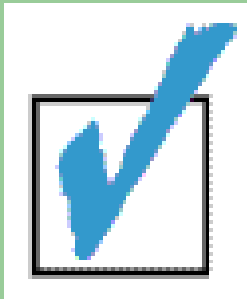


Open Admission to Support Team

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

By: James J. Messina, Ph.D.





Do a self-inventory for yourself of your strengths

To be successful in changing your lifestyle

- Do an exhaustive inventory of your personality characteristics, abilities, aptitudes, competencies, skills and knowledge, intellectual capabilities, emotional status, and behavioral habits, all positive "secret weapons" in changing your lifestyle



Do a self-inventory for yourself of your weaknesses

To be successful in changing your lifestyle

- Do an exhaustive inventory of your: unhealthy personal behavioral patterns, poor personal adjustment issues, poor interpersonal relationship issues, unresolved anger issues, control issues, self-destructive behaviors, unresolved loss issues, & faulty communication issues.



Openly admit your inventory to your support team

- Your inventory of strengths can become rich source of material for team-affirmations
- Your inventory of weaknesses is a goal setting process identifying what you want team to help and support your working on
- Openly admitting your positives while committing to rectify negatives is public statement of words and concepts which, if said over and over again, will become a reality. The more you say it, the more the word becomes "flesh."



Why the need to share your inventory with your support team

- It takes great humility to admit that you are recovering from negative behavioral patterns & unhealthy habits
- In admitting this fact you begin road to change of lifestyle
- If you deny or ignore these facts and keep them from others, they will never be able to assist and support your efforts at change



Why the need to share your inventory with your support team

- You and your support team need to review your inventory
- This review is a means for you to get the social support you need to assist you to accept personal responsibility for your own life and to systematically help you overcome the obstacles from changing your lifestyle to one which is more balanced