



Chaos Clarified

MAKING A PATH
THROUGH THE TANGLE
OF LIFE

Rate yourself in each of the following areas from 1-10, 1 being unhealthy and needs a lot of attention, 10 meaning you're acing this area of life and don't need any growth whatsoever. Add notes about each area.

PHYSICAL HEALTH

MENTAL & EMOTIONAL HEALTH

FINANCIAL STABILITY

JOB SATISFACTION

RELATIONSHIPS

MINDFULNESS PRACTICE

THIS IS CALLED A PRACTICE BECAUSE THERE IS ALWAYS ROOM FOR IMPROVEMENT TO BECOME MORE IN TUNE WITH OURSELVES IN DIFFERENT WAYS. CHOOSE ONE OR TWO OF THE FOLLOWING TO IMPLEMENT INTO YOUR ROUTINE THIS WEEK. MAKE A NOTE OF HOW IT IMPACTS YOU.

MEDITATE/PRAY

BEGIN WITH FIVE MINUTES EACH DAY, THEN ADD A MINUTE EVERY WEEK FOR SEVERAL WEEKS AND SEE WHAT IT DOES FOR YOUR DAILY OUTLOOK.

BE INTENTIONAL

PRACTICE BEING IN THE MOMENT WHETHER YOU ARE PREPARING A PRESENTATION, EATING A BURRITO, OR PLAYING WITH YOUR PRESCHOOLER.

DISCONNECT

SET ASIDE ONE HOUR EACH DAY TO GO DEVICE-FREE.

MOVE

FIND SOMETHING YOU LOVE DOING. FEEL WHAT'S GOING ON IN YOUR BODY, LISTEN TO WHAT IT TELLS YOU, AND ALLOW YOUR BODY TO DO WHAT IT WAS CREATED TO DO.

FRESH AIR

IT DOESN'T MATTER WHAT YOU DO, JUST GET OUTSIDE AND BREATHE. FEEL THE SUN AND NOTICE YOUR SURROUNDINGS.

CHAPTER 2

Define Your Destiny

You've heard that the journey is just as important, if not more, than the destination.

Maybe, but wouldn't it be nice to know where you're headed?

Make it easy on yourself and clarify where you're going. you'll enjoy the journey a lot more that way.

The sky is the limit as you think about where you are headed. Dream big and let your mind wander for a while. Let go of expectations placed on you by yourself and others to reach further than you ever have. The only boundaries you have are what you allow. Stretch yourself and go beyond the limits you've created in your mind.

“AWARENESS IS A KEY INGREDIENT IN SUCCESS. IF YOU HAVE IT, TEACH IT, IF YOU LACK IT, SEEK IT.” - MICHAEL KITSON



Create

Create Healthy Boundaries Outside of work relationships, which you may or may not be able to control, who in your world is life-giving? You know, the people who are positive, friendly, encouraging, collaborative, who get you, and allow you to be yourself. Think of the ones who are successful, provide a great example for you to follow, and who are willing to invest in you.

Write down the names of healthy people in your life and why you enjoy being around them or what you admire.

CHAPTER 7

Minimize The Clutter


Probably a dozen times every month I tell myself I need to minimize. Minimize the clothes in my closet, reduce the content of my kitchen cabinets, get rid of everything in my bathroom cabinet that is dried up and hasn't been touched in years, and have less stuff in general to clutter my life. I'm definitely not a pack rat, but sometimes I get overwhelmed by things that seem to crowd me.

My clutter goes beyond the 8 pairs of boots in my closet for every possible wardrobe combination.

Activities clutter my calendar. The constant digital availability for clients at work clutters my brain, day and night. I frequently feel the effects of mental and emotional clutter in a much greater way than any of the tangible stuff in my house.

What is currently creating clutter in your life?

“I THINK THE FIRST STEP TOWARD ACHIEVING YOUR GOALS IS TO FIRST HAVE GOALS. I THINK IT IS IMPORTANT TO SET ACHIEVABLE GOALS FOR YOURSELF. IT IS ALSO IMPORTANT TO SET STRETCH GOALS FOR YOURSELF. SOMETHING THAT MIGHT BE A LITTLE FAR OUT OF REACH. - JOHN LYON, CEO OF WORLD HOPE INTERNATIONAL



Externally processing these thoughts brought out an articulate statement that might not have surfaced otherwise. As I spoke these words to my friend, the epiphany of what I said made so much sense to me. Every highlight of my life revolves around interaction with people, whether it's speaking to a large group or the more common occurrences in my life of one-on-one conversations.

Months after the initial revelation of this core value for my life, I still feel like it's a really big deal as I write it down and an idea I must keep close to my heart.

I've found that I tend to keep ideas to myself for a while because I know that once I tell another human being, I'm on the hook for followup. I know the next time I see a friend with whom I have shared a goal, I will be asked how my idea is developing or what action I'm taking to achieve a goal. It can be tough to answer that a once exciting idea has dwindled into action-less chatter.

Accountability is like a vitamin for your goals. Accountability feeds the development and attention you give to promises you make to yourself and others. You won't notice accountability when you incorporate it consistently; it will feel normal. Go without accountability for a while and you'll find lethargy and missing nutrients to help you become your best self.