

Primary Food

All that we consider today as nutrition is really just a secondary source of energy.

Think back to a time when you were passionately in love. Everything was exciting. Colors were vivid. You were floating on air, gazing into your lover's eyes. Your lover's touch and your shared feelings of exhilaration were enough to sustain you. You forgot about food and were high on life.

Remember a time when you were deeply involved in an exciting project. You believed in what you were doing and felt confident and stimulated. Time seemed to stop. The outside world faded away. You didn't feel the need to eat. Someone had to come by and remind you.

Imagine children playing outside with friends. At dinnertime the mother reminds the children, "Time to come in and eat." "No mommy, I'm not hungry yet," they respond. At the dinner table, the mother feels that her role is to enforce the rules of good nutrition and instructs the children to eat their food. Eventually, the children force down a minimally acceptable amount of food and rush out again to play. At the end of the day, the kids return, exhausted, and go to sleep without thinking about food at all.

As children, we all lived on primary food. The same as when deeply in love, or working passionately on a project. The fun, excitement and love of daily life have the power to feed us so that food becomes secondary.

Now think of a time when you were depressed, or your self-esteem was low; you were starving for primary food. No amount of secondary food would do. You ate as much as you wanted, but you never felt satisfied. Even in good times when we come home at night, we often look into the refrigerator for something to eat, when all we really want is a hug or someone to talk to.

Primary foods feed us, but they don't come on a plate. Elements such as a meaningful spiritual practice, an inspiring career, regular and enjoyable physical activity and honest and open relationships that feed your soul and your hunger for living all constitute primary food.

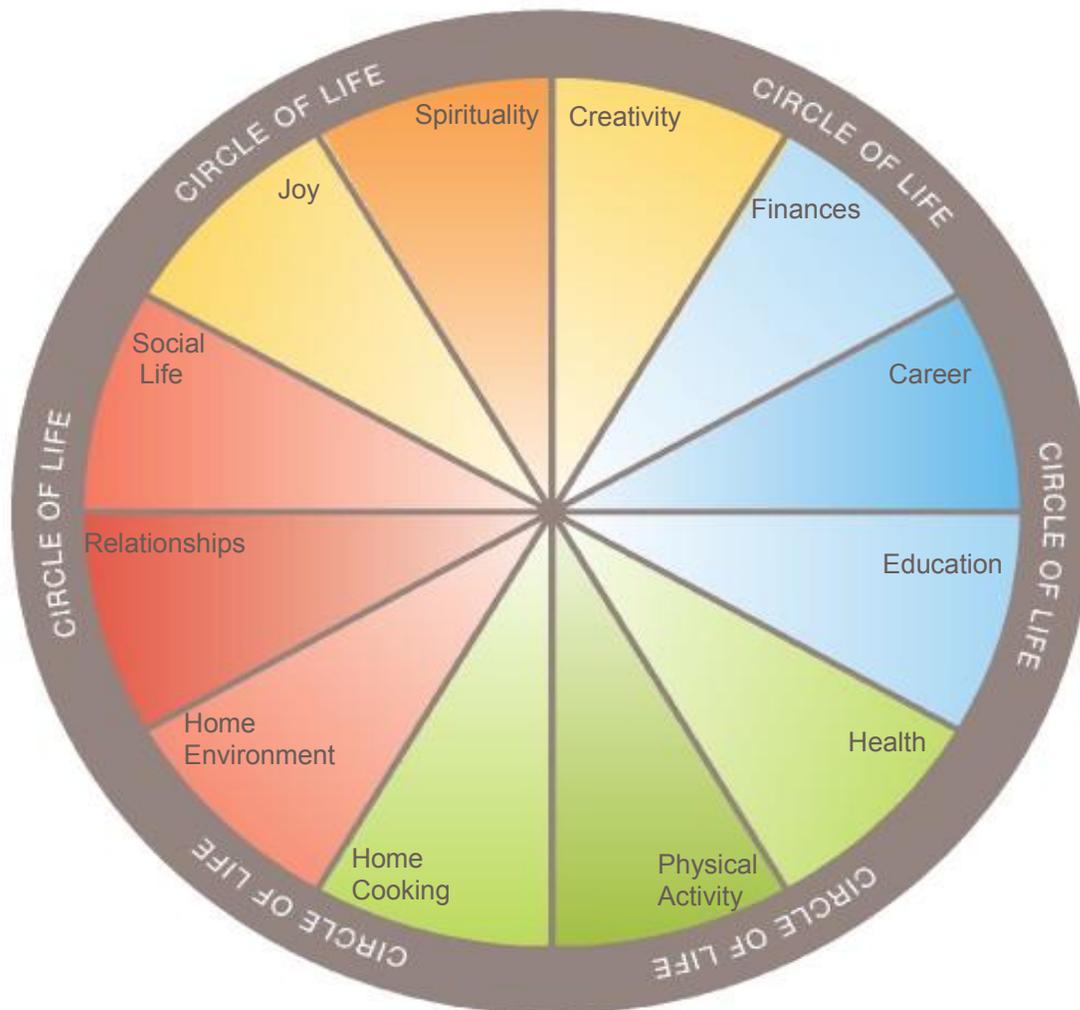
The more primary food we receive, the less we depend upon secondary foods. The opposite is also true. The more we fill ourselves with secondary foods, the less we are able to receive the primary foods of life.

Every spiritual tradition encourages people to fast during the year so that individuals have time to reduce secondary foods, thus allowing for a greater awareness of primary food.

Please take the time to explore your primary foods as you journey through this program.

Circle of Life

This exercise will help you discover which primary foods need attention to create more balance in your life. The circle has twelve sections. Place a dot on the line for each section to designate how satisfied you are with that aspect of your life. A dot placed towards the center of the circle indicates dissatisfaction, while a dot placed towards the periphery indicates ultimate happiness. When you have placed a dot on each line, connect the dots to see your Circle of Life. Now you have a clear visual of any areas that may need your attention. You will complete this exercise again next month to see if your circle has become more balanced.





Overview

“Vague goals produce vague results.”

You know that a goal has been well-defined when any stranger could read your goal statement and understand what you intend to achieve.

SMART methodology is in many management textbooks and is not copyrighted. It is considered a “best practice” in performance management

SMART at the base

- S = Specific – Include as many details as humanly possible. Ideally, this would answer the questions: Who? What? Where? When (not a deadline, but time devoted)? Why (purpose)? How?
- M = Measurable – An objective and defined end result. How much? How many? How will you know when you’ve completed your goal?
- A = Attainable / Achievable – Are you committed to this at the level necessary to complete this task? Are you willing AND able to do the work necessary? Are there legal obstacles?
- R = Relevant – Is it something that contributes meaningfully to your life or business?
- T = Time-bound – The deadline. Not so aggressive that you have little hope of meeting it, and not so far out that you’re not motivated to get working on it right now.

Example

Wish: “I want to lose weight.”

SMART goal: “I want to lose 30 lbs. by changing my diet with the help of a health coach (or specifically named book/website/resource) and exercising for 20 minutes of my hour-long lunch every weekday by September 1st so that I can feel more energetic and improve my long-term health.”

(cont’d)

Things you may want to consider

- Make sure your goal is something you truly want rather than something that just sounds good.
- Try to have goals in the six main areas of life. Those are:
 - Family and home
 - Financial and career
 - Spiritual and ethical
 - Physical and health
 - Social and cultural
 - Mental and educational
- One goal shouldn't contradict another goal
- Try to write your goals in the positive instead of the negative. Articulate what you WANT, not what you want to quit or leave behind.
- Don't share your goals freely. Unless someone is critical to the success of a goal, make them a private affair.

What more do you need?

- Make sure you know what resources you want to use and if they're not explicitly stated in your goal, write them down underneath your goal.
- Schedule whatever time you need into your calendar. Now!
- Determine the milestones you will use to chart your progress towards your goal.
- Reward yourself appropriately for milestones you reach towards your goal
- Make every action a decision point, measured against your goals.
- Post your goals where you can see them, and review them daily. Don't just glance over them—really read them. Take a moment to visualize them as reality. Go through each of your senses and give them a few seconds to really “be” at your end point.



SMART Goal-setting

MY GOAL

Goal category: _____

<p>SPECIFIC – Who, what, where, when & how?</p>
<p>MEASURABLE – How will I know I've achieved it in unquestionable terms</p>
<p>ACHIEVABLE – Is this possible with my current resources? Am I committed?</p>
<p>RELEVANT – How is this contributing meaningfully to my life/business?</p>
<p>TIME-BOUND – When will this be complete?</p>
<p>RESOURCES NEEDED:</p>
<p>MILESTONES:</p>