



Wonderful Life Academy

Be the best you can be

Getting your 5 A Day energy boost

At Wonderful Life Academy we touch upon adopting a positive or a can do attitude, always taking action and removing negative self talk. We also looked at using anchors to create a positive state of mind for any set of circumstances.

All of these will help you to have a positive relationship with yourself and improve your Well-Being but in order to make this relationship truly wonderful you have to look after yourself physically, spiritually and mentally.

The key to this is maintaining a balance across all of your energy levels and continuously allowing the energy to flow through your life. There are basically four different types of energy at play in all of your relationships and particularly in your relationship with yourself.

Those 4 energies are physical, emotional, intellectual and spiritual.

We have an easy to remember recipe to maintain this balance. We call it the **5-a-day**.

Now before you go running for the fruit and veg this isn't what we mean. In fact our 5-a-day is all about pies(s)

To help maintain a balance across your emotional, physical and spiritual well-being and to create a wonderful relationship with yourself try and do something from each of these 5 areas every single day:

Physical

Intellectual

Enjoyable

Spiritual

Social

and by doing so allow the perpetual energy in the universe to flow through you and work positively in every area of your life.

Let us explain each one.

Doing something physical is pretty obvious really. Just make sure to do some form of physical activity every day. This doesn't have to be a trip to the gym or an exhausting jog around the park although you should aim to do this level of activity at least 3 times a week. Some days just go for a brisk walk in your lunch hour or even make an effort to use stairs instead of lifts and escalators all day. It may even be as simple as walking to the shop rather than jumping in the car.

Doing something intellectual is often the most tricky but just keep it very simple.

The most common intellectual activity is reading. Reading anything is educational. Fiction, non-fiction, magazines, newspapers or even internet blogs can all be educational. Obviously you can be a little more adventurous and we have members who have actually learned to play both the piano and saxophone in their intellectual activities over recent years.

Doing something enjoyable isn't always easy to master, particularly if you are in the habit of blaming everyone else for the way that you feel and therefore the way that you act. To make this truly work you have to do something that YOU enjoy. Not something that your partner or kids enjoy and you go along to make them happy. Albeit there can be a sense of enjoyment from making your loved ones happy.

Often the other 4 of my 5 a day are actually very enjoyable but always aim to include something specific just for you. It doesn't have to be grand or meaningful and often it is the simple things that bring the most enjoyment. So, some examples are watching a television programme that you really enjoy or listening to a radio show or Internet podcast that interests you.

Doing something spiritual will undoubtedly mean different things to different people but regardless of religion or beliefs being spiritual is about connecting with yourself or with your environment. So for many people a twenty minute meditation just focussing on breathing is truly spiritual. Other examples are reading some philosophical or religious text, taking a walk in the park and being mindful of nature and your surroundings or listening, uninterrupted to some meaningful music.

Anything that connects you to your own self and your own feelings is a spiritual exercise.

Doing something social is simply doing anything with other people. As we have already learned our relationships are key to a Wonderful life and therefore doing any activity with other people helps to fulfil this need. Make a point of doing some work as part of a group or joining in with other peoples tasks. They often see this as you doing them a favour or lending them a hand which brings its own sense of satisfaction. Other examples of doing something social may be taking part in a team game or sport or even going down to the pub and enjoying the company of friends over a drink or game of darts. You could even include sitting around the table with family to eat your evening meal together as a Social activity. These social activities are the outlet for all of your energy. Allowing your energy to flow in a social situation creates a positive reaction in those around you and on some level has a positive impact on your life and those around you.