

The Thinking Path Plan

THINKING PATH PLAN

GOALS (RESULTS)

1. Reduce my weight to 180 pounds
2. Improve my lipids profile:
 - Total cholesterol = 190
 - LDL = < 125
 - HDL = 35 - 80
3. Get a full 7 hours of restful sleep at least three nights a week
4. Eliminate my emotional hijacks
5. Feel more joy and happiness in my life

ACTIONS

1. Go the gym at least twice a week for one hour
2. Eat a low-cholesterol diet as prescribed by my physician
3. Leave work at 6:00pm at least twice a week
4. Go for a bike ride or a hike once every weekend
5. Get to bed before 11:00pm at least three nights a week
6. Engage in my meditation practice at least twice a week for 15 - 20 minutes each session
7. Listen to my favorite music on the weekends

NEW THOUGHT HABIT: I believe that health is the key to a good life and it needs to be cultivated.

LEARNING PRACTICES

AFFIRMATIONS

- Repeat '*A good life is a healthy life*' several times upon waking, at lunch and before bed

EDUCATION

- Read: Cholesterol Down by Janet Brill
- Attend NYU course on Stress Management
- Read Meditation by Eknath Easwaran

VISUALIZATION

- Visualize going to the gym the morning of each day I plan on going to the gym
- Visualize feeling joy and happiness as often as possible

WRITING

- Journal 30 minutes each week on the benefits I am experiencing from shifting to a healthy lifestyle

CONVERSATIONS

- Speak with my team at work about what it would take to promote a healthy lifestyle at work
- Speak with my wife about changing the way we eat as a family
- Speak with a nutritionist about the right diet for me