

Generations

Adopting a holistic approach to life

I recently read an informative yet truly inspirational article courtesy of www.mindbodygreen.com by Jason Wachob, Founder and CEO of the company of the same name.

His brainchild has grown to become the leading independent media company dedicated to a holistic approach to health and happiness, with 15 million monthly visitors.

Wachob is also the author of the best-selling book “Wellth — How to Build a Life, not a Résumé,” and his list of life lessons he’s learned and continues to practice was thought-provoking because it wasn’t the standardized textbook of do’s and don’ts and he didn’t use fancy terms to get his points across.

So, I picked out the best of the bunch, but for the complete list, check out his website further.

The first one was actually coined by Steve Jobs: “You can’t connect the dots going forward; you can only connect them looking backward.” That guy Jobs sure came up with some amazing advice climbing the ladder of success. To illustrate more of what Jobs meant, Wa-

chob notes that often there are times when opportunities don’t work out, yet a year later, a bigger opportunity presents itself. In other words, don’t give up on your dream even if you fail a couple of times.



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Wachob also notes that working hard doesn’t always mean that you’re working smart. Although you must still work hard to succeed, if you’re not organized and efficient, you’re wasting your time. I’ll add my own two cents: Keep notes and make a list even for simple tasks and ideas that come to you when you’re not at your desk, like while driving in a car, traveling on an airplane (rather than fiddling with your phone), or drifting off to sleep. Keep it handy (and at 70+, a list is a necessity for any type of success, even a shopping trip).

I totally agree with his lesson of never walking away mad from a loved one. It’s tempting when you see red, but you’ve already lost if you give up and

walk away. Instead, cool down, take a deep breath, grab a cup of coffee or tea, or invite the loved one out for a bite of lunch, and calmly assess how the both of you can make it better or come to some sort of agreement. Life’s problems look a little better over a tuna-salad sandwich.

There’s no one-size-fits-all approach to wellness, let alone anything else in life. For example, it’s smart to tailor your diet and exercise program to your specific needs and not what it says on the pages of a book or on a website (not everyone can learn to love Brussels sprouts).

No one is perfect is another life lesson that especially holds true for people we put on pedestals. No matter how smart, attractive or enlightened they seem to the world, they’re still human and can make mistakes just like everyone else (or as Mom often said, which she probably borrowed from someone else, “a rich man puts his pants on the same way a poor man does, feet first”).

Sometimes you have to put things in the “I don’t know”

folder. Rather than pretend that you’re an expert on something you know nothing about, it’s probably better to admit it straight out and then offer to do some research to find the answer. Thank goodness for Google.

Wachob insists that karma is real. I believe him.

Balance and moderation are key, i.e., sometimes we all need a cupcake, so treat yourself every once in a while, because life should be fun (now, remember, I said one cupcake).

He also points out that if you’re not happy with yourself, you’ll never be happy in a relationship. Enough said.

The common theme behind every religion is gratitude, so always be grateful for what you have; no matter how bad things seem, there’s always someone who has it worse. To borrow a quote from a friend of Wachob, “Gratitude is an attitude!”

Next, don’t take yourself too seriously. You have to be able to laugh at yourself, and it truly is the best medicine available. Being wound too tight is only good for a rubber band.

There’s only one proper way to accept a compliment. The words “thank you” will suffice.

And although goals and deadlines are important, sometimes you just have to say, “I don’t know when, I don’t know how, but I know it’s going to happen” and keep trying.

If you’re passionate, you’ll prioritize to accomplish your goals. Wachob uses a quote from Benjamin Franklin to sum it up: “If you want something done, ask a busy man.”

And my last one is don’t compare yourself or try to be someone else. There’s always someone out there who has more money, a more (perceived) perfect relationship, a better figure, nicer clothes, etc. Comparing yourself or trying to be someone else is a game you’ll never win.

Wachob uses one of my favorite quotes from Oscar Wilde to end this column: “Be yourself; everyone else is taken.”

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