



SUCCESSFUL THINKING NEWSLETTER

DJC



COACHING CONSULTING AND TRAINING, LLC.

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# February 2024

## *Loving Ourselves into Action*



### The Holistic Path - Integrating Life's Facets for Balanced Success

Welcome to February's edition of the DJC Successful Thinking Newsletter. This month, we're focusing on a theme that speaks to the core of sustainable achievement: **The Holistic Path: Integrating Life's Facets for Balanced Success**. This theme was inspired by a personal experience - a health scare that served as a potent reminder of how our goals and life aspects are deeply interconnected.

In our pursuit of success, whether personal, professional, or health-related, it's easy to view our goals in isolation, concentrating our efforts in one area while inadvertently neglecting others. However, true success is multidimensional. It requires a delicate balance, integrating various aspects of our lives - from health and career to relationships and personal growth. This month's newsletter is dedicated to exploring and enhancing this balance.

Our key article delves into the importance of understanding the interconnectedness of life domains, the power of purpose behind our goals, and the necessity of adapting our strategies in response to life's evolving dynamics. We'll explore practical ways to achieve a harmonious balance across different life areas, ensuring that our path to success is both fulfilling and sustainable.

CONTINUED PAGE 2

*INSPIRING PASSION, CONFIDENCE & AUTHENTICITY*

Join us on this journey of holistic integration, where every facet of life is acknowledged, nurtured, and harmonized. Let's discover how aligning our goals in a balanced manner can lead to a richer, more meaningful path to success. Here's to a February filled with insights, balance, and integrated growth! 🌞🌱📅17

## Beyond Good Intentions Uncovering the Depths of True Commitment



Recently, I encountered a personal health scare that turned into a profound learning experience, transcending far beyond the realm of physical well-being. Despite being diligent about my health, my encounter with unexpected heart issues – racing beats, irregular rhythms, chest pressure, and near blackouts – led me to the emergency room and subsequently, to a startling revelation about my cholesterol levels. This was more than a wake-up call about health; it became a metaphor for how we often approach our goals and aspirations.

This journey of heightened self-awareness and adjustment in my health regime made me realize an essential truth: In life, when we set out to achieve a goal, believing we are doing everything right, there's often a deeper layer of commitment and understanding that we might be missing.

### The Layers of Commitment in Our Goals

#### 1. Surface Efforts vs. Deep Actions: The Dichotomy in Pursuit of Goals

When we embark on the journey towards achieving our goals, it's common to start with what I like to call 'surface efforts'. These are actions that, while important, often only scratch the surface of what's truly required to realize our ambitions. They are the visible, sometimes routine tasks we undertake, driven by our understanding of what we believe is the right path to our destination. However, the recent personal health scare I experienced taught me an invaluable lesson about moving beyond these surface efforts to embrace what I term 'deep actions'.

#### Understanding Deep Actions

Deep actions are those that arise from a profound understanding of our goals

CONTINUED PAGE 3



and the multi-faceted approaches required to achieve them. They go beyond the standard procedures and delve into the nuanced, often less obvious aspects of our pursuits. In my health journey, while I had been diligent about exercise and diet, I hadn't delved deep enough into understanding my body's unique responses and needs. It was only when faced with a health crisis that I realized the necessity of this deeper understanding and action.

## The Transformation from Surface to Deep

1. **Holistic Analysis:** Moving from surface efforts to deep actions involves taking a step back and analyzing our goals from a holistic perspective. It's about examining not just the 'what' but the 'why' and 'how' of our actions. Are we addressing the root causes and factors, or merely the symptoms and surface issues?
2. **Personalization of Strategies:** Each goal, much like each individual's health, is unique. What works for one may not work for another. Deep actions mean personalizing our strategies to align with our specific circumstances, needs, and responses. It's about custom-tailoring our approach rather than applying a one-size-fits-all solution.
3. **Continuous Evolution:** Unlike static surface efforts, deep actions are dynamic. They evolve as we gain more insight into our goals and ourselves. This dynamic approach was vital in my health journey as I learned to adapt my lifestyle continuously in response to my body's signals.
4. **Integration of Knowledge and Intuition:** Deep actions are informed by a combination of knowledge and intuition. It's about using the information available to us while also listening to our intuition or gut feeling, especially when conventional knowledge may not provide all the answers.
5. **Commitment to Depth:** Ultimately, deep actions require a commitment to delve beneath the surface. This means being willing to invest more time, effort, and sometimes, emotional and intellectual energy to understand and address the deeper aspects of our goals.

## 2. Continuous Learning and Adaptation: The Key to Realizing Goals



The journey of continuous learning and adaptation is like navigating a river – the route is never straight, and the currents are ever-changing. In the pursuit of our goals, this concept becomes crucial. Just as my personal health journey taught me, it's not enough to set a course and rigidly stick to it; we must be willing to

CONTINUED PAGE 4

learn continuously and adapt nimbly to the changing tides of our circumstances.

## Embracing a Learning Mindset

A learning mindset is the bedrock of this journey. It involves acknowledging that we don't have all the answers and that our initial strategies, no matter how well-planned, might need adjustments. This mindset encourages us to seek new knowledge, stay curious, and remain open to new methods and ideas. In my experience with managing health, this meant not just following standard health advice, but actively seeking out information, understanding the science behind it, and staying abreast of the latest research and recommendations.

## Adaptability as a Strength

Adaptability is a strength that allows us to navigate through unforeseen challenges and seize unexpected opportunities. It requires a certain level of resilience and the ability to pivot when necessary. For instance, in managing cholesterol, a one-size-fits-all diet plan might not work for everyone. Recognizing that and being willing to experiment and adjust your diet based on your body's unique responses is a prime example of adaptability in action.

### Integrating New Insights into Action

The integration of new insights into our action plan is a critical aspect of this journey. It's about taking the knowledge and insights we gain and weaving them into our strategies. This could mean modifying our action plans, testing new approaches, or even sometimes, taking a few steps back to forge a more effective path forward.

- **Regular Review and Reflection:** Periodically revisiting our goals and the strategies we're employing is essential. It helps in evaluating what's working and what's not, allowing for timely modifications.
- **Feedback Loops:** Establishing feedback loops, either through self-reflection, peer reviews, or mentorship, can provide valuable insights for adaptation. Feedback, both internal and external, acts as a compass, guiding our journey and helping us stay aligned with our objectives.
- **Balancing Persistence with Flexibility:** While persistence is vital, coupling it with flexibility allows us to maneuver through challenges more effectively. It's about being steadfast in our goals but fluid in our approach.

CONTINUED PAGE 5



## The Continuous Cycle of Learning and Adapting

The process of learning and adapting is continuous and cyclical. Each new piece of knowledge or insight leads to adaptation, which in turn, brings new experiences and learnings. This cycle is dynamic and ever-evolving, much like our journey towards achieving our goals.

### 3. Understanding the 'Why' Behind Our Goals: The Foundation of Purposeful Action

In the pursuit of any goal, understanding the 'why' behind it is like setting the coordinates in a navigation system. It ensures that every step taken is in the right direction and for the right reasons. This understanding goes beyond superficial desires or external expectations; it taps into a deeper layer of motivation and purpose.

#### The Essence of 'Why'

My health scare served as a stark reminder of the importance of understanding the deeper 'why' behind our actions. While on the surface, managing cholesterol levels seemed like a straightforward health goal, the underlying 'why' was much more profound. It wasn't just about numbers on a medical report; it was about sustaining a quality of life that allowed me to pursue my passions, fulfill my responsibilities, and enjoy my life to the fullest. This deeper understanding transformed a routine health objective into a meaningful, purpose-driven pursuit.



#### The Power of Purpose

Understanding the 'why' infuses our goals with a sense of purpose. It transforms our journey from a checklist of tasks into a meaningful endeavor. When we anchor our goals in purpose:

- **Our Motivation is Strengthened:** Goals backed by a strong 'why' have a deeper motivational pull. They are less likely to be derailed by obstacles or waning interest because they resonate with our core values and desires.
- **Decision-Making Becomes Clearer:** When our goals are grounded in a clear purpose, decision-making becomes more straightforward. Each choice can be weighed against our fundamental 'why,' ensuring that our actions are always aligned with our ultimate objectives.

CONTINUED PAGE 6

- **Resilience is Bolstered:** Understanding the 'why' provides a wellspring of resilience. When faced with challenges, it's the clarity of our purpose that often gives us the strength to persevere.



## Uncovering Your 'Why'

To uncover the 'why' behind your goals:

1. **Reflect on Your Values and Passions:** Spend time reflecting on what truly matters to you. What are your core values? What are you deeply passionate about? These reflections often hold clues to your underlying motivations.
2. **Ask the Deep Questions:** For each goal, ask yourself: Why is this important to me? What does achieving this goal mean for my life? How does it align with my values and long-term vision?
3. **Visualize the Impact:** Imagine the impact of achieving your goals. How will it change your life, your relationships, your sense of self? This visualization can often illuminate the deeper significance of your aspirations.

## 4. Integrating All Aspects of Our Lives: The Holistic Approach to Goal Achievement

The integration of all life aspects is essential for true and sustainable achievement of our goals. It's about recognizing that our objectives don't exist in isolation but are interconnected with various facets of our lives. My health scare was a vivid reminder of this. While focusing on lowering cholesterol was a specific health goal, it had broader implications on my overall lifestyle, including diet, exercise, stress management, and even my professional and personal commitments.

### The Interconnectedness of Life Domains

- **Understanding the Interplay:** Every goal we set, whether personal, professional, or health-related, impacts and is influenced by other areas of our life. For instance, achieving a professional goal might require time and energy, which could impact family life or personal well-being. Recognizing these interplays helps in creating a balanced approach to goal setting.
- **Creating Synergy Between Goals:** Look for ways in which your goals can complement each other. Perhaps a career goal can align with personal

CONTINUED PAGE 7



- development, or a health goal can enhance your ability to enjoy personal hobbies. Finding this synergy not only makes the journey towards these goals more efficient but also more enjoyable.
- **Avoiding Goal Conflict:** Sometimes, goals in different life areas can conflict with each other. Identifying potential conflicts early on allows you to adjust and realign your goals so that they support rather than hinder each other.

## Practical Steps for Holistic Integration

1. **Comprehensive Goal Planning:** When setting goals, consider all aspects of your life – health, career, relationships, personal growth, and hobbies. Understand how achieving a goal in one area might affect the others.
2. **Flexible Scheduling:** Allocate time for different areas of your life, but remain flexible. Life is unpredictable, and rigidity can lead to unnecessary stress. Adapt your schedule as needed to maintain balance.
3. **Regular Self-Check-Ins:** Periodically assess how you're balancing different aspects of your life. Are certain areas being neglected? Is there an area that's consuming too much of your time and energy? Adjust your focus accordingly.
4. **Seeking Harmony, Not Perfection:** Strive for a harmonious integration of your life's facets, not perfection. It's about finding a blend that feels sustainable and fulfilling.

## Applying This Learning to Achieve Our Goals

This experience has been a catalyst for a broader application in life and work. It serves as a reminder that when pursuing any goal, we need to:

- Look beyond the obvious and explore deeper implications and actions.
- Remain flexible and adaptable, ready to incorporate new insights and changes.
- Understand and connect with the deeper purpose behind our goals.
- Adopt a holistic approach, considering how different aspects of our lives and work interconnect and influence each other.

In this month's newsletter, themed Loving Ourselves into Action, let's explore how this concept of deeper commitment and understanding applies not just to our health but to every goal we set. It's about moving beyond good intentions into a realm of profound action and realization.

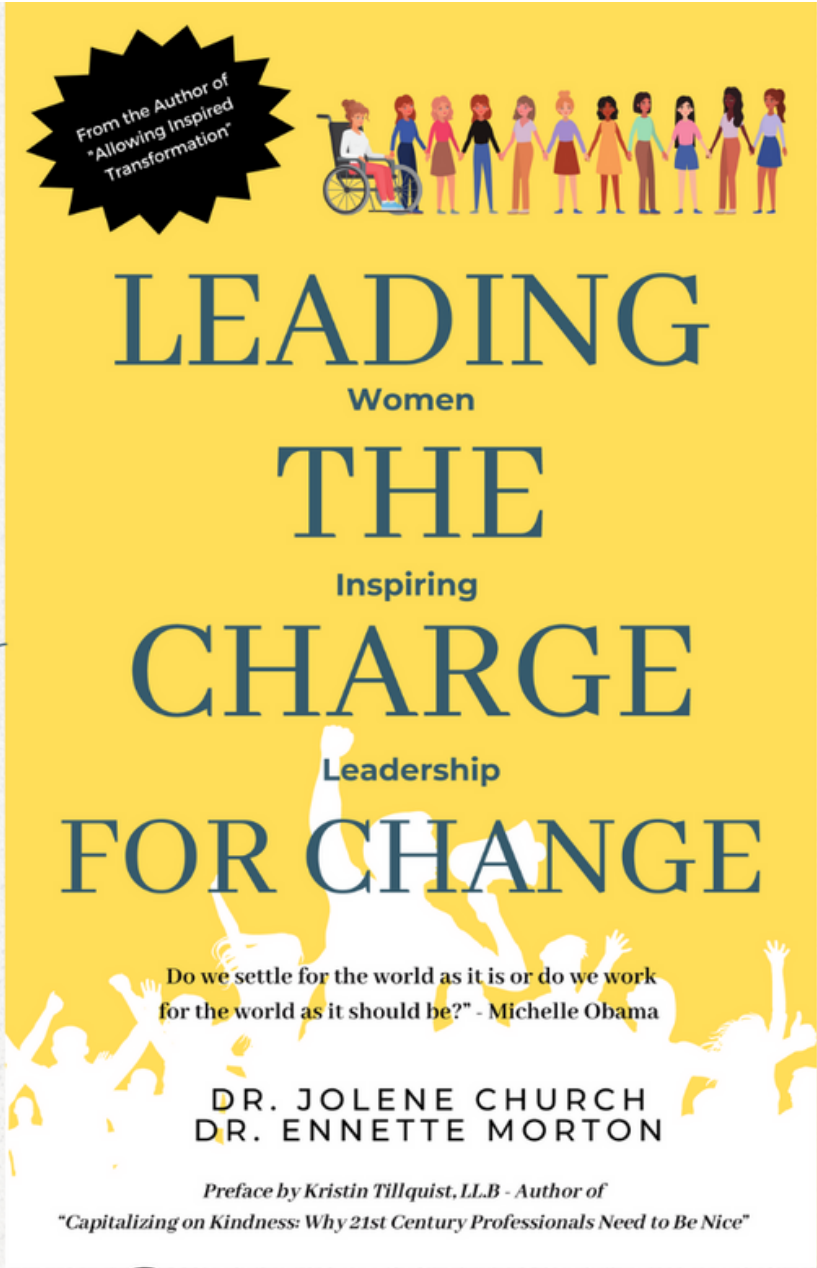
As we journey through 2024, let's use this broader perspective to scrutinize our goals, strategies, and efforts. Let's embrace the depths of true commitment, uncovering layers we might have overlooked, and in doing so, propel ourselves towards more meaningful and impactful achievements. Here's to a year of not just setting goals, but truly understanding and living them in their fullest sense.



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## February Activity-The Wheel of Life Balance

*This simple yet powerful activity is designed to help you visually assess and improve the balance between different aspects of your life, aligning with February's theme of holistic integration for goal achievement.*

### **Materials Needed:**

- A sheet of paper
- A pen or pencil
- Colored markers or pencils (optional)



### **Steps:**

1. **Draw the Wheel:** On your sheet of paper, draw a large circle to represent a 'wheel'. Divide this wheel into eight equal segments. Each segment represents a different aspect of your life: Health, Career, Relationships, Personal Growth, Finances, Recreation, Physical Environment, and Spiritual/Emotional Well-being.
2. **Rate Your Satisfaction:** Reflect on each life aspect in the wheel. On a scale of 1 (very dissatisfied) to 10 (very satisfied), mark how satisfied you currently feel in each area. For instance, if you feel very fulfilled in your career, you might mark it close to 10. If you feel your relationships could use more attention, you might mark a lower number.
3. **Color Your Wheel:** Use colored markers or pencils to fill in each segment up to the level you've rated. This will create a visual representation of your life balance.
4. **Analyze Your Wheel:** Look at your completed wheel. It will likely be uneven, which is normal. This unevenness represents areas of your life that may need more attention or adjustment.
5. **Reflect and Plan:** Reflect on the areas with lower scores. Ask yourself:
  - Why might this area be lacking?
  - How does this area affect my other life aspects?
  - What are one or two actions I can take to improve this area?

CONTINUED PAGE 9



1. **Set Small Goals:** Based on your reflection, set small, achievable goals for the areas you wish to improve. Remember, the aim is not to score a perfect 10 in every area, but to work towards a more balanced wheel overall.
2. **Regular Review:** Revisit and redo this activity every few months to check your progress and make adjustments as necessary.

*Give yourself the gift of self development in 2024!*

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