

#2 Wellness Lifestyle Guidelines

Develop a deep respect for who you are.

Lovingly accept your health and your illnesses.

Seek out support for your wellness lifestyle from friends and family.

Expect more from life than the absence of illness.

Take responsibility for your health.

Challenge what you believe you are capable of now.

Take a risk - stretch your limits.

Integrate your beliefs into all aspects of life.

Search for the highest level of wellness within your capabilities.

Reward yourself for effort rather than solely for success.

Remind yourself to begin in the present regardless of your current state of health.

Make the commitment to nurture your health.

Foster a deep respect for who you are.

Accept both your strengths and illness.

Spend time daily reflecting on what is important to you.

Remember there are no instant solutions.