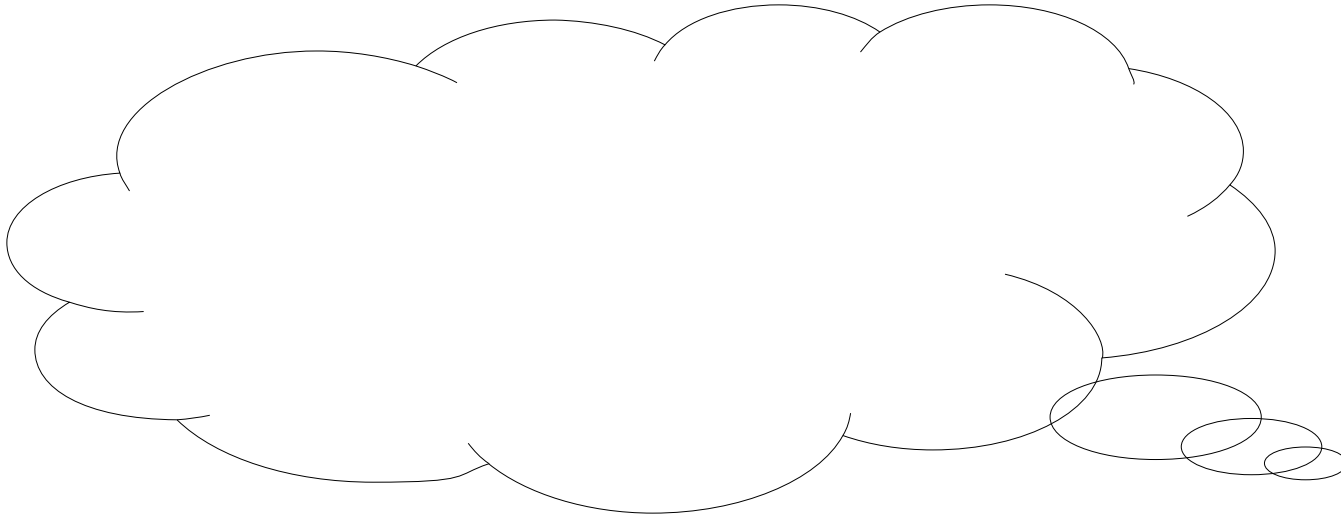


Day Four: Holistic Fitness

Approximate time to complete today's lesson: 10 minutes

Mental, Physical, Emotional: It's about the total package, baby!

Chances are good you already have some physical fitness goals on your mind. Physical fitness is a form of self-care. Look at what you've already said is an area of focus for you in the next 12 months (Faith and Family). Based on what you already know to be coming up for you in the coming months, what is a reasonably achievable physical health goal for you? Write that goal in the space below.



Unless we are enrolled in a course or training program, most of us don't often give much thought to improving our minds. But our brains are the center of both our emotional and mental fitness.

In the space to the left, brainstorm some things you might like to learn more about or new things to try in the next 12 months. Consider both online and offline courses, books, videos, trainings, conferences, and meetings. Use additional paper, if needed.

Pick Just Two (Yep, I said TWO!)

Let's run with your physical fitness goal – this is usually the one goal most people spend a lot of time considering. Select one additional goal in the Key Area of Fitness to change. What one thing would give you the most cause for celebration? How would you benefit from these two shifts? What would you miss out on if you didn't make these shifts?

Self-care is an imperative. Put your own oxygen mask on first!