

Creating Your Own Recipe for a Good Quality of Life

by Ruth M. Schimel, Ph.D., Career & Life Management Consultant

You are only afraid if you are not in harmony with yourself. People are afraid because they have never owned up to themselves.

~ Hermann Hesse, German-Swiss poet, novelist, painter ~

When values, interests, skills, and passions are reflected in your life and work, you'll be more likely to use your precious, daily time even better. Instead of responding or reacting to externals first, experiment with this flexible guide to honor what's important to you first. In turn, you'll contribute to improving harmony in what you do and how you do it.

Although the following process cannot lead to metamorphosis or immediate, significant results in using irreplaceable time well, it provides one way keep yourself in tune. By refining daily habits that improve focus, incremental choices will pay off. Your actions will promote better outcomes over time as you express your capacity for courage and other strengths.

The ingredients for creating a good quality of life on a regular basis are often the very considerations that enrich meaning in life. Following is a checklist of themes that you may want to change, adapt, and expand using the empty lines. Without over thinking, check the five or six top ones that are important to you right now. Every few months or so revisit your selections, again choosing the top priorities that will benefit from attention. Expect about three to four months of using this process for the rhythms to take hold.

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|-----------------------|----------------------------|
| ___ Learning | ___ Senses |
| ___ Finances | ___ Skill development |
| ___ Spirit | ___ Religion |
| ___ Love | ___ Design for Your Future |
| ___ Aesthetics/Beauty | ___ Friends |
| ___ Work | ___ Home |
| ___ Health | ___ Play |
| ___ Body care | ___ Family |
| ___ Community | ___ Solitude/Quiet |
| ___ Creativity | ___ Ambitions and Dreams |
| ___ _____ | ___ _____ |
| ___ _____ | ___ _____ |

Realistically speaking, you'll probably not be able to attend every day to your five or six choices. But aim to include them over a week or so in order to honor the full range of your priorities for a good quality of life. In the process, you'll be more likely to integrate deeper ambitions and dreams into your actions.

For each choice, describe one or two appropriate, necessary, and interesting activities to do; use your imagination to combine more than one from those listed and others you've chosen. Then you'll have one activity that combines two or more choices. For example, learning a new sport with someone you like integrates at about five: learning, play, health, skill development, and friends.

Your answers to the following and other related questions that come to mind can also support your progress.

- With whom will you collaborate on your two main shorter or longer-term goals?
- How will you acknowledge and reward your progress as well as the assistance you've received?
- What routine of attention to your priorities will you follow? (Example: Review results every evening, week, or month?)
- When will you start?
- How will you renew and improve your rhythm of commitment periodically?

FOR ADDITIONAL INSIGHT, LEARNING AND GUIDANCE

Time Management from the Inside Out, second edition: The Foolproof System for Taking Control of Your Schedule — and Your Life by Julie Morgenstern
31 Words to Create an Organized Life: A Simple Guide to Create Habits that Last — Expert Tips to Help Your Prioritize, Schedule, Simplify, and More by Marcia Zina Mager
The Time Value of Life: Why Time Is More Valuable Than Money by Tisa L. Silver
Wise Choices: A Spiritual Guide to Making Life's Decisions by Margaret Silf
Time Warrior: How to defeat procrastination, people-pleasing, self-doubt, over-commitment, broken promises, and chaos by Steve Chandler
Procrastination by Jane Burka and Leonora Yuen
The Power of Habit by Charles Duhigg

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202.659.1772
ruth@ruthschimel.com www.ruthschimel.com**