

Personal and Professional Foundational Building Blocks

There are three basic components to developing a sustainable foundation that will carry you through life. No matter where you are on your journey, developing a base built upon these three foundational blocks and their underlying support system will assure you an amazing life.

The Personal and Professional Foundational Building Blocks take you through the primary tenets of experiencing an amazing life. If you have optimal, or at least good Health, are Happy with yourself and your personal and professional relationships, and experience Harmony within *your* universe, you are guaranteed a life filled with amazing successes!



The underlying support system which consists of physical Wellness, emotional Wellbeing and Wisdom through your experiences and acquired business acumen guarantees your sustainable position on top of your game!

Review the following questions to help assess where you are right now:

HAPPINESS: When was the last time you had a good deep belly laugh because you were having so much fun? Do you have relationships that allow you to breakaway and rejuvenate yourself ... the kind that takes your mind off your business for the moment and focus on yourself? Are you content with where you are in life right now and know you are on the right path to reach your goals? Are the people in your circle happy to support your endeavors?

HEALTH: When was the last time you sat down to a table to eat a meal of real, healthy, delicious food? Do you normally eat your meals alone, with family or friends? When was the last time you participated in any level of physical activity that had you perspiring? Do you know your numbers ... Blood Pressure, Cholesterol, BMI, Percent Body Fat. Do you know that you do not have to be overweight to be Overfat? Are you drinking enough water to stay hydrated? Do you have an elimination within about 2-hours after a meal?

HARMONIOUS LIVING: Are you in tune with your surroundings or do you find yourself fighting to get things done? Do you find yourself always defending your actions? Is your home peaceful? When was the last time you participated in Mindful Meditation? Are you aware of your self-talk? Do you get a restful, full night's (7 – 8 hours) sleep?

Now, we will see how the things covered above are actually the foundation on which your personal and professional life is built and solidifies your position to keep you on top!

There are many building blocks that can help secure your position on top of your game, but here we will address 3 of them:

CREATIVITY: Your true unencumbered creativity flows when you feel your best. When you have had a good, RESTFUL, night's sleep. Feed your body with good nutritious food. The benefits of being out in nature, where the sky is the limit, no ceilings to block your thoughts, are innumerable!

CONQUERING CHALLENGES: There is no doubt, that as an entrepreneur you face many challenges, probably on a daily basis for the most part. Do the challenges stress you out? Do you often feel defeated and you question your ability? The best thing you can do for yourself to meet and handle your challenges, no matter how big or small, is to be in the best of health! Believe me ... you will be amazed at yourself as to how calm and collected you will handle challenges in your business and your life if you are in optimal health! Your good health results in you having clarity of mind.

CLARITY OF MIND: Do you sometimes feel overwhelmed ... confused ... wishy washy and just not sure what you should do? When you take a Meditation Moment, are Mindful of your Thoughts and Actions, you will become more focused without being stressed! Your path to your goals will be clear and illuminated!

Use this information and your responses to develop your own unique toolkit of abilities, skills and resources with which you are urged you to take definite action. Develop a written Action Plan for the upcoming week ... expand it to the next month ... next 3-months, 6-months and a year. Once you start connecting your dots backward, you will see a clear path as to how you got to where you are today. Are you going to stay on that path, or take a new route? The choice is yours!

Develop your skills and habits for maintaining a Healthy Lifestyle and your personal and professional development will follow as a natural flow for you in your area of expertise and chosen field!

***When you are on TOP of your Health ...
you have a Better View of Your Personal and Professional Life!***

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