

Understand the Effects of Your Lifestyle

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Wellbeing is all about life-style and the fastest way to get a fix on that is to complete the life-wheel on this site. So, how content are you with the quality of your relationships, with your work-life balance? Once you complete the wheel, you instantly know where to concentrate your attention – the low scores! Typically, there will be one or two key areas that will tend to give you the most benefit by affecting other (for the better) areas as well. Now that these have your attention you are half-way there!

Which of these statements applies to you:

- **I spend too little time with those close to me**
- **I bring my stresses home and do not relax easily**
- **I feel pressured to reduce the past-times that give me most pleasure**
- **I work too hard**
- **I do not sleep enough**
- **I have little to look forward to**
- **I am accident-prone**
- **I drink too much**
- **I spend too much**
- **My body is in a state**

If you have answered 'yes' to any of these then there is a chance that your lifestyle may need a gentle tweak (or a big kick) to get your life on track and motoring smoothly again. Do nothing and you could find yourself up your exhaust!

Wellbeing is about balance in life and getting that balance right, in spite of the pressures. If we feel pressured now then the chances are that we always feel that way. And if we always feel pressured then there will never be a 'right moment' to make the change. That is why it is important to start the change immediately. In fact now is almost always the best time! It helps concentrate on what matters, it helps you to feel in control of your life, it makes you feel more confident and successful.

The next question then is:

Do I have the emotional strength to make a start, a plan at least, straight away?

If the answer is 'yes' then you can set down your plan and work out the first steps and decide on a date and time to do that. If the answer is 'no' then your first step will be to enlist support! The Wellbeing network offers support through its practitioners and good friends and family members will also support your change (or don't ask them again!). Once you are started on your plan of action, remember that every action must be successful. Every single one, however small it may seem! Make each action one you feel certain about. Define when it will be done and imagine how you will experience having success!

Success breeds success and that is something I have observed again and again. The steps get bigger and you gain in confidence and personal control. Keep succeeding and your life-style and wellbeing will continue to improve!

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