



We often think that rewards come from sacrifice. We put off eating right and sleeping well to pursue the money... or we think we're selfless and have to just keep giving to others, no matter what the cost. Well, the cost is you... and you're too valuable to lose.

Suffering is suffering; doesn't matter the goal. Regardless of whether or not the goal is reached, the path to it is just horrible. Life is so much more than that!

We are the vehicles of our dreams. Our goals and aspirations are created by us, and happen to us. If we slowly eat away at that vehicle, it won't matter what happens outside ourselves; we won't be able to enjoy it by the time it arrives. So we need to take care of our most valuable assets... our selves.

To do that we need to create BALANCE - which is a fair amount of effort in exchange for what we receive - and HARMONY - having each part of ourselves work well with everything else.

To achieve that, we need to fulfill each one of these areas - work, play, rest and growth. Each one feeds off of, and nurtures, the others... providing they stay in harmony and balance.

Why is it easier said than done?

Old habits get in the way; or somewhere along the way we were taught that thinking about ourselves was selfish and "selfish" is wrong.

It's also just easier to NOT take care of ourselves. Junk food is handy. Lack of exercise only needs a sofa. It's easier to come up with an excuse than it is to come up with a solution.

Why should I do it anyway?

Life decays when it's not cared for. The less we do, the less we're able to do.

The opposite is also true. The more we do, the more we are able to do. (Remember I'm saying "do" not "overdo"... keep thinking balance and harmony, balance and harmony)

Where do I begin?

Take note of all the stuff you do do... how much work, how much play, etc. Next, starts to find activities in the empty areas. Take time away from the bad things and start putting them into the good things. (That means "TAKE A BREAK" for you... and "GET OFF THAT COUCH" for you)

Start eating better, rather than stop eating poorly; start being active if you're not. Just keep track of what you're lacking and bring it in. Your balance will find itself.