

Success through Setting Limits & the Art of Not Giving Up "12 Weeks to Wellness" Worksheet

Success in all walks of life come to people who are willing to set limits in their private and public lives.

Without self-set limits we are unlikely to be healthy, happy, successful or feel true satisfaction in life.

In business, it's called the 80/20 rule. 80% of our success comes from just 20% of our overall activities. In other words - be smart and focus more of our effort on the activities that actually pay-off with significantly improved health.

It's tempting to think that there is a permanent place for everything that is currently part of our day. But most people spend 80% of their personal time in ways that don't give them significant benefit. Likewise, finding out the 20% of activities that represent 80% of our health risk would be an effective way to start a complete body tune up.

One way to set limits is by determining for yourself the 20% of your diet that clearly sabotages your health the most.

Another way to set limits is to first do comprehensive lab testing. This will pinpoint the 20% of risk factors that must be prioritized in order to prevent future disease and to optimize current health.

There is an old Jewish proverb, "Meaning is found in limits". Ultimately success is found in limits that are carefully and thoughtfully set.

Take some time to write out your response to the following questions. Focus on your current health awareness. Don't overthink the questions. Write down the first things that come to mind and then prioritize them as indicated.

Gordon McDonald once wrote, "Sometimes you have to say NO to something you really want to do, in order to say YES to the very best of things".

Meaning if found in limits.

-Jewish proverb

For more space, use a notebook, health journal or computer to document your thoughts.

What are the “very best of things in your life?” What things would bring the most lasting happiness and meaning to your life?

Are there some things in your life that will likely limit your likelihood to get those “very best of things”? What are some things that you currently enjoy but would happily say NO to in order to say YES to what’s really important and meaningful? Be specific.

Based on your current lab tests and/or consults with your health care team, what are the issues influencing your health right now? Make a list and then circle 20% of items you feel represent 80% of your health risk.

If I had to decide today, what is the 20% of your diet that most likely represents 80% of your risk for health problems? Make a list and be specific.

Circle the above items that you are ready to eliminate right now!

What foods do you think should take their place?

What activity or factors in your life will you need to limit in order to make room for a daily exercise program?

Based on your answers and current weekly schedule, what part of each day is the most reasonable time to exercise? You may need to schedule different times for some days or at least have a Plan B ready if Plan A doesn't work out.

To be effective in my "12 Weeks to Wellness" program, how am I going to limit or restrain my appetite and and/or other health behaviors this week? BE SPECIFIC!

[For instance, specify how you will deal with the temptation and excuses to NOT exercise OR to eat in a way that would defeat your PLAN]

Faith is the art of holding onto things your reason has once accepted in spite of your changing moods or circumstances!

What are the key wellness principles that you currently believe are important for you to focus on?

Specify THINGS THAT YOU CAN DO that will help you to hold onto the your chosen lifestyle principles. FOCUS ON WHAT IS MOST IMPORTANT TO YOUR IMPROVED HEALTH.

THE VIRTUE OF LIMITS & “NOT GIVING UP”

C.S. Lewis

... all the contemporary propaganda for [indulgence to appetite] combine to make us feel that the desires we are resisting are so “natural,” so “healthy,” and so reasonable that it is almost perverse and abnormal to resist them. Poster after poster, film after film, novel after novel, [and commercial after commercial,] associate the idea of indulgence with the ideas of health, normality, youth, frankness, and good humor. Now **this association is a LIE**. Like all powerful lies, it is based on a truth – the truth ... that [appetite or eating] in itself (apart from the excesses and obsessions that have grown round it) is “normal” and “healthy.” **The lie consists in the suggestion that any [behavior] to which you are tempted at the moment is also healthy and normal.** Now this, on any conceivable view, and quite apart from Christianity, must be nonsense. **Surrender to all our desires obviously leads to impotence, disease, jealousies, lies, concealment, and everything that is the reverse of health, good humor, and frankness. For any happiness, even in this world, quite a lot of restraint is going to be necessary: so the claim made by every desire when it is strong, [that it is] healthy and reasonable, counts for nothing.**

Every sane and civilized person must have some set of principles by which they choose to reject some of their desires and to permit others.

We may, indeed, be sure that perfect [behavior] – like perfect love – will not be attained by any mere human efforts. You must ask for God’s help. Even when you have done so, it may seem to you for a long time that no help, or less help than you need, is being given. **Never mind. After each failure, ask forgiveness, pick yourself up and try again.** Very often what God first helps us towards is not the virtue itself but just this power of always trying again. For however important [your chosen behavior improvement] may be, this process [of not giving up] trains us in habits of the soul which are more important still. **It cures our illusions about ourselves and teaches us to depend on God.** We learn, on the one hand, that we cannot trust ourselves even in our best moments, and, on the other, that we need not despair even in our worst, for our failures are forgiven. The only fatal thing is to sit down content with anything less than perfection [in seeking to do what is best for us].