

# TogetheriCan

14

November

## POWER OF HABITS – ASSESSMENT TIME – FEELING DISCOMFORT

Evaluate what it is you believe must change. **Conduct an assessment** – **Physical** changes – changes to thinking – **Mental** changes – changes concerning your **Spiritual** relationship and possibly changes that may enhance your **Financial** situation.

Most often **when change takes place there is some discomfort** and re-orientation that **needs to be recognized** and then it can become part of a plan. That discomfort may come in the form of financial discomfort, mental discomfort, physical discomfort or sometimes a spiritual discomfort.

**Many people will watch themselves deteriorate**, already in pain or discomfort, but still **fighting** the fact that they may have to experience some discomfort in order to get to the new place. They **accept the misery** they are in so that they don't have to feel the discomfort they imagine may come their way.

**Losing weight is easy - feeling uncomfortable is not!**

Prior to incorporating a change into your life, determine what will be involved in order to make that change.

Write down/journal any discomforts that you expect (project) may occur while making this change.

Using discernment, ask yourself the question: **"Will this discomfort I must go through be worth experiencing, feeling and enduring, knowing** beforehand the **benefits** I will receive?"

Know and identify before you start any new process the things that may cause you discomfort while you are on the journey.

Make a decision before you start that you will **be willing to feel those particular discomforts** while you are progressing towards optimal health.

Lock in your mind the saying: **"This, too, shall pass."**

In life there is something called the **Law of Cycles**. If something goes up, it must come down; if something gets worse, then it can get better. Also, if it improves and gets better, chances are that at some point it will probably get worse.

**The only consistent things in life are change and cycles!**

**Old beliefs, definitions and Habits hold us locked into the past.** This is where guilt and shame reside. Disabling Habits (smoking, drinking alcohol or sodas, overeating) all keep us walking down the path towards dis-ease. It is as if we become slaves to what others have taught us to believe. This may

be called the ***Path to Destruction!***

***Developing an open mind, accepting new knowledge, changing old disabling definitions, accepting Habits of Health bring with it a new freedom.*** Ridding ourselves of ***Habits of Dis-ease*** opens the door to ***Joy, Peace and a Serenity*** that many have never experienced before. This may be called the ***Path to Transformation!***

Together i Can Or tic - TiC - you choose.

***Separation*** and ***living life to its fullest*** is a ***total contradiction!***

Join with others who have the same goals in mind. Support is essential!

Weight loss, optimal health, a joyous lifestyle is available.

We can help with free health coaching.

***Transformational Change is Possible!***

***Michael McCright***

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

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