

HOPE FM – JOURNEY TO WHOLENESS

LIVING FREE, FREEDOM FROM HABITS THAT HURT

KEYS TO LIFE

1. **NUTRITION** – choose nourishing foods/plant foods are rich in nutrients that improve mental function and mood
2. **EXERCISE** – improves head as well as heart, lowering stress, depression, anxiety and increases learning power
3. **REST** – plan recreation as well as relaxation, including early to bed patterns
4. **WORK** – real work satisfaction does not come from a ‘better’ job, but doing a job better
5. **RELATIONSHIPS** – cultivate healthy relationships, like a garden it produces wonderful fruit
6. **MENTAL FITNESS** – as physical fitness requires determination, perseverance as well as practise, so too does mental fitness – give your brain a workout, challenge your brain and change your world
7. **SPIRITUAL HEALTH** – this is at the centre of a healthful lifestyle. Through Bible study prayer and fellowship practise the principles taught by the Word of God.

KEYS TO STAYING THE COURSE

1. **STAY FOCUSED** – appreciate and focus on your larger goals
2. **SET REALISTIC EXPECTATIONS** – be SMART in your goals. Specific, measurable, attainable, realistic, and timebound. Remember it is a ‘cinch by the inch, but it’s hard by the yard and a trial by a mile!’ Little steps lead to big victories
3. **EXPECT CHALLENGES** – you can turn your mistakes into victories, learn from them and do not be defeated by them, we all make mistakes
4. **MAINTAIN A POSITIVE ATTITUDE** – look out for those negative thoughts. Make a choice to focus on solutions not the problem(s)
5. **SEEK SUPPORT AND ACCEPT RESPONSIBILITY** – we become what we surround ourselves with – so choose wisely who to spend time with
6. **PRACTISE NEW CHOICES** – do not underestimate the power of little daily positive choices in overcoming bad habits; repetition and patience are keys to crafting a healthy lifestyle
7. **CONNECT** – with God, He is interested in your healing, growth and progress.