Life MakeOvers
by Cheryl Richardson

52 Practical and Inspiring Ways to Improve Your Life One Week at a Time

Cheryl Richardson is a life and personal coach who wants her clients as well as the readers of her book, Life MakeOvers, to understand and commit to one primary personal wellness goal and philosophy: the philosophy she calls “Extreme Self-Care.”

In this year-long program which Ms. Richardson divides into 52 weekly themes, she offers us a deeply perceptive and creative plan rich with practical strategies to manifest this goal of self-care. By living this program, we are encouraged to reevaluate our lives and to connect with what really matters most, with what is truly authentic and what will bring each one of us true happiness. Her wisdom here is to not only explore each weekly theme in theory and example, but to challenge us further to identify specific changes that we can and will put immediately into action.

Book Reviews

1. Phyllis Havens, MS, RD, LCSW, licensed corporate Wellcoach
   pdhavens@aol.com

The following is a listing of some of Cheryl Richardson's core concepts that make up the heart of the practice of Extreme Self-Care:

- Set an internal goal for your own personal development, a goal to strengthen your character as well as your physical health and wellness
- Commit to an Action Plan in which you can clearly identify success as well as potential barriers to that success; this plan, thus, is always to be a Proactive one, and truly solution-focused to change your present experience as well as your future
- Create or reawaken a personalized spiritual practice: listen to and act on your inner wisdom
- Live with Integrity

The Top Ten Tips From 52 weekly Reflections would thus include:

1. Keep a Journal: commit to hand-writing in it (3 pages) each morning if possible
2. Identify and eliminate your energy drains:
   - Learn to say No
3. Plan weekly time to have Fun, Relax, Play, and Laugh (Make this part of an Absolute Yes List)
4. Create a plan for financial freedom

5. Face your Fears and make a point to Stretch yourself by doing scary things

6. FOCUS: work on an Attentional practice:
   - make a list of your top three priorities for the week
   - commit to three top actions to do today from those priorities
   - anticipate and eliminate all serious and significant distractions

7. Create positive affirmations that support your achieving your goals, including those that bring Love into all your connections with others

8. Know what you have for Resources: identify your supportive community and one or more supportive partners to link with you on your journey

9. Simplify, Organize, and Clean out clutter in your personal spaces (home, office)

10. Take Care of Yourself Physically:
    - Get adequate and good sleep
    - Take walks
    - Breathe deeply and take deep breaths often
    - Commit to a Healthy Lifestyle

2. **Chere Bork, MS, RD, LN, licensed corporate Wellcoach**
   chere@cherecoach.com

I have been reading this book for several weeks now. My real name is Cheryl and I gravitate towards other women who share my name. I picked up the book and wrote a list of my favorite top ten practical ideas in the book. I put the book away and picked it up again two weeks later and was surprised to pick almost the same identical top ten ways to improve your life one week at a time.

I am a graduate of Coach U which was founded by Thomas Leonard. In the introduction Cheryl mentions Thomas Leonard and her gratitude for the concept of “extreme self-care.” For more information on Coach U she cites the website – [www.CoachInc.com](http://www.CoachInc.com).

If any would like to know more information about Coach U please email me. I am here to help!

**Chere’s Book Favorites**

**Quotes**
I love quotes and this book seems to have picked the perfect quotes for lifestyle coaching.

My favorite is “It is difficult to live in the present, ridiculous to live in the future, and impossible to live in the past. Nothing is as far away as one minute ago.”

Jim Bishop: This quote is from Week 8 on the topic, “What’s Fueling You?”
Resources
Each week lists resources that will help you accomplish the Take Action Challenge. There are books, tapes, CDs and organizations all listed. The resources listed are worth the price of the book alone.

Chere's Top Ten Favorite Tips
I am writing about the Practical Tip and also including the Take Action Challenge so you can “use” this book before you actually purchase it. It is YOUR START!!

1. Spring Clean Your Office
Week 33 page 138

Most wellness coaches enjoy their own office in their home – whether they work part time or full time. We all have a computer where we get out “stuff from Margaret and Wellcoaches.”

The big picture here is that you can surround yourself with success or “NOT.” Your office has an impact on your day-to-day health and effectiveness.

Questions to Ask Yourself:

How clean is my office?
How is the lighting?
How well can you breathe?
Does your office have creature comforts?

TAKE ACTION CHALLENGE:

- What three things will I do to improve my office?

2. Stop Juggling and Start Living
Week 10, page 50

Cheryl talks about all the “balls” you are juggling and trying to balance work and life. Remember when you put the needs of your business first you risk putting your emotional and physical health in jeopardy as well as your precious relationships. The number one relationship we damage is the most important – our relationship with ourselves.

TAKE ACTION CHALLENGE:

- The first ball I would like to drop is:
- The way it plays out in my life:
- The new behavior I will practice this week is:

3. The Power of Focus
Week 9, page 47
Actions we take not only bring us success, but teach us important ways of **BEING** in the world. The power of disciplined focus is the secret of success. Bring your attention to the center, to concentrate on one thing intently and also go more deeply into the task at hand. Don’t try to “cover all the bases.”

**TAKE ACTION CHALLENGE:**

- Pick one goal or project that you will devote yourself to EVERY DAY! Choose a preplanned amount of time, schedule it in your calendar, and challenge yourself to stay on purpose.

4. Focus Your Energy  
Week 18, page 81

Cheryl describes, “*splattered energy*” as feeling pulled in too many directions at ONCE! Our attention is distracted and we’re pulled off center. This really happens to me with my email and the arrival or new mail in my in-box.

**TAKE ACTION CHALLENGE:**

- List your top three priorities for the week.
- List the 5 actions you need to take to honor those priorities.
- List possible distractions.
- List ways to eliminate these distractions.

5. What's Draining You?  
Week 6, page 33

It is powerful to eliminate energy drains, especially those that have emotional strings attached.

Cheryl’s Four Step Process to free yourself of emotional strings  
Scan your environment for 5 energy drains. Schedule time to handle these 5 items. Make sure you get support to handle those things you just would rather avoid than do. Break the tasks into small steps and build in a reward for yourself.

**TAKE ACTION CHALLENGE:**

- Identify 5 energy drains with emotional strings attached to them.
- Identify how you plan to “handle” them.
- Identify the person that you will call to support you with this.
- Think of your reward for doing this project.

6. The Benefits of Boredom  
Week 48, page 191

One of my favorite quotes from Thomas Leonard has been “Boredom is the gateway to peace.” It is not easy to be bored. Our society is filled with adrenaline and learning to do nothing is pretty challenging. But are we busy just to avoid being bored? Learning to be bored is like learning to meditate. Make space in your life to be bored!!
TAKE ACTION CHALLENGE

- The 5 ways I avoid boredom are:
- The 3 goals, projects or commitments I will let go of are:

7. People and Priorities
Week 45, page 182

When we come to the end of our lives, it is not the career success or accomplishments that will matter but the people we given love to and have received love from. We take relationships for granted and get lost in our busy lives. Also invest your time and energy in learning to relate on a deeper, more intimate level with people close to you.

TAKE ACTION CHALLENGE

- Who are the people in your life that matters most?
- What kind of attention or care do these relationships need?
- What new skill do you need to acquire in order to invest more deeply in these relationships?
- What will you do differently to insure that your relationships get the attention they deserve?

8. What's Fueling You?
Week 8, page 41

Cheryl talks about adrenaline overload from information overload and how we use adrenaline as our main source of fuel. I personally know that this is one of the reasons I went into coaching…I love adrenaline. She talks about technology being a blessing and a curse. How do you restore your energy and begin getting your fuel from a healthier source? She suggests: scheduling down time, changing your work habits, breathing deeply, taking a multivitamin, giving up caffeine, and getting regular exercise. (sounds like Wellcoach work!!!)

TAKE ACTION CHALLENGE

- Identify the 3 habits that keep your adrenaline pumping.
- Identify the new habit you will practice this week.

9. Two Heads are Better than One
Week 15, page 70

Cheryl suggests that sharing ourselves in partnership with another deepens our connection and gives us the courage and strength to move beyond our limitations. I feel being part of Wellcoaches is a partnership where we all share our talents, and energies for the common goal of helping people be their best.
TAKE ACTION CHALLENGE

- Identify the project you would like support on.
- Identify three potential partners.

10. The Thank You Game
Week 47, page 188

“If the only prayer you would say in your life is “thank you” that would suffice.
Meister Eckhart

When was the last time you surprised people with a gift of gratitude? The object of this game is to find a creative and inexpensive way to thank or acknowledge those people in your life who get overlooked. I leave candy bars in my mailbox for Dale my Mail Man. My kids and I make homemade chocolate chip cookies and take them when they are warm with a quart of milk to our dentist and our eye doctor because we appreciate what they do for us. My favorite attitude is that of gratitude and it can be sooooooo fun!!

TAKE ACTION CHALLENGE

- Identify the 7 people you would like to thank.
- Thank them!!

3. Carol DuBois, licensed corporate Wellcoach
   FunctionalFit@aol.com

Carol’s Impressions:

I highly recommend this book for both coaches and their clients. Ms. Richardson’s book definitely fits in with the Wellcoaching philosophy of small steps taken over time lead to permanent life changes.

The book is easy to read, but profound. The reader is given a topic of the week, an action plan, and a resources section to support the reader in taking action quickly.

She constantly stresses the reader to take extraordinary self-care in order to care for others.

Ms. Richardson also suggests that people might want to find a partner or a group to go through the book together.

Carol’s Ten Top List:

The most challenging part of writing up this review was picking only 10 tips. I plan to go through this book myself week by week and maybe even follow up on her suggestion to find a supportive partner to do the exercises with me.
1. Chapter #1 *The Journey Begins* helps the reader start with an “I can do this,” mind-set. The reader is asked to think over the past year and reflect on all he/she has done right by asking the following questions:

   a. What qualities of character have you strengthened?
   b. Have you shared an act of kindness or supported others in some way?
   c. What special memories have you created with those you love?
   d. What have you achieved or accomplished?

These are great questions for coaches to ask some of our clients who may be having difficulties seeing themselves as winners. Ms. Richardson suggests each reader keep a journal starting with week one. The exercise for week one is to write down 25 things they are most proud of accomplishing in the last 12 months. (Yes, 25).

*Her belief is that seeing the good in others starts by seeing the good in ourselves.*

2. Week #5 *The Gift of Time*: One of my favorite exercises in the book is her suggestion to create an “Absolute Yes” list. Many of us are always using excuses that we never have enough time.

Ms. Richardson explains that we do have control over this great gift of time, but seldom do we take a serious look at how we are spending this gift.

She asks in week five for the reader to create a Top Five Priorities list that need the reader’s attention for the next three to six months. Once you have your list ask, “What other activities do I need to let go of in order to take care of these priorities?”

She recommends keeping index cards with one priority per card easily available so you can access it at any time. She encourages that you say “No” to anything that comes along that doesn’t fit in with these priorities.

She also suggests that we update the list every three to six months.

Her final quote for the chapter is good for us to remember, *“Doing things out of guilt and obligation is not doing things out of love.”*

3. Week #6 *What is Draining You?* Chapter 6 is closely aligned to the week before, but goes one step further. In this chapter, Richardson asks us to think of our days, weeks, situations, and relationships that may be draining us of energy. Any time we are being drained we have a feeling of being weighed down.

She asks such questions as:

   a. “Have I said yes to a commitment that I now regret?”
   b. “Am I pursuing a goal that no longer makes sense?”
   c. “Am I involved in a project that no longer makes sense?”
Her take action challenge for the week is to scan our environment for five energy drains that have emotional strings attached, and next, schedule a time to handle each item. She reminds us to ask for help when it’s hard and to reward ourselves when we’ve finished.

### 4. Week #13 Spring into Fitness:
Of course, as someone interested in teaching fitness, this chapter stood out. However, there is more to this chapter than finding the right exercise program. Richardson is suggesting we need to be fit in all areas of life—physical, emotional, spiritual, and psychological.

My favorite sentences are, *"When you shift your focus from losing weight to creating a daily practice of self-care, your chances of long-term success increase dramatically."*  *“Although weight loss may be important to you, let that be a byproduct of living a healthy lifestyle.”*

Her take action challenge for the week is to list 5 obstacles that might prevent us from living a healthy lifestyle and then next to it, list a possible solution. Then pick one solution and implement a change this week.

Pure Wellcoaches philosophy!

### 5. Week #14 Are We Having Fun Yet?
I picked this chapter because it is one of the biggest problems I deal with in speaking to my corporate audiences on wellness. A majority of people are just not having any fun in their lives.

Richardson gives a list of activities for us to try to shake up our lives and add fun to our days. She then asks us to commit to finding three things we would like to do and do them this week.

### 6. Week #32 Sleeping Beauty:
Research shows that more than 40% of Americans are sleep-deprived. Of course, we all know that this is probably one area that most of our Wellcoach clients as well as we coaches could use some help on too.

Richardson gives many great suggestions on how to make our bedroom a sanctuary from cleaning up any clutter to getting the perfect mattress and/or changing our sheets more frequently and perhaps, even getting a HEPA filter to ensure better air quality).

Her take action challenge is to take inventory of the bedroom and sleep habits. She also gives a very good balanced breathing exercise on page 135 to help us ready ourselves for sleep.

### 7. Week #36 Bring in the Reserves:
This chapter starts by asking us how secure do we feel right now and what do we think of first when we think of security. Most people answer, “I think of money.” Richardson states that “We live in a work-centered culture that encourages us to seek security by working, earning money, saving money, and working some more.” She goes on to state, “As long as you believe that money is the key to security, you’ll keep working hard, neglecting to invest in other areas of your life.”

Of course, money is important, but the theme of this chapter is how to get a wealth of security in other areas of our lives such as friends, family, self-esteem, faith, physical energy, and great colleagues.

Her action challenge this week is to make several columns with the above headings such as love, community, self-esteem, emotional and physical health, and so on. Once we have the columns, write
down a current balance sheet under each item. Do we have a reserve in all of these areas? Identify one area we’d like to work on and build that reserve this week.

8. Week #42 Life Accessories: I found the title of this chapter extremely interesting and fun. Richardson defines life accessories as the simple (and often inexpensive) things that add to the quality of our lives. These are the things that enhance our daily lives by stimulating our senses in positive ways such as our favorite music, pictures, and smells (to name only a few).

She asks us to think of what we love to look at, listen to, taste, smell, and feel and then make a list of five. Of course, then we need to take action to get one or more into our busy lives this week.

9. Week #43 Mental Self Care: Chapter #43 starts with a great quote by Mahatma Gandhi, “I will not let anyone walk through my mind with their dirty feet.”

Richardson says what we allow to come into our minds through our eyes and our ears (television, radio, newspapers, books, conversations, etc...) has an amazing impact on our well-being. She says that researchers have found our immune systems are greatly impacted good and bad by what we take in through our senses.

The take challenge for this week is to look at what we are taking in and ask ourselves could we replace something negative with something more positive?

10. Week #46 Great Gift Giving: Although it may seem a long way until the holidays are here, I picked this chapter as having special significance to us and our clients. Many of us start sabotaging our healthy lifestyles when the holidays roll around. We are already overwhelmed by our busy life and here come additional responsibilities.

Richardson shares with us some very creative gift giving ideas for those special people. Her ideas are to help spark our creativity and deepen our most important relationships.

She asks us to think of new creative ways to give and gives us a number of good examples.

11. Week #52 The Power of Prayer: Yes, yes, I know I was supposed to do only 10, but I couldn’t resist pointing out the last chapter. All of the book until chapter #52 focuses on self-care, but in this week Richardson asks us to focus our gifts on the world around us.

She says that as we start to care more deeply about ourselves, we naturally care more deeply for others and for our planet. Her parting words are that we consider how we might share our time and talents with others in need and create a ritual of serving at least one person each day.

This act doesn’t have to be time-consuming or cost money.

How can I serve one person today?” It is a good idea to place a check mark on our calendar when we have kept this commitment.
4. Naomi Stanford, licensed corporate Wellcoach  
nstanford@silossmashers.com

Treat this as a resource book. There's no need to read it all at once. Just dip into it every time you feel like renewing yourself in some way. It's got a host of further reading, audio tape, and website information.

**Top Ten Tips**

1. Set aside time to reflect on what you've done right. Acknowledge yourself for what you've accomplished in the last year. Focus on what worked to set yourself up in a positive frame of mind.

2. Live with integrity. Know your own standards for living and honour them.

3. Learn enough about money to get yours working for you by getting educated about money and investing, raising your financial standards and starting to save now, partnering with a financial adviser.

4. Fix what's broken. Take time to handle the little things that make a big difference in the quality of your life. Identify and eliminate five little annoyances that have been driving you crazy.

5. Identify and eliminate energy drains that have emotional strings attached. Let go of the past or handle items that cause you anxiety.

6. Choose a thirty day period and commit to writing a minimum of three pages every morning by hand.

7. Practice mental self-care. Do your body, mind and soul a favour and replace the negative television programs, radio shows or conversations that bring you down with something uplifting and positive.

8. Recognize your 'early warning signals' behaviours that spell trouble for yourself. When you see these start practicing extreme self-care.

9. Give your brain a vacation. Stop analysing and start practising being relaxed and insightful. Let your relaxed brain solve the problem while you do something else.

10. Stop juggling and start living. Be willing to break a few rules in order to reclaim your life.
5. Shelley Spicher, licensed corporate Wellcoach  
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1. Self-Care

To create a better life is to focus on becoming a better you. When you take good care of yourself, stress levels decrease and life satisfaction increases. Life is a giant wheel; the center is your core knowledge, wisdom, and experience; and the spokes are areas of your life such as family, relationships, community, and health. Connect more with the center, which is linked to your values, needs, and desires. Get to know your inner self. Invest time and attention to yourself. Many of us struggle with the idea of making our needs and self-care a priority as the effort may appear selfish or inappropriate. In order to be there for others in a healthy way, you must first be there for yourself. STOP what you are doing, LOOK at your priorities, and LISTEN to you body.

2. Time

Many ask, “Where does all the time go and why don’t we have enough”. We control where our time goes. Time is infinite. Time is a gift we take for granted. We get caught up in our busy schedule and we rarely stop to see how we are spending this gift. We must realize that we are in charge of our lives and our time is limited, therefore our choices become important. Create an Absolute Yes list of the top 5 priorities that need your attention for the next 3-6 months. Identify action to support your priorities and anticipate possible distractions and eliminate before they occur. Focus your time and attention on what matters. Focus on one project / goal at a time. When we get to the end of our lives, it’s not career success, accomplishments, or the size of our bank accounts that will matter, it will be the people we have loved and who has loved us that will make our lives feel full.

3. Energy

What’s draining you? Identifying and eliminating energy drains gives us energy to be used for better things. When we let go of the past and handle items that cause anxiety, we feel more productive and effective and relationships grow stronger. What drains your energy emotionally causing you distress or anxiety – a phone call you need to make or a conversation you need to have that you keep avoiding; have you said yes to a commitment that you now regret; are you holding on to something in your home or office that represents a difficult time in your life or that keeps you attached to the past; or are you dealing with a sick child or parent alone? Scan your environment for 5 energy drains and schedule time to handle these items, break the tasks into small steps, get support for things you would rather avoid, and build in a reward when you finish a task.

In today’s society we are in a constant state of readiness. We are suffering from adrenaline overload, using adrenaline as a main source of fuel making it difficult to slow down. The fast-paced nature of society is going to speed up even more. As a result, you will be challenged to take care of yourself on a whole new level. Become aware of the habits and behaviors that keep you hooked on adrenaline. Do you drink a lot of caffeine? Do you rush from one appointment or task to another? Practice new behaviors that reduce your reliance on adrenaline so you protect your body, mind, and spirit. Schedule some down time, change your work habits, breathe deeply, give up caffeine, and get regular exercise. Each little change made over time will make a big difference in your ability to slow down and restore your energy and improve the quality of your life.
4. Creating Space

When in doubt – throw it out. Learning to eliminate clutter at its source deals with the problem at the root level. This is important especially in the overloaded information age. We have become reliant on information and we save magazines, old records, because we are afraid that we just might need something in them someday. Over-reliance on external information puts us in the habit of constantly looking outside of ourselves for the answers instead of using our gut instinct or intuition. Anything you want to know about is available on the Web. Creating space makes us feels better physically and emotionally. Don’t underestimate the powerful effect that your environment can have on you.

5. Fear

In order to create a great life we must confront our fears on a regular basis. What you do with your fear will direct your course of life. If you let fear stop you, you will keep wishing and hoping for a better life. Fear can be a call to action, a motivating force for change. To handle fear you will need Friends, Facts, and Faith. Identify someone who might support you and ask for help. Are you afraid to move forward because something is missing – get the facts. Once you get information you will find that your fear starts to shrink. Take action in spite of your fears helps you to develop faith in the Divine and yourself. Learning to trust that you can handle anything that happens is more important than whether or not you succeed. Faith only grows when we take action not knowing the end results. Too often we hold ourselves back from things we would really like to try, out of fear of looking foolish, feeling stupid, or making a mistake keeping us from enjoying the simple pleasures of life.

6. Integrity

Integrity is our spiritual backbone. Living with integrity is the key to living an authentic life that honors your most important priorities. Living with integrity means honoring the standards (internal rules of behavior) that we have set for ourselves. We each have different standards by which we live. The important thing is to know your standards for living and to honor them so that you can create more divine flow in your life. Spiritual backbone may be out of alignment when we neglect to honor our standards. Take notice where you are not honoring your standards and do something about it. Perhaps you are not telling the truth when your standard is to always tell the truth. Or maybe you are avoiding an issue when your standard is to be honest with your interactions with others regardless of how difficult it might be. What internal rules have you set for yourself? How are you honoring these standards in everyday life? Where are you not being true to your standards?

7. Personal Happiness

When we put the needs of our work before our personal lives, we put our lives at risk; emotional and physical health is in jeopardy and relationships with loved ones and our relationship with our self. You never hear a resume read at a funeral. At the end of your life what matters is how much you loved and were loved by others. There is a connection with our personal happiness and success at work. When we neglect our health, we get sick and have to take time off. When we have trouble or neglect our relationships, we become worried about the problems at home and as a result we become less effective at work. To become more productive and effective at work while enjoying a fulfilling personal life, you have to give-up the juggling act and let a few balls drop. Examples of some of the balls you may need to let go of are: trying to please everyone, trying to have everyone like you,
trying to do everything perfectly, or trying to do everything. Become more aware your needs so that you can treat them and yourself with the respect and consideration they deserve.

8. Partnership
Partnership is a powerful prescription for any situation. Divorce, illness, completion of a goal can all be handled much more easily with the comfort and support of someone at your side. Too often we neglect to ask for help for fear of appearing weak or needy. We are not meant to live in isolation. Sharing ourselves deepens our connection and gives us courage and strength to move beyond our limitations. Best of all, taking a partner along for the ride means sharing in the celebration of your success. Give yourself the chance to experience the power of partnership.

9. Fun
Having fun is a vital nutrient for a high-quality life. For most of us, this nutrient is in short supply. When was the last time you had fun? A good long laugh or a thrilling experience that made you catch your breath? Doing something out of the ordinary can be a great way to add some fun to your life. Try something you haven’t done in a while. Take a spontaneity break without commitments or distractions. Rest form the routine of day to day living. Life is short. Life is too busy. A does of fun at least once a day can be the remedy when life seems to be a pain in the butt. Make a sigh “AM I HAVING FUN YET? Hang this sing at home or work. Use it to remind yourself to do something fun at least a few times each week.

10. Purpose in the World
One of the most common desires we have as human beings is to know our purpose in the world. To become more aware of your purpose, shape up the life you already have, and by doing so, your unique contribution will usually reveal itself. Clean up your environment, creating order and getting rid of anything you no longer need. Assess your relationships, investing more deeply in the connection with loved ones and transforming or ending relationships that drain your energy. Get your financial house in order so that you build reserves to support you. Start saying no to those things that prevent you from honoring your physical, emotional, and spiritual well-being. These are all important steps that will help you to remove the blocks that prevent you from seeing what you have come here to do.

Something else that you can do to help uncover your unique contribution is to notice when you might be standing in the shadow of those people who may be doing what you would like to do. Putting ourselves in the shadow of those we admire or those who are doing what we want to do can be a great way to learn. However, if you continue to stand in the shadow of someone who is pretty tall, it might be hard to imagine yourself in his or her shoes. You may need to step out of the shadow and into the light so that you can take your rightful place in the world. So pay attention to the shadows you may be hiding in. Is it time for you to step into the light?
Where to find tools in the above ten categories:

**Self-Care**
Week 1    The Journey Begins!
Week 2    New Year / New You
Week 3    Finding Your Lost Self
Week 4    The Challenge
Week 5    The Magic of Grace
Week 11   Check Under the Hood
Week 13   Spring into Fitness
Week 16   Stop, Look, Listen
Week 20   Early Warning Signals
Week 30   Stop/Reflect/Reward
Week 32   Are You a Sleeping Beauty
Week 38   Preseason Checkup
Week 40   Pamper Break
Week 41   Self-Care at Work
Week 44   Mental Self-Care

**Time**
Week 5    The Gift of Time
Week 9    The Power of Focus
Week 12   Give Your Brain a Vacation
Week 21   Learning to Wait
Week 37   Fix What’s Broken
Week 48   The Benefit of Boredom

**Energy**
Week 6    What’s Draining You?
Week 8    What’s Fueling You?
Week 18   Focus Your Energy
Week 36   Bring in the Reserves

**Creating Space**
Week 17   Creating Space
Week 33   Spring-Clean Your Office
Week 35   Feathering Your Nest

**Fear**
Week 22   Friends, Fact, and Faith
Week 23   Shine the light
Week 26   Throw Caution to the Wind
Week 29   Let Financial Freedom Reign
Week 34   Stretch Yourself

**Integrity**
Week 25   Are You a Spiritual Pioneer?
Week 28   How’s Your Backbone?
Week 39   Settle for More

**Personal Happiness**
Week 10  Stop Juggling and Start Living
Week 45  People and Priorities

**Partnership**
Week 15  Two Heads Run Better Than One

**Fun**
Week 14  Are We Having Fun Yet?
Week 19  Break for Spontaneity
Week 31  Kidding Around
Week 50  Shake Up Your Life

**Purpose in the World**
Week 27  Standing in the Shadow

**Miscellaneous**
Week 24  Close Encounters
Week 42  Life Accessories
Week 43  The Power of Love
Week 46  Great Gift of Giving
Week 47  The “Thank You” Game
Week 49  Stop the Madness
Week 51  Sane and Special
Week 52  Power of Prayer