



**JOAG Tip of the
Month**
April 2017

Spring into Self-Reflections – Seven Fundamentals for getting your life in shape!

With quotations from Bruce Lee



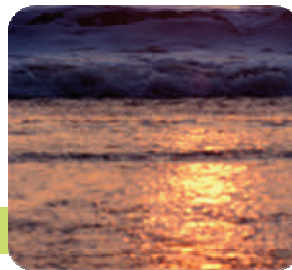
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Mindfulness

Spring is here and it's a perfect opportunity to recapture those New Year's Resolutions and restart those positive habits you may have abandoned. However, in order for those habits to stick, you have to really understand the foundation on which your program rests, and that is your thoughts. Behind your thoughts, lay major keys to your successful journey.

Mind over Matter

"As you think, so shall you become."

Your thoughts can shape your actions. How do you see your life and your future plans? Do your thoughts and actions mirror your wants and expectations? Train your mind to think for what you want and then focus on what you need to do to get there. *Tip – Try leaving post it notes on your bathroom mirror or desk at work. These notes may remind, guide and motivate your thoughts towards



your goals.

Keep it simple

"It is not the daily increase but the daily decrease.

Hack away at the unessential."

Improving your life does not always mean adding more to it. Simplifying things can reduce stress, anxiety and improve your daily life. By de-cluttering your office and planning focused tasks and activities, you leave more time and have more energy to enjoy what's really important in your life.

Selfie Watch

"To know oneself is to study oneself in action with another person."

Study yourself in your interactions with others by paying close attention to what you see, what you feel, what you hear and what they reflect. Spend less time talking and more time observing. Identify patterns and trends, meditate on what you have learned and use that information to focus your personal growth.





You have multiple senses... use them!

Paging Dr. Stephen Strange

"Take no thought of who is right or wrong or who is better than. Be not for or against."

Control your thoughts and feelings. Do not be driven by your ego. Your life is yours; there is no competition for your life. By acknowledging your purpose and contribution to the collective of everything, you gain the inner and outer freedom to be AWESOME while corrupting fear, division, and anger.

All of the Lights

"I'm not in this world to live up to your expectations and you're not in this world to live up to mine."

In order to become an asset to your family and any organization, you must first learn how to remain emotionally coherent. Being emotionally coherent

means that you can control your expectations by validating yourself. Know how awesome you are, how far you've come, and appreciate yourself. Having that already built into your mindset will help propel you when you find yourself in a place where family or work leadership fail at recognizing your contributions and worth.

The Best Defense is a Good Offense

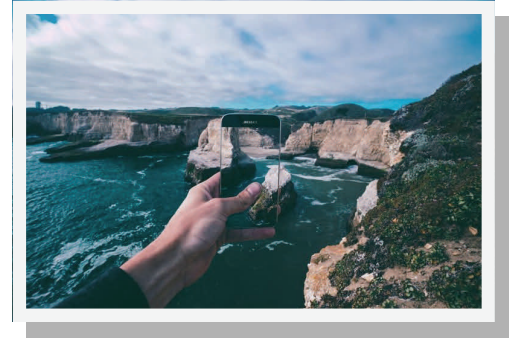
"To hell with circumstances; I create opportunities."

Guess what? We all do it... We find ourselves reacting to life and just following along the path we are currently on. DON'T DO IT! Be proactive! Change your mindset to living proactively and find yourself creating opportunities and achieving the goals you set for yourself.

Unforgettable

Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it."

Sometimes in life, our peers and organization force us to be someone that we are not. The bad news is that when we are not our authentic selves, every flaw shows like a neon sign in Vegas.



Live a life so that every soul you touch can attest to your:

- ◆ Positive thinking;
- ◆ Focused and directed goal achievements;
- ◆ Supportive reinforcement and mentoring; and
- ◆ Truly all-around authentic self.

References

Media Print:

[The Positivity Blog – Bruce Lee's Top Seven Fundamentals for Getting your Life in Shape by Henrik Edberg](#)

[Bruce Lee's Letters Reveal How Writing Down Self-Reflections Can Boost Your Personal Growth by Jenny Marchal](#)

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<http://www.adelaidemindfulness.com/about-us/mindfulness>

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