

SUCCESSFUL DAILY LIVING

7 Things to Develop, Implement & Do with Consistency

1) **DEVOTIONS**

Each day needs to begin with a connection to the Lord. This connection provides the essence for getting through the day. It is comprised of reading (His Word including other devotionals), meditating on what is read (listen to what He says) and praying (speak to Him, praise him, appreciate what He has done, seek forgiveness and express concerns for yourself and others).

2) **SLEEP**

Adequate sleep (8-9 hours) is essential for daily functioning as well as good health. In addition to actual sleep, there should be a time for rest and relaxation (R&R). The R&R should be something that is enjoyable - a reward for sustained effort on task completion.

3) **HYDRATION**

Maintaining a practice of drinking fluids regularly (4-6 glasses) throughout the day is also necessary for good health. Water is the best source of fluid. Other fluids can be added to the 4-6 glasses of water per day but keep sugary or alcoholic drinks to a minimum.

4) **NUTRITION**

Eating at regular times is important for proper digestion. Snacks should be avoided and if dietary requirements indicate more frequent times, make sure they are healthy. It is most important that there is balance to meals. Look at the weekly menu and make sure that fruit and vegetable make up the majority of each meal. Grains and other carbohydrates can be added to the meal. Fish or meats and/or dairy should also be represented in the weekly menu.

5) **EXERCISE**

The exercise program includes both physical and mental. One is as important as the other. Physical exercise can be done at home or at a gym. The physical exercise should include stretching, leg movement, arm movement, (resistance) and internal core strengthening. The physical exercise should include elevating the heart rate (huff and puff) and a cool down relaxing time. The mental exercise should require a problem-solving activity, comprehending a written passage, memorization and/or creating something that requires planning.

6) **TASK COMPLETION**

It is necessary to have tasks to do each day that serve a purpose. Many of these tasks are the chores necessary to keep the household functioning. Because they are necessary, they can become repetitious and boring and we can begin to resent doing them. There also needs to be tasks that we do that we consider meaningful and worthwhile and even enjoyable. These tasks can be hobbies, new learning tasks or if possible, volunteer service.

We need to recognize the three values of work (task completion):

1. Financial Reward
2. Physical & Mental Exercise – *necessary for good health*
3. Worthwhile – *to give meaning to life's existence*

7) ROUTINE/SCHEDULE

In order to do the above requirements, it usually takes a schedule to identify the time when each of these activities is to be done.

The 5 essential elements to making the schedule work are the following:

1. **Organization** – Being organized is predominantly a function of personality. If this is one's personality, then it is easier to make and implement the schedule. If it is not one's personality and the ability of organization is a weakness, then outside help may be needed.
2. **Motivation** – Motivation is an energy source which is applied toward the goal. There needs to be a clearly identified goal for the motivation to work. The more resolute (use of one's will power) one is in the pursuit of the goal the more motivational energy will be applied. Set a goal for each requirement.
3. **Flexibility** – Flexibility is necessary to negate the frustration that can result when something comes up that prevents the implementation of the scheduled activity.
4. **Perseveration** – This is the cognitive and emotional daily energy to sustain the effort of adhering to the schedule over time. Perseveration is the repetition of each activity.
5. **Self-Discipline** – Self-discipline is necessary to make yourself do these things in the manner in which you planned and organized them. There may be times when the motivation is weak and you have to force yourself to stay with your scheduled activities. Self discipline is necessary to make yourself repeat the schedule over and over until it becomes habitualized into a routine.