

Optimizing Well-Being

Your well-being is a well-rounded, inclusive experience that includes your health and vitality in many dimensions. These questions are designed to assist you in discovering your unique willingness, and to prioritize your well-being in word and action. Once you sense your clear willingness with each question, begin asking yourself ‘how’ to follow through choosing clear, measurable and in-the-moment actions.

1. Am I willing to commit to being my own ally?
2. Am I willing to claim healthy responsibility for my overall well-being?
3. Am I willing to make healthy, daily investments into the areas of my life that constitute my well-being (creativity, physicality, emotional health, professional success, relational harmony, FUN, intellectual development)
4. Am I willing to make friends with, and express, my authentic feelings in friendly and satisfying ways?
5. Am I willing to clear up and resolve whatever has been in the way of me making my well-being a priority?
6. Am I willing to make clear and reliable agreements with myself regarding the care of my physical body? (plenty of good rest, food, water, movement, deep listening)
7. Am I willing to listen for and follow through with my essential, whole-body yes/no, even if it doesn't always make sense?
8. Am I willing to claim 100% responsibility for my sexual energy AND make choices that are aligned with my integrity and overall well-being?
9. Am I willing to fully engage with my body as my ally?
10. Am I willing to see the experiences of my life as totally ‘for’ me, and the enhancement of my well-being?
11. Am I willing to use ‘wonder’ as a way to connect my whole-body experience AND new possibilities for my health and well-being?
12. Am I willing to appreciate all the messages that my body is sharing, even if I don't always like it?
13. Am I willing to be generous in my self-appreciation?
14. Am I willing to easefully shift from self-blame to wonder, and begin to prefer the sensations that come with whole-body wonder?
15. Am I willing to empower myself with healthy responsibility and alive choices, rather than outsourcing my power to the rules of others?
16. Am I willing to invest my time, energy, money and attention into things that cultivate my aliveness?
17. Am I willing to claim myself as a magnificent animal and totally lovable?
18. Am I willing to participate with all of my feelings as access points to my creativity and deeper wisdom?
19. Am I willing to have my choices and actions for well-being inspire others to prioritize their well-being and aliveness?

