



Solution Oriented
Creative Coaching©

Monthly Newsletter January 2010
dena@mysolutioncounselling.com

JUST DO IT Conscious Eating and Movement

We hear about it all of the time: Eat right and exercise. Eating right and exercise sounds simple but it takes action. In today's society it seems that many people want quick fixes and instant gratification. Eating consciously - healthy ethical and organic foods, preferably from your garden and engaging in some form of exercise every day is a lifestyle, not a phase - it is consistent and involves being aware of yourself and your body. **The first wealth really is health and if health doesn't come first, not much comes second.** Research shows that the two top things that affect mood, well being, balance, strength and over all wellness is to be conscious about what you eat and exercise. By be diligent about these two "simple" things first, you will discover that you have increased energy and strength both in the body and mind that will allow you clarity and peace of mind to focus on other important things.

Every thing begins with a DECISION. Ask yourself the strengthening questions like, "**What Matter's Most?**" Most people will say health and the quality of our relationships. Gardening is great exercise. As a child I have vivid memories of my parents canning and pickling and memories with my grandparents being in their garden- picking peas and raspberries and then shelling peas with my aunts and uncles. As an adult, I have had a garden and grown my own fruits and veggies since the early 90's and there is nothing like it. Gardening not only provides outdoor exercise and significant nutrition but provides a connection to meditation and awareness of engaging all of the senses - touch, smell, sight and instinct. If you are unable to plant a garden in the ground, get buckets! Get a couple of planters and grow some herbs and tomatoes. I love it so much that much of the poetry I write revolves around gardening. In my work, I often suggest that individuals make a garden and keep a journal as gardening provides great metaphors for life - what happens to a plant when there is little moisture or drought or nourishment? We seed, we sow, plant, pull, dig in the dirt, nurture, support, bury, and harvest a garden just as we seed, sow, dig, nurture, support, bury and harvest in our lives. First, you must make the decision to eat consciously and healthy and get off the couch. It is the first step.

CREATE YOUR OWN BLUE PRINT

If you don't have a baseline standard for what you'll accept in your life, you'll find it easy to slip into attitudes and behaviours or a quality of life that's below what you deserve. If you want to direct your life, you have to take control of your consistent actions. It's not what you do once in a while that shapes your life but what you do consistently. And what precedes all our actions?

DECISION Most excuses are B.S. (Belief Systems) And they are often limiting and destructive.

Making a true decision means committing to achieving a result, then cutting yourself off from any other possibility.

Three decisions that (control) your life are:

1. Your decisions about what to focus on.
2. Your decisions about what things mean to you.
3. Your decisions about what to do to create the results you desire.

The Law of Reinforcement

Any pattern of emotion or behaviour that is consistently reinforced will become an automatic and conditioned response. Anything we fail to reinforce will eventually dissipate.

Remember: Repetition is the mother of all skill.

