



## Focus on Well-being and Fun: What's Really Important?

### Why well-being?

Recent news articles have highlighted the gap in average vacation time afforded employees in the US and in Europe. Whether because of a “work ethic” endemic in our culture or simply bad habits, many of us find it easier to focus on accomplishments in the area of business and career than we do to build “fun” and well-being into our lives.

This is ironic in that a fully nurtured and supported human being is by far more able to accomplish everything else. In fact, if you are not fundamentally well, everything else in life becomes less important, less possible and less likely to succeed. Therefore, YOUR well-being — your *joie de vivre* — are at the core of your ability to produce results and to realize your commitments.

### The power of language

Wellness is not necessarily a function of being disease-free. We have known people who remained emotionally and spiritually well, even when their

bodies were meeting physical challenges. The term “wellness” carries with it a sense of “*being well*” or *being at peace*, with the past, the present and the future.

If well-being is an experience, a peace of mind, then it is also a declaration. By our word, we can declare ourselves well, independent of circumstances. It is possible, in other words, to generate our own experience of well-being. Because there is a connection between mind and body, because our language influences how we define ourselves, and because we believe what we say and gather proof to validate it, our use of language plays a critical role in our ability to generate well-being.

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*Remember: Only you can author your life – and it's your only job.*

Sunny and Gary Yates  
effective environments

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**“Fun” as a corollary to well-being**

Although we may associate “fun” with activities that are a source of enjoyment, we also recognize that fun requires no specific structure and can occur even in the work environment. Whatever the source, “fun” occurs when we are so engaged in the present moment that everything else disappears, including unrelated thoughts, self-consciousness, evaluation, ego, and “should.” As one of our clients put it, “When I’m having fun, I forget to think.”

In this respect, fun and well-being are related: When the experience of either is present, “we” (as an ego or identity) disappear.

Also, like well-being, fun need not depend on the circumstances but can be created in any environment, particularly when we have a commitment to generate it.

### How do we generate well-being and fun?

As with any aspect of authoring our lives, ensuring that life is marked by well-being and fun is up to us. There are four basic

stages that apply to all aspects of having the life we want:

- Identify what is important
- Make it do-able
- Begin to make choices consistent with the result you want
- Adopt practices that support desired results.

In the context of well-being and fun, this means answering for yourself the following questions:

1. What, really, am I committed to having in my life? What does well-being mean to me? How will I know when I have it?
2. What will it take for me to have that?
3. What actions can I take NOW — this month, this week, today — to move in the direction I mean to go?
4. Are there any specific practices that would be useful to incorporate? How about regular physical activity? Meditation or journaling? A night out with friends? Reading books that I really enjoy?

Wherever you begin, you will begin to make an immediate difference. Be sure to celebrate that difference, and measure your accomplishment, even as you take the next step, and the next.

### **IMake Fun and Well-being Your Priority**

Healthy doses of fun, and actions consistent with a commit-

ment to well-being, produce an experience of “balance” in life. They remind us that we are living the life we mean to live and they provide satisfaction in the moment.

When we ensure that life contains a sense of well-being AND an experience of fun, we boost our energy and vitality, have a greater sense of self-confidence and power, enhance our creativity, are available and able to contribute to others.

Think you “don’t have time” to plan your life to include well-being and fun? You can hardly afford NOT to!

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### **Things Well-Being and Fun Make Possible:**

Creativity	Space
Contribution	Growth
Peace of mind	Energy
Possibility	Divinity
Enjoyment	Perspective
More time	Healing
Productivity	Clarity
Love	Passion
Acceptance	Connection

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– From *Mastery Session #2*

### **Save this Date!**

It’s coming! It’s coming! 2002 is almost upon us. Will you know what to do in ‘02?

Mark January 19, 2002 in your calendar — the date of our 5th annual Design the Year workshop. More information will be available in our next newsletter.

## **Management Beyond the Ordinary**

*“The real job of a manager is to inspire employees to be their best and establish a working environment that allows for them to be their best....Management is an attitude – a way of life.”*

– Bob Nelson and Peter Economy, *Managing for Dummies*

How do you rate as a manager? As a leader? Do you inspire your staff? Do the managers in your organization provide an environment where people can be their best and where the organization is extraordinary?

Our *Effective Management* program gives you the tools and technologies to really have management work. The program provides principles and practices in areas of planning, communication, self-observation, organization, individual and team leadership and ontology (the science of being) that lead to a breakthrough in your effectiveness as a manager and leader.

*Effective Management* is a six-month program combining consulting, seminars, and one-on-one coaching to ensure that essential principles and practices become part of your everyday thinking and working.

Call us for more information about how this program can make a dramatic difference in your organization.

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