

# CHOOSE TO THRIVE



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**TAKING  
STOCK**

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## Taking Stock

Where am I now and where have I come from?



by **Rob Duffy** on September 29<sup>th</sup>

This week is the week where we take stock of where we have come from, what growth has taken place in the last while and to ask where are we going. This week, I want to highlight and raise awareness around some of the essential

disciplines we need to live in accordance with to maintain a life where we can thrive.

At the end of the worksheet, it should be clear as to what it is we want to work on and the areas that need the most attention over the course of the next few weeks. If it is not clear, consider getting in touch with me for a coaching session. We will aim to have a clearer view of what areas we need to challenge ourselves on, to establish new habits and formulate better ways of moving forward with our situation.

In this module, I am not going to explicitly touch upon your career or educational obligations as that is outside of the scope of what is relevant to this week's exercise.

## Let's break it down

### Exercise

Am I getting the requisite amount of exercise to keep my body healthy and trim so that I can accomplish what it is I need to do physically and

take care of my long-term health? If I am not meeting those needs, what ways can I incorporate more physical exercise into my day without disrupting my schedule, or, what activities do I want to try out to expand my fitness levels and maybe learn a new skill (eg. Tennis, Martial Arts, Yoga)

## Diet

Am I meeting my body's need for nourishment each day and am I eating the right foods? Do I get enough good fats and leafy green vegetables etc...? Do I know what foods are best for me to eat? Am I aware of how certain foods might leave me feeling energised or lethargic?

Do I have any bad nutritional habits or cravings that I am ready to challenge and build new habits on? If money and time were no barriers, what would your ideal diet be? Do you enjoy cooking or do you find nourishing your body a chore?

## Sleep

The optimum amount of sleep per night that it is recommended that we get is between 7 and 8 hours. Does your sleep pattern fit within this? Do you go to sleep at around the same time each night? Is it good, uninterrupted sleep you are getting and are you getting to sleep easily when you put your head down each night?

## Planner

Have you got a schedule for yourself which accounts for the activities you will be performing during your week/day? Are your downtime/recreation/fun activities and rewards you give yourself accounted for within this schedule? Have you allotted some time to relax and chill out in this planner?

## Contact with others

Have you considered your relationships and family obligations and how much contact with the important people in your life will be best considered? Are you getting a good balance of relationship connection for yourself into your weeks and making time for those you cherish the most? If not, what can you do to get more time for this? Does this mean reprioritising your time?

## Consider writing 5 sentences each morning

The practice of beginning a journal is something I highly recommend that my clients engage in. A great way to start, if you have never done this, is, to begin writing 5 uncensored sentences consistently each morning. The uncensored part might seem insignificant to you but can be a challenge for many people. An inner critic might stop you writing something for fear of someone reading what you have said. It is a good idea to make sure you secure your electronic records or physical records in a safe place to free up any protective parts of your psyche which are

resistant to trying this activity. Allowing a flow of uncensored writing from our unconscious mind onto paper can be a liberating experience and can unburden us from baggage we may have been carrying around which mightn't be the most life-enriching experience. Inking it onto paper to stop continually thinking it is a great way to combat this.

These are just some things to consider as we go into the final weeks of this 8-week course. We want to make sure that these essentials are all at the healthy habitually forming stage so that we are maintaining a state of being and living that will sustain us going forward. This is necessary as we aim to reach for the stars to thrive and achieve the great work we wish to do in our lives.



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CALM  
you're doing a  
GREAT  
JOB**

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