



Dream Life News



"WELLNESS" is being in a state of physical, emotional and mental well-being.

Feature Articles

- *What is Wellness?*
- *Manage Your Time*
- *Get Motivated and Stay Committed*

*"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."
-Joseph Addison"*

What is Wellness?

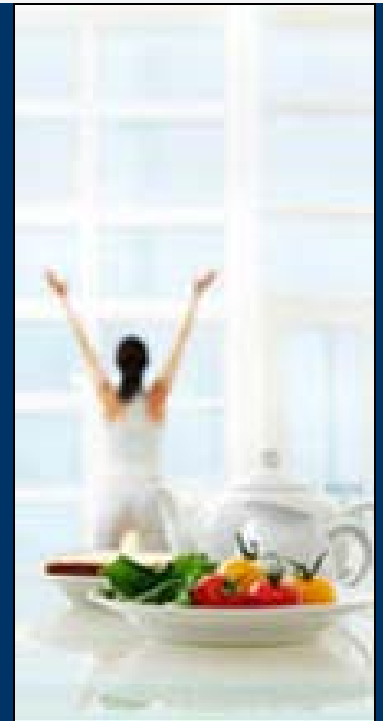
"Wellness" is being in a state of physical, emotional and mental well-being. Maybe the words "stressed", "harried", and "tired" do a better job of describing your life than "well"? Read on to learn how you can begin enjoying a lifestyle of wellness.

What Does "Wellness" Look Like?

A recent study in Australia examined the qualities and characteristics of a group of individuals deemed the "weldest of the well" by their peers. All of these individuals excelled in maintaining:

- **A balanced lifestyle**
- **An ability to manage life's demands**
- **High self-esteem**
- **A strong sense of purpose**
- **A strong sense of responsibility for their actions**
- **A sense of humor**
- **A concern for others and their environment**
- **A commitment to personal excellence**
- **Freedom from addictive behaviors**
- **An ability to cope well in adverse circumstances**
- **A healthy fit body**
- **A capacity to love others.**

If you read this list with a sense of longing, it's time to begin re-organize your priorities so you can begin enjoying a life of wellness.



Taking care of your health has never been more important.



["Get A Life"](#) Is THE Road Map To A Better Life For Anyone

Choose Wellness

Firstly, you need to accept responsibility for the quality of your own life. No one will do that for you. The day is not going to come when you'll have more time to exercise, to eat better, to develop your passions, and to enjoy life more fully. These things are up to you. You must commit yourself to resolutely follow through on the unique set of choices that will increase your well-being.

Manage Your Time

Maybe you're thinking, "What time? There's no 'time' to manage. Every spare moment is taken up by all my commitments." If you feel like you don't even have time to think about time management, you desperately need to manage your time better!


Time management involves two basic steps:

1. **Choosing your priorities; and**
2. **Organizing your schedule to devote time to your priorities.**

It's important to remember that sometimes you have to do less to get more out of your day. It's time to start saying 'no' to the things that assail your well-being and say 'yes' to the activities you enjoy, the choices that promote wellness, and the things you've always wanted to accomplish.

Dreamlifefbooks.com has produced an e-book entitled *Get A Life*. This book is an excellent tool to help you assess where you are in terms of emotional, physical, financial and spiritual wellness; where you want to be; and how to get there.

[Get A Life... Click for INSTANT Download >>](#)
FREE Bonus Gifts included!



[Manage Your Time](#)

Choose Your Priorities

Organize your Schedule

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Stay happy it's your choice...



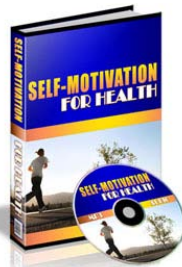
Get Motivated and Stay Committed

Lack of action is the main reason that people fail to achieve what they want in life. The next reason is lack of follow-through. Don't let this be your fate! It's not easy to choose wellness when work, kids, errands, and commitments are all vying for your time.



But you have the power to choose whether to be a slave to your commitments or to be committed to a higher quality of life.

I don't know who said it first but there's a famous axiom that says, "If you always do what you have always done, you will always be what you have always been". If your present lifestyle isn't delivering on wellness...it's time for a change.



Kick start your new lifestyle with Dreamlifebooks.com's ultra-motivational e-book [Self Motivation for Health](#) with loads of advice to help you set out on the path to realizing your goals.

Next Issue...

Subscribe to Dream Life News for more tips and inspiration on living the life you've always dreamed. In next month's issue we'll talk about how to Bust Your Stress, Quick Tips on Getting Healthy and how you can live your dreams.

Dream Life eBooks

Empowering YOU To Be All That You Can Be!

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