

# Creating a better you

There are many times in our lives that we resolve to “create a better you,” be it your New Year’s Resolution, your birthday wish, that last check up at the doctor, or maybe it’s even the birth of your first grandchild, whatever the reason, celebrate the opportunity and make it work! Here are some ideas to help you create a better you.

First, realize that it took you some time to get where you’re at and it will take some time to get where you want to be. You didn’t put on 20 pounds in one day, so you’ll not take off 20 in one day. You didn’t get arthritis overnight, so you won’t get rid of your arthritis overnight. You didn’t become a couch potato in one weekend, so you won’t be able to run a marathon with one weekend of preparation, either. I know, that’s not the way you want it to be, but I’ll tell you a secret now, life’s not the way you want it to be ☺.

Actually, I think that doing things step by step, little by little is a good way to do it. Stop and think, when you take a walk which do you enjoy more, the hurried, fast as you can walk that only serves the purpose of getting you from point A to point B as fast as you can and the whole time you’re moving you’re thinking ahead of what you’re going to do when you get to your destination and trying to remember if you’ve forgotten anything important and maybe you’re even thinking further ahead and wondering what you’ll have for dinner or what you’ve still got to do before that meeting next Thursday. Whew, I’m tired and frustrated and all I did was write that sentence! Now, consider the walk that you took with your dog (or child, friend, spouse, or maybe by yourself). As you walked the dog chances are you had spurts of hurry as the dog rushed to see a spot on the sidewalk or its favorite tree, but in between you had moments of meandering, times you stood still and even probably times when you had to backtrack because some spot didn’t get a proper sniffing. How many pleasant moments did you find in the walk? Did you notice if there were leaves on the tree? Did you notice if there were any flowers blooming? Did you have a moment to wave hello, or maybe even stop and chat with a friend for a minute or two? When you were done with your walk, did you end it with an exchange of love? Tell me, do you feel more renewed after reading the description of that walk verses the first description?

I think that creating a better you is best compared to walking the dog. We will have times when we make rapid progress. Times when we stop progress and even some times when we go backwards. There are even those unpleasant times when we have to scoop the poop. But, all in all, we make progress, we feel good about the experience, we are renewed, and we know there will be an extra little bit of love when we reach our destination. We even know that we get to look forward to walking the dog again tomorrow and that means that we’re not going to achieve perfection today.

Okay, so now we realize that it will take some time to create a better you. Let’s get started so we can start making progress!

Sit down and create a plan. A plan is different than a goal. A goal might be, lose 20 pounds before June, participate in the August marathon, or exercise daily. A plan takes a little more thought. Here’s an example...

My goal is to create a better me in 2010. I plan on doing that by living healthier. I need to make some lifestyle changes. I am going to do one thing for myself that will help me create a better me every day. Some of the things I have to choose from are:

1. Drink a glass of water.
2. Giggle.
3. Eat my next meal off a salad plate instead of a dinner plate so I eat less.

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4. Play with my cat.
5. Clean a corner or shelf or cupboard in my house that's been bugging me.
6. Stop and breathe deeply while clearing my mind for 60 seconds.
7. Apply an essential oil of my choice, even though it's not my regularly scheduled time to do so.

Okay, that's 7 ideas, that's a good start. I will add to my list as time goes on. My plan is to put each idea on a colorful piece of paper. I'm then going to put those pieces of paper in a jar and put the jar where I will see it numerous times a day. Then, I will start in January by selecting one piece of paper from the jar a day and doing whatever it says; after I do it I will put the paper back in the jar. In February I will re-evaluate and decide if I should continue with one per day or up it to two per day.

Note that I specified that I would put each idea on a colorful piece of paper. That's important. The color helps perk you up, it creates a little something in you that makes it so you look forward to looking at the paper. People are like fish, they like bright, shiny things. Also notice that I have nothing negative in my jar. Positive thoughts and ideas actually release a hormone into the body that makes us happier. I made most of my items specific, but I have found that I am an independent person (notice I own a cat) and I start to get growly if too much of my life is structured. That's why I put in item 7; apply an essential oil of my choice spontaneously. I believe a little spontaneity is good for the soul.

I know that many of you will want help and input in your plans. This is part of human nature; it helps us interact with each other. It helps us build friendships and relationships. As part of this year's health articles I will be writing an article each month that will outline a plan for creating a better you. Some plan ideas might include:

1. Weight Loss
2. Controlling Temper
3. Starting a Garden
4. Learning to Relax
5. Allergy Control

What plans would you like to see? Drop me an e-mail with your input and we'll see what we can do. But in the meantime, set your own goals and write your own plans. Get input from those around you. If those around you aren't interested in what you're doing or don't want to give you input, e-mail me your plan, I'll be happy to be interested and to give you input.

I hope you enjoy the first article in this series: Boosting the Immune System

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