

PRACTICES
NECESSARY TO LIVING A FULFILLING LIFE
WITH PEACE OF MIND AND HEALTH

(To be modified later, but usable)

Those who attain very high effectiveness in life use regular practices to do so. By high effectiveness I mean the person is getting out of life what he wants and needs in an overall, balanced sense. If he is only working a lot and is “effective” there, that does not fit the definition.

Physical practices
Mental/emotional/spiritual practices
Relationship practices
Time management practices

CONSIDERATIONS

Time

People watch tv for many more minutes than that. Of course, you can exercise while watching tv or a DVD. Also, if you do the exercises and deep relaxation exercises and the psychological “completing”, your sleep need and/or tiredness will decline appreciably.

There are also many other ways to cut down on the time spent on non-life-enhancing activities, including handling maintenance activities more quickly.¹

Effort

How difficult and time consuming is it to stop each day, close one’s eyes, and just breathe for 5 minutes?

Tiredness

- I can make sure I am not tired.
- I must be tired; it’s my only choice
- Even if I am tired, I will do it anyway.

Resistance

If we pussyfoot around, gradually try to get around to it, we’ll not have the life we want. So, just choose what you think is appropriate, get a partner, and do the best you can.

¹ See www.thelifemanagementalliance.com, Time and Productivity section.

TIME IT TAKES FOR PRACTICES
AT DIFFERENT LEVELS

Specified in hours². Percentage of waking time³ is specified next to hours/week.

	Min.		Level 1		Level 2 – “Adequate”		Level 3 - Excellent		Level 4 - Extraordinary	
	%	Hrs.	%	Hrs.	%	Hrs.	%	Hrs.	%	Hrs.
Physical ⁴	.4	.5	.9	1.0		2.0		3.5	4.5	5
Mental/emotional/spiritual	.3	.3	.4	.5		1.0		2.0	4.5	5
Subtotal		.8		1.5		3.0		5.5	9	10
Time management ⁵		.3		.5		1.5		2.5	2.6	3
Subtotal		1.1		2		4.5		8	11.6	13
Relationship		.3		.5		1.0		2.0	2.6	3.0
									14.2	16.0
Skills development										
Total										
Time I spend watching TV										
% of time for practices compared to TV watching										

My time inventory indicates after all “mandatory” items, including blowing a little bit of time on unknowns, that I have ____ discretionary hours.

____ I have indicated above (circle or if in typewrite, just put in bold) the amount of time I choose.

² .3 hour = 18 minutes or 3 minutes for 6 days; .5 hours = 5 minutes/day for 6 days; 2 hours = 20 min/day for 6 days. However, this can be done in irregular amounts as long as it totals this at weeks’ end.

³ For this chart, we are assuming 8 hours of sleep a night, leaving 112 waking hours.

⁴ If you have the equipment (foldable treadmill and a very few dumbbells) at home, you save an immense amount of travel time.

⁵ This is excluded from the subtotal above, since time management saves more time than it takes. See section on time management summary.