BEING A LIFE ATHLETE
SECTION SUMMARY

As comprehensive as Z-isms is intended to be, the reason it doesn't go in-depth about diet, exercise and general health is that those topics are already grounded in well-established science with techniques that are tried and true. Even the Self-Care Report Card relies on recommendations from leading sources.

However, we'll soon further explore one concept about managing personal energy that begins with well-being and our ability to increase, expend and recover four types of energy: physical, emotional, mental and spiritual. These are best illustrated in tiers.*

Being *physically energized* is at the foundation of this approach. Its capacity is defined by the *quantity* of energy carried in our heart, lungs, abdominals, shoulders, back, legs and arms. Supportive habits and skills involve sleep, exercise, diet and hydration.

Being *emotionally connected* is the second tier, which is defined by the *quality* of energy found in our self-confidence, self-regulation, interpersonal effectiveness and ability to empathize. Supportive habits and skills involve patience, openness, trust and enjoyment.

Being *mentally focused* is the third tier. Its capacity is defined by the center of our energy as it also relates to realistic optimism, time management and creativity. Supportive habits and skills involve visualization, positive self-talk, proper attitude and mental preparation.

Finally, the top level is for an individual to come into full energetic balance by being *spiritually aligned*, defined by the *force* of our energy as it relates to character, passion/commitment, integrity and service to others. Supportive habits and skills involve honesty, integrity, courage and persistence.

Note that this reference to spiritual energy is not specific to religious faith as much as it is a broader belief system and strength of character. Optimal performance requires the greatest quantity, highest quality, clearest focus and maximum force of energy.

DAY 10 Activities

- Being a Life Athlete Video
- Being a Life Athlete Section Summary (you are here)
- The Problem Preventer
- The Destressor
- Self-Care Report Card

DAY 11 Activities

- Mind-Body Connector

* Loehr, Jim, and Tony Schwartz. *The Power of Full Engagement.* New York: The Free Press, 2005

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