

DO YOU HAVE WHAT IT TAKES?

(To Jumpstart your Brain with Endless Energy)

Monthly Series - September 2017

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“Maintaining your Mental, Spiritual, and Physical Core in the Storm of Unexpected Challenges”



The month of September holds memories of unbelievable acts (9/11) as well as current challenges from nature (hurricanes). Let's keep families everywhere in our prayers.

In order to mentally and spiritually survive and maintain your positive mindset, it is necessary to develop deep roots and a strong core. How? (you may wonder). Let's begin by counting your blessings. In other words, focus on what you "do" have that is responsible for your mental, spiritual, and physical health each day.

For starters, being grateful daily for your conscious mind, your health, and shelter should be at the top of your list. Next, your family and other meaningful relationships who encourage you to grow and to give back are vital in maintaining your positive attitude.

If you think long enough, you will soon have countless things to be grateful for that will keep you grounded with appreciation, determination, and faith. These are the food for your strong core and foundation.

Please note, if for some reason you begin to feel sorry for yourself, I want to encourage you to stop and take a look around and you. You will soon see that there are many others who are worse off than you! Now get busy helping others. I believe you will be surprised at how quickly you begin developing your roots (your strong core and foundation) through gratitude and your service to others.

Keep in mind that Your mental, spiritual, and mental core need to be fed daily. Several ways to develop and keep your core are: (1) Begin your day with meditation, (2) Purchase a small journal and write down at least one thing you are grateful for daily, (3) write down how you would like to see your day end; now read your two statements out loud, (4) Invest in your body with a nutritious breakfast and five to 30 minutes of stretches or cardio exercise (begin with 5 minutes and build up), and finally (5) provide a service to a minimum of 2 persons through an act of kindness. (this could be an encouraging word or providing assistance).

Keep in mind, it only takes a few moments to touch the heart, soul, and minds of others. In doing so, you are developing and sharpening your life skills as well as strengthening your core. Brian Tracy shared that committing your goals to paper increases the likelihood of your achieving them by one thousand percent. Imagine that!

All of the above suggestions require using three to four areas of your amazing brain. The end result is that you begin to flow in harmony as you build strong body -mind connections.

I encourage you this month to develop and maintain your physical, mental, and spiritual core in order to maintain your strong foundation in the storm of unexpected challenges!

Have a great month of change!

Contact Marcia today to share your story and encourage others!

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