

HEALTH AND FITNESS

By Chris Pattay and Jon Satin



Getting Healthy from the Inside Out.

Being healthy is one of the best gifts that you can give yourself. But being healthy just does not apply to what's happening on the outside. It matters as much, if not more, as to what's happening on the inside. Your emotional and spiritual health determines just as much about how "fit" you are. Those with more healthy attitudes toward life and toward themselves, tend to also have a more healthy physical self.



If you feel your life is not happy, joyous and peaceful at least most of the time, if you feel that you aren't at your best on the inside, then you aren't truly living a healthy life.

Living life from the inside out – is to live in a way that truly compliments who you are, how you feel and truly be the best of yourself. To do this, you must first be willing to change your approach to life. You also have to possess a clear awareness of who you want to become in the process.

Do you find yourself generally unhappy, stressed, tired and depressed much of the time? If you answered "yes," then you are living life from the 'outside-in.' Most of us are taught to live this way pretty early on. A life operating with this formula identifies early on with possessions - the physical and the material world. We quickly formulate an attachment to 'things' and make possessive statements about what is "ours". We learn that it is good to "own" things. We also learn that "good" performances get 'things' such as academic grades, trophies, titles, prestige, reputations and even love. We somehow learn that "having" makes us somebody.

This 'outside-in' formula is quite simply living life backwards. We call this the "HAVE-DO-BE" approach to life, and it may play out in our minds like this: "When I have the perfect job, when I make more money, when I lose ten pounds and can wear those clothes, and own that car, then, I'll be somebody!" Approaching life this way, either consciously or unconsciously, is like rowing against the river current.

Do you constantly strive to HAVE more, so you DO more, so you will BE somebody? Living life this way will eventually jeopardize your physical and emotional well-being.

Ultimately, you end up spending your entire life gathering evidence to support who you think and say you are by allowing the "outside" world to control and create your "inside" world. This will result in dissatisfaction and unhappiness because you will always find evidence to convince yourself that you have not achieved enough and are not good enough to be who you want to be.

We need to remember that we are human '*beings*' and not human '*doings*.'

You can make a change to a healthier way of living. This way of living is not about "things" like possessions, titles and reputations. It is about "being." Affirm today to *be* happier, *be* more loving, *be* more committed, *be* more tolerant, *be* more patient, *etc.* Get the picture?

To 'be', without 'doing' or 'having', requires a willingness to change and is an act of courage on your part. This is an unconditional state of being. It is a proclamation that who you are 'inside' is enough without seeking evidence 'outside' of yourself for validation.

Can you be happy just for the sake of being happy? When you decide and declare who you want to 'be,' opportunity will knock on a regular basis. Living life from the 'inside-out' (BEING) will guide you to take *inspired* action (DOING) to become the person you affirm to be. As a result, you will possess those qualities and things (HAVING) that truly give you a tremendous sense of fulfillment and satisfaction.

Stop living life backwards! Adopt this 'inside-out' formula and become empowered because of who you are and not because of what you do or don't do, and have or don't have. Start today by being the change you want to see!

Jon Satin and Chris Pattay are Master Life Coaches with Possibility Coaches in Buckingham, PA. Their personal coaching, life-changing workshops and seminars are now featured at The Treehouse, a LifeStyle Center by Cornerstone, in New Hope. For more information about their work, and seminars happening now, please call 215.862.2200 or visit their website www.possibilitycoaches.com