



LIGHTHOUSE  
VISIONARY STRATEGIES

## Personal Wellness and its Connection to Business Women of Whistler Event – May 6, 2010

Cathy Goddard of Lighthouse Visionary Strategies spoke of the emerging trend of values-based living. Values are defined as ‘what is most important to you – what is right, good, fair, just’.

Clarifying your values is an important step in understanding what is truly important to you and how that values translates into your life. Ask yourself these questions:

- How does this value show up in my life?
- How does it impact me and those around me? Your co-workers, your children, your boss, your spouse, your friends?

The final step is to set goals around those values. What can you do to move yourself further towards living a life around your values in all realms – physical, emotional, relationships, career? Remember the challenge presented to you --- take just a few moments to clarify your determined values!

### 8 Tips for Personal Wellness

1. **Enjoy the Journey.** Set goals but don’t get lost in the ‘striving’. Ralph Waldo Emerson said, *“We are always getting ready to live but not living.”*
2. **Celebrate Your Successes.**
3. **Keep Good Company.** Surround yourself with positivity. Take stock of the people in your life and identify what they add to your life – joy, inspiration....frustration, boredom.
4. **Set Boundaries.** Say no without making excuses, drop the word ‘should’, ask for help, communicate what you need.
5. **Let Go.** Ask for help and then don’t micromanage....let it go. Let go of bad feelings, regret, resentment, negativity.
6. **Life Cycles.** Understand where you are at this point in your life and don’t try to be everything all at once. If you have young children, that is your life cycle and how you will spend your time. If you are building a career, you might work more hours and that’s okay.
7. **Feel the way you act.** We often assume that we act because of the way we feel but we can actually feel the way we act. Smile, act happy....then see what happens.
8. **Be Gentle!** When you are harsh towards yourself....how you look, how you feel, something you did wrong.....take a moment and simply be gentle. Lose the guilt and be kind to you.

Thank you for allowing me to share my thoughts at the Women of Whistler event.

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