

Everything

Principle Two | Lesson Six



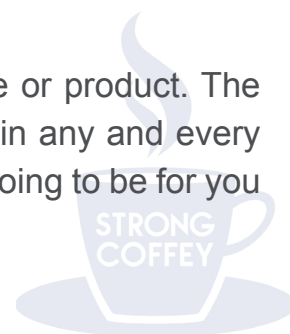
Finally, Everything. The more comprehensive your approach to wellness is, the easier it is to stay motivated. So, Now Do Everything. As you know, we live in a culture that takes its wellness piecemeal, one change, one new habit, one very defined period of exercise twice weekly at the YMCA. Money has a lot to do with why we think of wellness this way.

The solutions that people are trying to sell us are much easier to package and sell if they're small. Say, the Fitbit. Or if they're über specific, like abs – six pack abs in two weeks! – or not too intimidating. Think back to the Thigh Master. Suzanne Somers was selling slender thighs, yes, but more importantly she was selling thinness, beauty, joy, and confidence. And all you had to do was squeeze your thighs together for three minutes a day. That's amazing.

Suzanne Somers knew in 1990, and almost everyone selling you anything wellness related today, knows that you feel like crap and that you want to feel better. They know that you're vulnerable. They know that you are desperate for the quickest, easiest-seeming solution that you can possibly get your hands on because that's what we all want, right? So, they try to sell you one finite, defined, easy-to-compartmentalize product.

Maybe you use it for a while, but you make no other changes. And then, because you're motivated by shame to act in service to some distinct goal, you sabotage yourself and quit. What happened to your motivation? The fact is there is no quicker, easier way to get what you want to feel well in your body and in The First Minute of the day than to practice the PLEASURE PRINCIPLES, to Play the PART. This Practice is how you get well and feel well and keep moving forward, no matter what life throws your way.

Health is the sum of a lifestyle. It is not the product of a single exercise or product. The more holistic your approach – the more willing you are to act with care in any and every facet of your life – the sooner you're going to feel well and the easier it's going to be for you to get and stay motivated and build momentum long term.



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Making one change for the better is an improvement, absolutely, but that single change is fighting a strong downward current if it's the only one that you make. Back in the day, I felt my weight was my problem. It took me getting skinny to realize I was dead wrong. The problem was every single way that I treated myself badly.

People who've turned their health around and who've kept making Strong Choices can attest that every single time we make a healthy change – another change to another facet of our lives, like getting more active or getting better sleep – all the other healthy changes that we've made and hope to make get easier to make and maintain.

As you practice the PRINCIPLES, eventually it'll be your self-harming habits that are swimming upstream. You'll get used to the constant, low-level, deep, and lasting pleasure that Strong Choices bring and that will become your new normal. My clients tell me, and this is absolutely my experience as well, that because that pleasure is the new normal, the gross feeling they get when they do eat Monkey Brains or skimp on sleep is impossible to ignore.

With a consistent PRINCIPLES Practice you'll get used to feeling good all the time. And that'll help you recover more quickly when you fall short of your goals. Now Do Everything. It's a simple tool to help you remember that presence, action, and taking a whole life approach to wellness all Generate Motivation.

Please don't let Now Do Everything frighten you. You don't need to do everything now. Just be open to new ideas and new behaviors and new habits and new ways of living. As you get healthier, as you get practiced to Playing the PART, new possibilities are going to present themselves.



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You can think of your PLEASURE PRINCIPLES Practice like a committed relationship. You're committed to developing healthier habits but, just like a romantic partner, those habits are going to grow and they're going to change. If you're not clear on what your specific goals or boundaries are going to be in your Practice, just keep moving through the lessons. Once you've mindfully chosen strong goals and boundaries based on your truth, that's when you can really put these motivation generators to good use. I am excited for you.

You are doing great. Keep going.

