

Hello!



Thank you for taking this small step toward improving your life. My intention for sharing **The Five Life Commitments** is so you can commit2change toward a better life today.

Many of us go through life feeling stressed or stuck in different situations and we don't believe that we have the skills to do what really want. The reality is that most of our potential remains dormant and unexpressed because of the habits and condition in our lives.

Here are **The Five Life Commitments**. I hope they help you make the healthy changes so that you may unlock your true potential. Have fun with them and enjoy creating the new life you choose.

Janet

The Five Life Commitments

1. Commit 2 Self-Care

For most of my life, I tried to be perfect. The perfect daughter, the perfect wife, the perfect mom, the perfect career executive. I was perfect for others, but *I didn't take care of myself*.

There was no time for me. The running and rushing finally took its toll. I hit a wall. And I was burned out.

Through coaching, I learned about self-care. I learned about putting myself up on my priority list. I scheduled self-care time into my day. With self-care, I refueled my energy levels.

What does self-care time look like?

Activities that I added to my life are yoga, journaling, art, nature walks, cooking class, and bubble baths. The time I dedicate to myself recharges my batteries. I feel revitalized. I feel whole and complete.

I challenge you not to wait for the opportunity to do these things. I challenge you to *create them*.

Spend some time with yourself. Ask yourself: "*What activities replenish my energy levels and make me feel alive?*" Now put them into your schedule. Whether it be meditating, reading a mystery novel, or taking a scenic drive in the country, take the time to honor yourself.

You owe it to yourself. This is your life. You are worth it.

Commit 2 Self-Care.



2. Commit 2 Authenticity

Are you being your true self?

Recently I read an article about Katie Holmes. During the whole time of her marriage with Tom Cruise, she said she could not be herself. In many ways she was wearing a mask. She rarely smiled with her eyes.



“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

~ Anaïs Nin

Ask yourself these questions: *“What fears am I pretending I don’t have?” “What is holding me back?” “What is preventing me from being my true, authentic self?”*

I challenge you to admit your fears and to do something about it. Remove the mask. You have control of your life. Confront your fears.

Commit 2 Authenticity.

3. Commit 2 Exercise

Do you get enough exercise?

I was always an active person but the stresses of life slowed me down. In my thirties I gained weight, and often felt tired. This inactive lifestyle negatively impacted my self- confidence. I did not feel good about myself. My low energy levels affected my concentration.

One day I signed up for a gym membership and began working out every morning. I made a healthy change for myself. I made a commitment to exercise regularly. This helped me lose weight, combat stress and gave me more energy for all areas of my life. Psychologically, I became more focused and felt good about myself.

What does fun exercise look like?



Exercise with the “fun” component makes it more enjoyable and it doesn’t feel like work. Fun varies for each individual.

Today I look forward to my workout because I listen to my favorite music when I go running and cycling. I am motivated to get started because I look forward to it. I enjoy the process because I am having fun. I feel a great sense of satisfaction after my workout because I know it is good for me and I can’t wait to do it again!

Ask yourself these questions: *“What fun exercise will get me motivated to start?” “What fun exercise will get me to enjoy the process?” “What fun exercise will get me to do it again?”*

I challenge you to commit to the fun exercise.

I challenge you to commit today. Whether you golf, swim, hike, in-line skate, participate in a Zumba class, playing a team sport or soccer with your child, make sure these activities are fun for you. Essentially the health benefits are the same. The higher energy levels and clearer focus will help you overcome your current challenges.

You are responsible for your own health and well-being. This is your life. You might as well have fun with it!

Commit 2 Exercise.

4. Commit 2 Gratitude

Are you happy?

At the transition point of my life, I found myself focusing on the negative. I lost my job, my marriage dissolved and my health deteriorated. My goodness, I even fell down a flight of stairs and broke my collar bone!

It was hard to keep my spirits up but then my coach gave me some homework. She asked me to list at least 100 things that I'm grateful for. These are some of the things I wrote.

- fresh blueberries
- the new Coldplay album
- my daughter's first place running ribbon
- the fact that I can still fit into my wedding dress
- I now have a chance for a new beginning

By making this list made me realize how rich and full my life really was.

Neil Pasricha wrote a whole blog about gratitude. Eventually his list became the Book of Awesome. His list includes snow days, bakery air, and finding money in your pocket, as examples of gratitude.



So the next time you are feeling like a victim or stuck in a perspective that nothing is working for you, ask yourself this question: "What am I grateful for?"

I challenge you to take the time and write down 100... or maybe 1000 simple brilliant pleasures that you appreciate in your life.

Honor your life in a meaningful and positive way. Convert your attitude!

Commit 2 Gratitude!

5. Commit 2 Courage

"I know that you can do the impossible."

~ Terry Fox

When Canadians think about courage, we think of one person; Terry Fox.

At the age of 20, Terry started his Marathon of Hope. He began to run across Canada to raise money for cancer research. He ran the equivalent of a marathon a day. His dream was to raise one dollar from every Canadian. He lost his life trying to do this. But today the Terry Fox Foundation has raised more than \$500 million.

Ask yourself these questions: *"What is something I really want to do?" "What is it that I want to accomplish?" "Where do I want to go?" "What can I create?"*

I challenge you to define your dream. And like Terry, take the first few steps. Commit 2 Dreams.

Commit 2 Courage.



Are ready to take the next step and

Commit2Change?

This is your chance to learn more and receive a free fifteen minute consultation. Call me at 647-994-1049

All my best,

Janet

Janet Blaha, CPCC, ACC



Live Life Now. Be Your Best. Commit2Change.