

DO YOU HAVE WHAT IT TAKES?

Monthly Series

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HOW and What are you Circulating?

As you deal with personal and community challenging times and experience unexpected losses, it is important to keep in mind that *how* you respond to life situations will often determine the impact it has on you mentally and physically.

How and what you circulate makes a great difference in the value you receive from that situation. Receiving great value from an unexpected challenge can lead to a greater impact on you and the course of action you follow to improve your future.

If you feel, there is very little time or value involved, the impact on your life will be small or insignificant.

You may pause and wonder *how* circulation is involved with challenging times. Did you know that circulation is a key to your physical, mental, and spirit health and well-being? According to medical studies, your ability to bounce back from life situations (resilience) is directly related to your body circulation and response. Your heart rate and blood flow is affected by your physical activity or how much you move around or circulate with friends and family as well as in your personal quiet time.

How you circulate (your rate of movement and **what** you verbally pass along) affects your physical and mental health as it determines the amount of energy and time necessary to accomplish your tasks and goals. How and what you circulate also determines the response or feedback received as a result of the information you have passed on.

To assure that your physical and mental circulation gives you the best possible results. You must first consider the life results you need to move your next level. Ask yourself the following questions:

- (1) What do I want to be remembered for?
- (2) How do I presently handle life challenges and discouraging news?
- (3) How do I want to handle life challenges to reduce my doubts and lead me to a win win solution?
- (4) How do I make a change so I can make a difference in my family and community?
- (5) What will I circulate with no expectation of personal benefits?

Resolving the above questions will indeed create some mental circulation that will point you in the right direction. Your mental circulation is at its best when you take the courage to interact with someone you love or trust. The good news is that your mental circulation will soon be followed by your physical circulation to start your plan of action rolling.

In closing, keep in mind that your circulation is passed along verbally and physically.

I challenge you this month to seriously consider **how** and **what** you circulate in order to determine the impact on your mental and physical health, life situations, as well as family and community.

Contact Marcia today to share your story.

Have a great month of change!

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