

An Extraordinary Life?

Joseph Faust Special Feature

Are you interested in having an extraordinary life? Every decision counts and adds up to the life you ultimately live. Living your best life requires a willingness to think about and choose what works, repeatedly — like replacing a candy bar a day with an apple a day.

In providing coaching to professionals for more than a decade, I've noticed exceptional living begins with the individual's decision to live his or her dreams, regardless of the circumstances or conditioning which may have stopped that person in the past.

To actually live your dreams it's useful to design your life so you get your essential needs met. Once your essential needs are consistently met (vs. intermittently) your attention and energy become available for creating ongoing success. Randomly chasing the fulfillment of essential needs often results in periods of exhaustion and being overwhelmed. Peak performers are the people who have found ways to consistently get the support required to be at their best.

We all have physical needs and getting them met is essential to living an extraordinary life. You have seven physical needs for your body to function at its best: oxygen, hydration, movement, rest, nutrition, a secure environment and rejuvenation. By paying attention to your physical needs, in the sequence presented, you can substantially increase your energy and strength. If you find yourself experiencing low energy during the day I recommend reviewing this list of seven physical needs to see which need may require more attention, because physical and emotional lows are frequently connected with one of these seven physical needs not being met adequately.

Many of your physical needs can easily be met by implementing simple systems into your daily routine or by making structural changes to your overall life design. The first essential physical need is oxygen. The human body's ability to survive for only a few minutes without oxygen is a big hint about how essential oxygen is to every aspect of your life. You can increase your oxygen intake by walking, doing yoga, adding plants in your space, and spending more time outdoors.

After oxygen, hydration is your most essential physical need. Consider Dr. F. Batmanghelidj's controversial and eye-opening book, *Your Body's Many Cries for Water: You Are Not Sick, You Are Thirsty*, in which he writes, "Chronic and persistent dehydration is the root cause of almost all currently encountered major diseases of the human body." The human body contains about seventy percent water, by weight and as little as a five percent reduction in water can result in a major decrease in energy.

Many people who say they do not like the taste of water may never have tasted pure, high-quality water. Today much of the water on the market is purified water; treated municipal tap water via distillation, deionization and reverse osmosis. Unfortunately, pesticides and other elements remain in the water.

You deserve better — make pure high quality water a priority in support of your extraordinary life. A high quality personal water system can yield life-changing benefits. Imagine the increased sense of wellbeing you will experience when you consistently consume conveniently available, great water. Creating a system for having great water with you is worth the effort and, over time, will save you time, money and increase your energy. I recommend you sample several waters until you find great water you really like and use stainless steel or glass containers (not plastic, which can leach chemicals into the water) for transporting and the storing water. Consider Mountain Valley Spring water; you can get home delivery of five-gallon glass bottles.

The third essential physical need is movement. Remember the adage, “Use it or lose it”? Many essential body functions require movement for your body to work properly. Movement supports digestion, and a light walk after eating is helpful, for example. Circulating blood through your veins is necessary for many physical and emotional processes.

The fourth essential physical need is rest. Continual movement or work, both mental and physical, rapidly depletes the system unless rest occurs. For mental work, many professionals recommend 10 to 15 minutes of rest every 60, 75, or 90 minutes. In addition, an 18-to-20 minute rest every 18 waking hours is great for stress reduction and psychological excellence.

The fifth essential physical need is nutrition. We’ve all heard the phrase, “you are what you eat,” but have you considered that your body is actually created from the food and liquids you have consumed during the previous seven years? The impact of food is often felt within an hour and a deeper, more subtle, impact after a day or two.

The sixth essential physical need is for a secure environment. A secure environment is one that assists you in rejuvenating well because it fully supports you in being at ease and is supportive to you in getting your needs met. Here are seven key distinctions: Is the environment well-located? Large enough? Safe? Clean? Ergonomic? Affordable? Inspiring?

The seventh essential physical need is rejuvenation. Rejuvenation is necessary for healing. Rest and rejuvenation are related, yet distinct. Rest supports your being able to do more work and play. Rejuvenation supports being able to do more work and play and it supports healing. Healing is essential. Some popular methods of rejuvenation include

prayer, meditation, vacation, deep sleep, massage, being fully heard, laughter, and love.

To support your decision to live an extraordinary life, I recommend you pause for a moment and imagine the possibility of your grandest vision of your best life. Then, write three goals that are fundamental to the existence of your grandest vision, and place it where you will read your goals every day for 90 days. Finally, consider hiring a coach to assist you with living the life you desire.

Yes, upgrading your life can be that simple. One note card with three well-chosen decisions (goals) reviewed every day for 90 days, and some great coaching.

Sustainable success begins with a solid foundation based on getting your seven physical needs met on a consistent basis. Today I shared with you about the seven physical needs. In future articles, I will share with you the seven essential emotional needs and the seven financial needs.

For questions, regarding for getting your needs met and for living an extraordinary life, visit www.LifeCoachingworks.com or e-mail: Joseph@LifeCoachingworks.com