



THE INERTIA OF HABITS

The cycle of aging is very similar to the Newton's first law. This is the Law of Inertia.

“An object at rest or in motion, will remain that way, unless an opposing force acts upon it.”

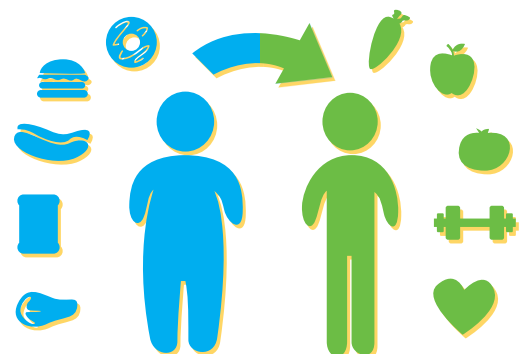
During the years of youth (under 35 years old in this case) there are very few ailments in our bodies, opportunities are often limitless, and risks are encouraged to be taken. The unknown lessons/consequences of life are a blissful naivety. This is known as the “winds being at our backs.” There is a plethora of momentum which exists; thus, inertia propels us forward. We are visibly and internally at the epitome of health.

As we reach a certain pinnacle of age, the lessons or consequences of our life-decisions begin to surface. We become more careful. Risks are now heavily considered, and often shunned. In this, we tend to lose our “force” to propel ourselves forward. Our optimal health, which came easily, now takes a backseat to all the responsibilities of life. Inertia “seems to be against us” and we begin to slow down.

This mental concept of aging can be changed. If we believe we are getting old, then we are correct. If we believe that we can maintain our youthful vitality, then we are also correct. But what does this look like? Does this mean that we simply need to change our mindset to still look 25yrs old at 50? Fortunately, we are more complex beings (spirit, emotions, physical bodies). As a result, this journey toward vitality first requires internal transformation.

Life will always invite us to draw a picture (dream) with details which aren't quite able to be visualized. This blurry destination forces us to focus on the daily steps of a journey, rather than the destination. Please know, that in each instance of reaching the desired destination, there is an “Award” and a “Reward”. The key is to make sure both are present in the end.

- The REWARD is the internal process of going from “I can't do this” to “I did it!”. It is the culmination of hope which has materialized into a successful result. The decision not to take shortcuts. It involves the daily sacrifice of creating time to prioritize yourself. And pushing toward your goal. To reach a destination without the reward will generate a sense of “emptiness”.
- The AWARD is the affirmation and recognition of external contacts (family, friends, strangers at the market, job, or 1st place medals). To reach a destination without the AWARD will spark motivation to keep going. If the REWARD is continually omitted, the pursuit can turn into obsession.
- Reaching the destination with both the REWARD and AWARD generates emotional, spiritual, and physical expansion. It also creates a core memory that “self” will often reflect on. This will be helpful when addressing challenges in the future.

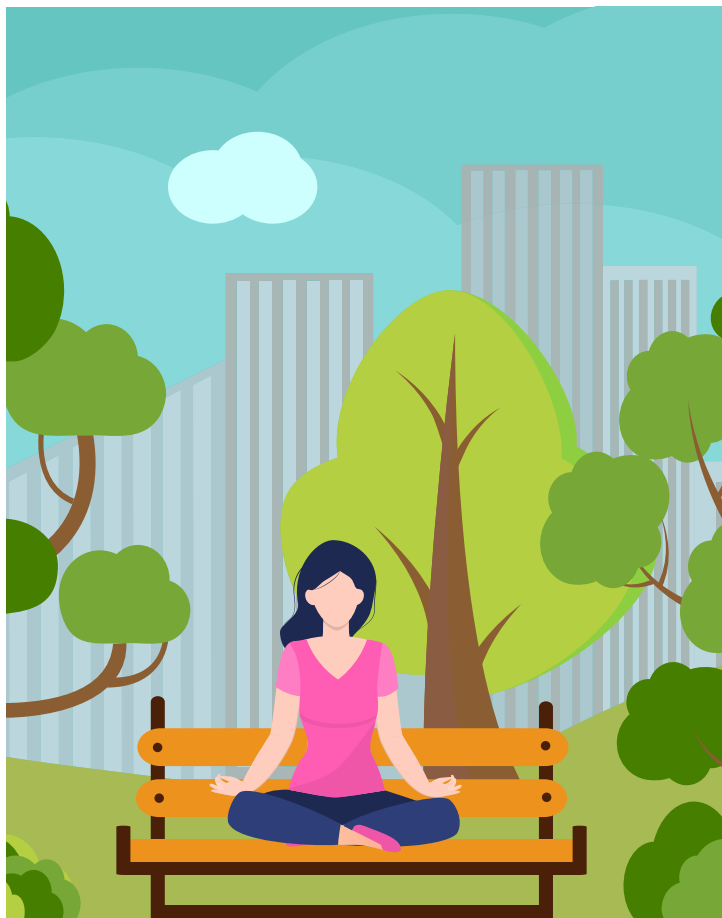


“ This mental concept of aging can be changed. ”



The tools to make needed improvements are contained in the belief that “it can be done!” Then the daily choices, steps, actions, and habits work to materialize this belief in ourselves. As we take these valuable daily/weekly steps, our cups are being filled. We are affirming ourselves.

- We can choose to decrease our alcohol/increase our water.
- We can choose a brisk walk in the morning (before the coffee).
- We can choose to maximize our peace by decreasing access to toxic relationships.
- We can choose to begin a new business, pursue a degree, or train for a marathon/physical goal.



“...make the decision to keep moving forward toward health, vitality, and beautiful CHANGE.”



There will be obstacles. There will be setbacks. There will be discouragement. There will be resolutions of giving up. These moments all contain deep inner dialog that has been long-overdue for purging. This has been the inertia which has been working against our dreams of vitality. Thus, our movement is halted and “we are getting old”

These obstacle-derived emotions are equivalent to water, which comes in waves and then recedes with the same tendencies as waves. These challenging moments are not designed as deterrents, but as opportunities to know ourselves. We are being invited to take inventory of our “self-talk.” It is necessary to address the onset of these sentiments, acknowledge the emotions associated with them, breathe, and process through the emotions, and then make the decision to keep moving forward toward health, vitality, and beautiful CHANGE.

It can be done. But, will you allow the process to take place?

