

# **The Eight Tenets of Joyful Living**

## **by Cyndi Bulka ©2018**

### **Instructions**

**Rank your level of satisfaction from 1-10 in each of the eight areas described below.**

### **Loving You**

~Your relationship with yourself is the most important relationship in your life.~

- Do you perceive yourself as deserving of goodness and love?
- The manner in which you think of yourself creates the kinds of relationships and opportunities that come your way. As you think, you become.
- Negative self talk can be insidious and destructive. Watch out for “always”, “never”, “should have” and “can’t”.
- Put yourself on the top of the list for self care.

### **Body Basics**

~Tending to basic needs for a balance of activity and rest, sleep, nutrition, and hydration~

- Clean living... a plant based diet is ideal; organic, balanced nutrition. What makes your body feel good; what gives you optimal energy? We are all unique.
- Rest when you need to. Practice good sleep hygiene.
- Adopt an active lifestyle with less sitting. Balance intense activities with constructive rest.
- Tend to your health numbers. BP, BMI, weight, glucose, cholesterol.
- Develop a team of health care providers with whom you connect and who honor your unique needs.

### **Habits**

~What are the habitual patterns of thought and behavior that do not serve you?~

- Moderation “The Middle Way”
- Go-go-go is a no-no-no! This is a common habit that our culture condones and reinforces.
- Managing technology to your optimal advantage.
- Close relationships are habitual by nature; cultivate healthy, open, reciprocal and engaging relationships in your life.

### **Habitats**

~We absorb the energy we dwell in.~

- Your home is your sanctuary...an inviting place of peace, order and comfort; a space that reflects who you are.
- The workplace environment matters. Organized, clean, nontoxic, inspirational, motivating and conducive to creativity.
- Fill your life with beauty in all forms. What does that look like for unique you?
- Clutter is not your friend. Your outer and inner worlds reflect one another.
- Finish your business; incomplete projects can have a negative effect on your psyche, leaving you overwhelmed and in chaos which KILLS creativity.

### **Growth**

~Commitment to your personal evolution~

- Are you actively engaged in the process of growth?
- Life-long learning, playing your edges, passionate pursuits
- Live with intention. Do your actions follow your intentions?

- Commitment to continual growth:
  - in your important relationships
  - in your work
  - to your health
  - through service to the world

## **Integration**

~Body~Mind~Spirit~

What kinds of things can you do to cultivate and nourish this connection?

- Mindful movement practices that link deliberate movement to the breath with body awareness
- Meditation, prayer, quiet reflection, stillness
- Connect to the natural world.
- Spend time with children and or animals...they help us remember our pure hearts!
- Creative pursuits like music, art, writing, dance

## **Heart Wisdom**

~Living in the world from the wisdom of your own heart = authenticity.~

- Cultivate positive relationships of mutual respect.
- Love is a verb.
- “Right Speech”
  - Think and feel before you speak. Are your words encouraging and affirming?
  - Truth = Integrity. Speak your truth with kindness.

## **Faith**

~What brings it all together!~

- Faith is very personal. Independent of any religious affiliation, the way in which we connect to forces greater than our small sense of self is what forms the basis of faith. *Cultivate unshakable faith in yourself as a part of all that is.*
- Trust in the benevolent forces that are unseen to support your heartfelt journey and realize your full potential for joyful living.

***Once you have completed your assessment take some time to answer the reflection questions.***

- ▶ How do you feel about your life as you look at your assessment? Are there any surprises to you?
- ▶ Which of these elements would you most like to improve?
- ▶ How would you like to spend time and energy in these areas?
- ▶ How could you make time and space for these changes?
- ▶ How do you currently spend time and energy in these areas?
- ▶ Can you effect the necessary changes on your own?
- ▶ What help and cooperation from others might you need?
- ▶ What would make it a score of 10?
- ▶ If it was a 10, what would that look like in your life?
- ▶ If nothing were to change, what would your life look like in 1 year? In 5 years?

***After scoring the 8 aspects of your life, order them in to your personal top 3 priorities that you wish to focus on now.***

- 1.
- 2.
- 3.

**Write 5 SMART goals you that you want to accomplish in each of your top areas. SMART = Specific, Measurable, Action-Oriented, Realistic, Time-Framed**

1.

- 1.
- 2.
- 3.
- 4.
- 5.

2.

- 1.
- 2.
- 3.
- 4.
- 5.

3.

- 1.
- 2.
- 3.
- 4.
- 5.