

Mental Fitness – Staying Fit...

I find it very interesting these days observing how much time and money people invest in staying fit, and I guess I'm one of these. To me, fitness and health is important to who I am and how I live. It's great to see people out these days walking dogs, pushing prams, riding bikes, running on the beach, playing with balls and so on. We now know for instance that exercise, particularly that which involves thinking and coordination will actually grow the size of your brain! Many people appreciate the links between how we think and physical performance. One only needs to look at the effects of both positive and negative placebos to find examples of this.

While this is true though, how many of us invest as much time and money in Mental Fitness as we do in physical fitness? How we think shapes our lives; it determines the relationships we have, who we marry, how we work, how happy and satisfied we are and so on. One area we can focus on (because we have to start somewhere) is giving direction to our lives. *Where* we are going is far more important than *how fast* we are going! Setting goals has long been accepted as an important part of achieving more for ourselves, our families, and our communities. Even just writing a goal down on paper greatly increases the chances that it will be achieved. Telling friends and family about these goals also has the same effect, through adding accountability.

Many businesses have recognized this and we have helped them to establish company vision, mission, and values; this is widely accepted as good business practice. Yet I wonder how many of us take the time to think about where we are heading personally, and furthermore, invest the effort into our personal futures by simply writing down a few simple goals for those things that are important to us. The only person stopping this from happening is ourselves...