



Living the Best Life

Happiness studies show that the aspects of life that give meaning and satisfaction can be summarized by four factors:

- Strong, trusting relationship with one or more people
- Healthy body and mind
- Enough money to live comfortably without constant financial concerns
- Knowing oneself and how to nurture and care for oneself

When these factors get out of balance, life is not as satisfying as an individual would like it to be. A lifestyle characterized by constant busyness can foster:

- Irritability
- poor decision-making
- Negative health consequences
- Weakened relationships
- Expedient rather than thoughtful parenting
- Inability to cope with everyday events, and many other conditions.

Individuals may discover they are “hurrying more and enjoying life less.”

How does this apply to me? You may sense that your life is out of control and not headed in the direction you desire.

Being constantly on the go allows little time for reflection, long-term planning, and enjoying the present. Choosing how best to live life is a personal decision that requires taking a holistic look at life. Living the best life is a journey toward a life lived to the fullest and without regrets.

To some who are older, it may seem their younger lives were spent making a living, but now are spending their older years trying to regain their health. Are your current eating, physical activity, and other health-related habits likely to contribute to a long, healthy life?

Are there changes you could make that would allow you to make a living, yet protect your health? What benefits would you expect to have from good physical health and financial security, now and long into the future?

New Year’s resolutions often include eating better, being wiser about using money, exercising more, and paying more attention to important relationships. By the end of January, the resolve to achieve those goals often wanes.

What kind of event might occur that would increase your motivation to stick to your resolutions? Would it take a serious illness or accident, extreme financial distress, or the disruption of a valued relationship to trigger change? What resolutions do you make year after year? What would need to change to make your resolutions a reality?

Why, and how, could you live the best life by making some lifestyle changes? Could you eliminate or reduce to lighten your load? Which activities are most satisfying and which ones give less satisfaction? Why do you often say “yes” when you want to say “no”?

Have you made a “**bucket list**”? If not, write down at least three to five lifetime goals.

What is on your list? What could you do right now to achieve the items on your list?