

Reading Follow-up Questions:

- 1) Have you heard of Paul Chek before reading this month's selection? (If so, describe familiarity with his work)
- 2) If Paul Chek is a new author for you, what stood out about this book upon first glance?
- 3) Paul wrote a sincere and heartfelt preface to this book. What was your reaction upon reading the preface? Share your thoughts. What have you learned about Paul Chek so far? (from the preface)
- 4) What does the preface reveal about Paul's intention for writing this book?
- 5) What does "holistic" mean? If you were to hire a HLC, what sort of services might you expect to receive?
- 6) In what ways does a holistic practitioner differ from the allopathic medical model or the stereotypical personal trainer or fitness consultant?
- 7) How much time do you commit to yourself in an average day? Reflect on any time spent engaged in a hobby, exercise, reading or other personal pursuits that enrich your daily life.
- 8) Share your thoughts on the concept of an individual taking responsibility for his/her own health.

The Dreamer & The Dream:

Take a few moments to answer the following questions as honestly as you can. Go with your first instinct as your response. Jot down key words or concepts.

- 1) What do you spend your money on? Create a list of (approximately) the items or activities that receive the largest amount of financial investment at this time in your life. (Top 3 to 5)

- 2) What are your primary activities & interests?

- 3) What do you spend your time doing? Jot down your main activities (how you are spending your time) at this phase in your life.

- 4) What do you wish you spent your time doing?

- 5) What images, interests, & experiences trigger an emotional charge?

- 6) What is "calling to you" at this time in your life?



I USED TO DREAM ABOUT BECOMING AN ASTRONAUT, NOW I DREAM THERE'S STILL TIME LEFT BEFORE THE ALARM GOES OFF.

Blessed are the Dreamers!

For the following, jot down a few items that first come to mind. Answer as honestly as you can.

- a) I create happiness in my life when:

- b) I create restful balance in my life when:

- c) I support my dream by eating & drinking:

- d) I support my dream with movement & exercise:



Remember: Your "yes" has no value until you learn to say "no".

Check points for managing stress (pp. 195-196):

- ✓ Identify your primary stressor
- ✓ Make a plan
- ✓ Eat & drink right
- ✓ Move & exercise
- ✓ Mental exercise

Notes: _____



**And you thought
there was stress
in your life !**