

"Creating Complete Individuals "



Changed by Challenges

The first Challenge of the year has to do with where you are in life and where you would like to be.

This is the first step of your journey.

Sit down and list the things in your life that are really good and things you are thankful for.
Next write down the things that are not so good in your life and things that need to be changed.

It is good to do this exercise with your family or friends. Sometimes we overlook the obvious.

Some issues that come up might be private matters; you only need to share those things that you want others to know.

Below is a list of things that will improve your lives. Please read through the list and select 10 items on the list that is not currently part of your life on a consistent basis.

- ❖ Eat a fruit and a vegetable everyday
- ❖ Drink at least 10 glasses of water daily
- ❖ Take a vitamin daily
- ❖ Brush your teeth, floss and visit the dentist at least once a year. (You have to schedule the appointment)
- ❖ Get a physical at least once a year (Needs to be scheduled) (All age appropriate exams mammograms, colonoscopies, etc.)
- ❖ Read at least 15 minutes per day in the morning
- ❖ Set aside 20 minutes per day to stretch
- ❖ Eat a healthy Breakfast daily
- ❖ Work on your posture. Incorporate crunches and other exercises to strengthen your core muscles. Ask those around you to help with this.
- ❖ Learn a new skill. (Draw something, learn an instrument, take a class, etc.)
- ❖ Listen to music daily (try different types of music that you do not normally listen to)
- ❖ Take a daily walk and think...
- ❖ Put away all devices during all meals and talk to one another
- ❖ Show more attention to those you care about
- ❖ Complement those in your life
- ❖ Journal or writing down your thoughts and feelings
- ❖ Meditate for 15 minutes daily
- ❖ Say daily affirmations, phrase or saying (I have included an example of some useful ones)

Once you have made your selections, begin on June the 1st.

Each day you complete one of the goals, record it. You can use the dojo calendar of the month or any other method of your choice. If you complete a week record the number of successful weeks. Once you complete a month, record the number of successful months. (You cannot make or break the goals if you miss a day. Do not get frustrated)

"I am at peace with my past. I release the past now and I am grateful to experience new joys in the future"

"I'm going to be balanced in my life and I will remain balanced"

"I love and accept myself. I respect myself and I will help others to respect themselves"

"My energy grows and flows, grows and flows... and I'll keep increasing my positive energy every day of my life"

"I am patient; I am surrounded by love and peace"

"I feel stronger and better everyday"

"I am receiving healing everyday with everything I do"

"I am open to receive the healing energy of the Universe in my soul"

"Today is a new day and my soul is relaxed and healed, my body and spirit will help me move throughout the day with peace and joy"

"I deserve to be healed"

Creating Complete Individuals

Changed by Challenges

Good Luck.

Let's change together!

Sensei