

The 4 Dimensions of Your Nature

Physical 

Mental 

Social/Emotional 

Spiritual 

Write down how you renew yourself.

| DIMENSION | HOW I RENEW MYSELF | | |
|-------------------------|--------------------|-------|-------|
| <i>Physical</i> | _____ | _____ | _____ |
| <i>Mental</i> | _____ | _____ | _____ |
| <i>Social/Emotional</i> | _____ | _____ | _____ |
| <i>Spiritual</i> | _____ | _____ | _____ |

Now, identify three NEW ways to renew yourself.

| DIMENSION | HOW I CAN RENEW MYSELF | | |
|-------------------------|------------------------|-------|-------|
| <i>Physical</i> | _____ | _____ | _____ |
| <i>Mental</i> | _____ | _____ | _____ |
| <i>Social/Emotional</i> | _____ | _____ | _____ |
| <i>Spiritual</i> | _____ | _____ | _____ |

Part I

Feeling good is a choice. You can relax and feel renewed or you can choose to overdo everything and feel burned out. You can take care of your mental and spiritual health or you can choose to ignore your well-being and blame others for your misfortune. You can experience vibrant energy or choose to procrastinate and miss out on good health. You can make the choice to enjoy every day or you can do nothing. Remember, every day is an opportunity to renew and reinvent you!

Complete the following checklist. **Check only the items to which you can truthfully answer yes:**

Physical Checklist

- _____ I stay informed about both health and fitness information.
- _____ I exercise twenty to thirty minutes at least three times a week.
- _____ I eat a balanced diet and take vitamins and minerals as needed.
- _____ I maintain a strength program.
- _____ I include cardiovascular and flexibility activities in my exercises.
- _____ I get the proper amount of sleep.
- _____ I rest or relax when my body needs it.
- _____ I eat junk food less than twice a week.
- _____ I have an effective, positive way of dealing with stress.

Spiritual Checklist

- _____ I have defined what my values are, and I plan and live my life accordingly.
 - _____ I have created my mission statement. I rely on it to give vision to my purpose in life.
 - _____ I find daily renewal through meditation, prayer, study, or reflection.
 - _____ I frequently spend time in a place where I find spiritual renewal, e.g., in nature, a synagogue, a chapel, a temple.
 - _____ I live with integrity and honor.
 - _____ I keep my heart open to the truth.
 - _____ I am able to take a stand or tell the truth, even when opposed by others.
 - _____ I frequently serve others with no expectations of any type of returned favor.
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- _____ I can identify which things in life I can change and which things I cannot. I let go of the things I cannot change.
- _____ I can connect to my inspirational guide as needed.

Mental Checklist

- _____ I read books and other publications regularly.
- _____ I keep a journal or some sort of log, or engage in a regular writing process.
- _____ I allow music, silence, or some sort of relaxation exercise to clear my mind on a daily basis.
- _____ I challenge my mind through puzzles, games, or problem solving.
- _____ I have a hobby.
- _____ I continue my education either formally or informally.
- _____ I engage in meaningful dialogue at least once a week.
- _____ I visualize projects and plans so I have the end result in mind to guide the process.
- _____ I use a system to plan and organize my time and efforts.

Social/Emotional Checklist

- _____ I am reliable and dependable.
 - _____ I have a hopeful outlook on life.
 - _____ I am trusting and supportive of people in my Circle of Influence.
 - _____ I listen to others and hear what they have to say rather than thinking of what I want to say.
 - _____ I reach out to others and am empathic.
 - _____ I maintain my most important relationships.
 - _____ I sincerely apologize when I need to.
 - _____ I can persevere through “hard times.”
 - _____ I am aware of what it means to take good care of myself.
 - _____ I can control my impulses – cool down and act rather than react to people and situations.
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Part II

Review your checklist and complete the following:

- Draw a star * by the areas you are already doing well.
- Circle the areas where you would like to improve.

Now answer the following:

1. What floats your boat? Inspires you? Nourishes your soul?
2. What do you want to do more of?
3. What do you want to do less of?
4. What kind of person do you want to be? What will get you there? What might hold you back?
5. What would you like to be remembered for?

Select one thing you would like to change in your life. Make sure it is something you can share with your fellow COP participants. List that one personal change activity here:



List three of your strengths. Think about how you will use this strength to help you accomplish your intention.

- 1.
- 2.
- 3.

Part III – Plan, Evaluate, Execute

Complete the following in a group:

Ask each group member to share their intention.

Plan

Now write each personal change activity as an intention. For example, you might state your intention such as this: “I will meditate one half hour every morning before getting ready for my day.”

Start your intention with **I will:**

- 1.
- 2.
- 3.

Share your intention with the group. Ask for input on whether your intention is realistic and obtainable. Share your strengths and how you will use these strengths to accomplish your goal.

Evaluate

Take turns in your group answering the following about your intention:

- How will you evaluate your success?
 - When will you know you have succeeded?
 - Who can you enlist to help you succeed?
 - What can the group do to support your success?
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Execute

Discuss the following with your group:

- What is the very first thing you are going to do to put your plan into action?
- Can you write this in a planner or in a calendar?
- Is there a picture, a visual, a note, an inspiring message you can keep in a prominent place to remind you of your plan?

