

Celebrating Your Journey

Lifeskills in Synergy™



Lifeskills for Life!

*Twelve Dimensions of
Practical Daily Living
(Full Version)*

*Your valuable resource for
seeking, reaching, and
achieving your best life!*



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Harvest Enterprises™

“What Others Say”

About Celebrating Your Journey, Lifeskills in Synergy

Doug Roper, Bronze Sculptor

San Antonio, Texas

www.dougroper.com

“Contacting Sharon has been one of the best things that happened to my business! In her roles as coach and consultant, she has helped me to identify my goals and to work toward those goals in an organized manner. I have become more focused, productive, and hopeful as a direct result of time spent with Sharon. Her business sense, especially as it applies to artisans, is excellent. She has been ‘hands on’ and demonstrated an incredible level of commitment to helping me become more successful.

Sharon is a rare find! She is truly the ‘pearl of great price.’ Her faith and optimism are contagious. We only wish we had met her years ago! Her self-paced lifeskills book, *Celebrating Your Journey, Lifeskills in Synergy*, is a genuine reflection of her remarkable commitment in the lives of those who are privileged to know her. I, therefore, highly recommend you take advantage of her expertise and significant resources generously available in this valuable lifeskills book.”

Michael Arloski, PhD., CEO

Real Balance Global Wellness Services

www.realbalance.com

“It is a real pleasure to offer my endorsement of Sharon Benedict’s lifeskills book. My association with Ms. Benedict began in 2005 with her completion of series of wellness coaching course work toward certification, for which I was Director and CEO of Real Balance Global Wellness Services. My own involvement in this field dates back to 1979 when, as a Counseling Psychologist, I began my professional involvement in the field of wellness and health promotion. I have remained a contributor to that field ever since; have keynoted and presented on wellness and wellness coaching on four continents; and authored the leading book, *Wellness Coaching for Lasting Lifestyle Change*, now in its second edition.

I have remained in close contact with her since then and have benefited greatly from her knowledge and her professional contributions. I can think of no higher recommendation than to tell you that when I was faced with a serious health challenge more than four years ago and required an ally to help me manage my return to full-time work, while in the midst of rehabilitation and recovery, I sought out the woman I considered the best wellness coach I had trained and contracted with her for wellness coaching services. Beyond the provision of direct service, the organizational skills and the ability to synthesize and compile information then put it into useful form that directly impacts a person’s life is something else about Sharon I have been impressed with. I therefore, without reservations, recommend her book, *Celebrating Your Journey, Lifeskills in Synergy*.”



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Dear Fellow Traveler:

This lifescills book is created especially for you as a companion of personal reflection and inquiry . . . as you begin Celebrating Your Journey and your best life.

When you place your name below, you are declaring the beginning of your exciting life adventure of discovery and rediscovery. May every lifescill dimension you will be traveling through be filled with encouragement, insight, and commitment to live the life for which you always dreamed. Enjoy the Ride, dear friend!

Name of "Lifescills in Synergy" Fellow Traveler

Date:

Year(s) Revisited:



Summary—Lifeskills for Life, 12 Dimensions of Practical Daily Living

1. **Relationships/Core Values**—includes all 4 realms of personal self (spirit, soul), physical self (body), others (family, friends, work, community), and societal systems (institutions)

Relationships are all around us—with family, community, systems, institutions, even when alone. From conception to our final days, we are all influenced by the many relationships we experience. We all have the same basic human needs. Our core values form and grow with each relationship and significantly impact our nation's social health. Where do your values come from? How do your core values, dreams & goals match up with your attitude and behavior? Do you know your own personality style? How do you communicate?

2. **Time Management**—includes all one does during a daily 24 hour period

How do you spend your time? Facing your motives. Key benefits and barriers. Are you just “muddling through?” A Key Principles & Practices—SMART, Strategic Planning. The Central Calendar. Garnering “ME” time. Every moment is a gift. Receive it, treasure it, and use it purposefully.

3. **Career/Money Management**—includes career choices/transitions, finances, money management skills, attitudes toward money

How's your work? Do you love what you are doing? Guidelines for revamping your resume; key guideposts for core values/career integration. SMART goals/committed action/key motivations. Attitude towards money; practical guideposts; budgeting beyond survival; benevolence & giving, saving, managing credit, protecting your credit rating, getting the best deal, get help, the lottery and your life. When choosing a career, finances and core values are inseparable. Key motivators of millionaires.

4. **Recordkeeping**—includes the what and why of keeping personal & business records; basic records—net worth, budget, home/possession inventory, benevolence/giving, emergency records, life & family memories

Bringing order out of chaos—Encourage and sustain integrity with thorough records. Household and business organizational styles and methods. Keeping receipts. Physical environment for effective recordkeeping.

5. **Possessions**—includes all your physical possessions/assets and commitment to their care (incl. home, vehicle, & “stuff”)

How much do you value your possessions—home/vehicle/“stuff”? Need or Want? To fix myself or not to fix myself...now that is the question?! Operating manuals and warranty essentials. Using your central calendar and utilizing a basic checklist for purchase & care of home, care, and “stuff”. Whether our castle, car, or couch, possessions need our care; but try not to have them control and clutter your life.

6. **Housekeeping**—includes clean enough for healthy/dirty enough for happy; housecleaning chores, who does them, & when; including clearing the clutter; are you a “cleanie” or a “messie”? Or maybe a “recovering messie” like most of us? Not a one-woman show

Are you living Clean Enough for Healthy, Dirty Enough for Happy? Is your home Camelot or Cluttered? Simplify, Simplify, Simplify! Make it a family affair when cleaning your castle.



7. **Wellness**—includes all aspects of 21st century health and wellness with focus on prevention/wellness/ longevity; 3 worlds of wellness (conventional/CAM/Integrative); emphasis on nutrition/food choices/eating habits, movement/exercise, stress management; health risk indicators/obstacles to wellness

What is Wellness? Self-care to Professional care—How to choose your own wellness team. Healthcare goals—Prevention, Wellness, Longevity. Making lasting behavioral changes. Getting Back the Basics—Nutrition, Exercise/Movement, Stress Management.

8. **Meals**—includes mealtime tips, meals on the run are no fun, meal planning, meal times and location, family and guests

What are your mealtimes like? Meals at home and on-the-go. Choosing meals for the slow and fast lane of life. Making meals and a home everyone will cherish. Food preparation/menus/shopping.

9. **Childcare**—includes the essential aspects of caring for children from pregnancy throughout childhood

Children are your gift to humanity. Going down memory lane—fulfilling childhood wishes. 21st century living arrangements. Charting parenthood—trends in today's society. Child development & ten lessons for formative years; the physical, emotional, intellectual, and spiritual needs of children. Caring for your child—physical, intellectual/mental/emotional/relationships, spiritual needs. Quantity & Quality time together. Making your home a welcomed place for children (whether single, married, with or without children). Learning to let go.

10. **Recreation/Entertainment**—includes activities specific to recreational/entertainment choices based on core values, social interaction, and just plain fun

How do you play? How does our nation play? A big wide world of choices based on core values, social interaction, and just plain fun—at home, in your community, state, nation. Making life fun and whole.

11. **Reflection**—includes moving forward by reflecting back; review of lifeskill dimensions, impact of decisions and actions in each area; quiet reflection—a moment of silence; what's ahead; saying thank you

Congratulations! Start looking forward by reflecting back. Sit back right now and look at what you have experienced. Give yourself some quiet reflection. What Ahead? How do you want to say Thank You?

12. **Celebration**—includes focus on embracing life as a celebration; celebrating good news; simple & hi-tech ways; getting out of the routine rejoicing rut; celebrating making memories; choosing activities and events for self and family—to encourage affirmation and enjoyment of relationships and rewards of commitment and action; celebrating beyond—contributing to the lives of others choosing activities and events for self and family to encourage affirmation and enjoyment of relationships and rewards of commitment and action

It's time to celebrate! Let's do some creative thinking. Dream a little...or a lot! What, why, when, where, with whom, and how do you want to Celebrate your Journey?



LS 1: RELATIONSHIPS/CORE VALUES

1st Lifeskill—Relationships/Core Values

*Do you sometimes think you have hitched your wagon
to an "ass-steroid" instead of a star?
And you are both careening at lightning speed
toward terra firma with sparks flying?*



With all relationships, whether at work or at home, the journey can be a smooth sail, a little bumpy one, a roller coaster ride, or a fast careening dive from the skies. I bet we all have experienced a sample of all these relationships at some time in our lives—that is, if you just wait a little longer, at least for you young ones! The journey involves every facet of life where four realms of reality in relationships play their roles. Let's look at these realms a little closer.



LS 2: TIME MANAGEMENT

2nd Lifeskill—What is Time Management?

Hint: *How time flies when muddling through!*

Key Principle—Facing your Motives

First, what are your heart motives for the dreams and goals you have? Once your core values are clearly affirmed, start using your time to seek, reach, and achieve your dreams and goals. Success in changing the way you spend your time will only happen when you are honest about your motives. Clarity and honesty will then help you line up with your core values; you will be able to practice what you believe. You can then simplify your life as you determine priorities for fulfilling your dreams and goals.



Key Benefit—Focus

You stay focused and have the greatest potential for achieving your lifetime goals.

Other Benefits:

- Reduced stress for you and your family
- Enhanced passion and lasting commitment for your dreams & goals
- More time for yourself
- Improved productivity at work and home
- Better alignment of activities by coordinating tasks and activities
- Reduce incidence of crises by better planning
- Others?

Key Hindrance/Barriers—"Muddling Through" & "Controlled Chaos"

We all deal with the realities of what I call "controlled chaos." We all eventually burn out trying to live a "catch up" existence. Without knowing your specific dreams and goals, life's journey will have little conscious purpose or direction. A fellow life coach/clinical psychologist, Kimberly Smith-Martinez (<http://www.envisionyourdreams.com/>), strikes the mark with those of us who are still muddling through:

"Physicians on call aside, making a permanent spot for a cell phone on a yoga mat, for instance, is a conscious choice that says "I'm unable or unwilling to disengage, to allow myself the space to let go and put myself first, even for an hour."⁵

She then asks, "So, how do we set boundaries and protect what we truly value, including our health and our relationships? Planning . . . It's all about conscious decisions. Decide what is really important, and then schedule it in."

⁵ Claudia Zapata, *You'll lose if you just must stay connected*. San Antonio Express-news. Web Posted: 05/06/2007 01:36 PM CDT.



LS 3: CAREER/MONEY MANAGEMENT

3rd Lifeskill—Career & Money Managing

Career, Finances and Core Values Integration = A Career of Humanity

“Whatever career you may choose for yourself—doctor, lawyer, teacher—let me propose an avocation to be pursued along with it . . . Make a career of humanity. Commit yourself to the noble struggle for human rights. You will make a greater person of yourself, a greater nation of your country and a finer world to live in.” These words by Martin Luther King, Jr. offer us a clear mantle for living our core values. You will then be a better doctor, a better lawyer, a better teacher.



King also declared that “. . . It will enrich your spirit as nothing else possibly can. It will give you that rare sense of nobility that can only spring from love and selflessly helping your fellow man.” His words come from the heart borne of his parent’s passionate Christian faith, his own faith life journey, and passion for human justice.

When choosing a career, finances and core values are inseparable.

Are your core values driving how you use your resources and assets toward choosing a career? Does your SMART Life Plan Worksheet make room for your career goals? Again, ***wherever you spend your money is where you spend your time & life!*** With your core values in the center, you will choose a career that fuels your life purpose, passion, and personality. Yet, the road getting there is not always a straight or level one—as we all know.

Key Principles

When you go astray of your own principles, you lose integrity.

When you lose integrity, you lose wholeness.

(Lifespring, <http://www.everybodygoes.com>)

Stephen R. Covey, well-known author of the 10 million plus classic seller, *The 7 Habits of Highly Successful People*, researched all literature from 1776 written about success. He noticed a startling pattern emerging from the mass of publications. Almost all literature of the first 150 years focused on what Covey defines as the *Character Ethic*—as the foundation for success.

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Money Management—A Closer Look at the Money Side of Life

***“When it comes to money, freedom starts to happen
when what you do, think, and say are one.”***

In *The Nine Steps to Financial Freedom*, Suze Orman strikes at the core of our belief and actions about money. “You’ll never be free if you say that you have more than enough, then act as if and think you don’t. You’ll never be free if you think you don’t have enough, then act as if and say you do.” Your thoughts about money have everything to do with how you earn it and spend it. Orman gives us another gem of wisdom with the following:



“...most peoples’ biggest problems in life—even those that appear on the surface not to be money related—are directly connected with their early, formative experiences with money.”

So, here’s your first step toward financial freedom:

Step back in time to the earliest moments you can recall when money meant something to you, when you truly understood what it could do.

Then, reflect on how those early life experiences have directly influenced your feelings and actions about money today (fearing it, enjoying it, loving it, hating it). Write your thoughts below.

This exercise may illicit a number of emotions tied to happy as well as sad or troublesome moments. These memories may include self-doubt, unworthiness, insecurity, and probably **fear** fueling them all. Whatever they are make a note of what comes up and share with a trusted loved one or friend. Seek professional help by all means, if needed, to get free from what holds you stuck about money.



LS 4: RECORDKEEPING

4th Lifeskill—Keeping Your Records

Overview—For most of us, recordkeeping is one of the least liked chores, no matter how important and necessary. It is often a love/hate relationship. Difficulties with office organization, records and document management can waste up to 150 hours per year! How would you like to have at least 150 more hours of free time to use more productively?

My hope and goal for this section is to help you not only have a “want to” for recordkeeping but also for “making memories.”



"Every man's work, whether it be literature or music or pictures or architecture or anything else, is always a portrait of himself."

These words from the 19th century British writer, Samuel Butler, easily apply to the way we balance our checkbooks but also the memories we leave as our legacy to those we love.

What is your primary attitude toward recordkeeping? (i.e. never paid much attention to it; I hire out; I stay close to my money trail)

Why is it important to keep records?



LS 5: POSSESSIONS

5th Lifeskill—Taking care of your home, vehicle, and possessions

Overview—How much do you value your possessions?

With many a trinket and treasure I care for, I often find myself asking, “Why did I buy that?” Whenever it’s cleaning the clutter day, that question again shows up. My answer routinely ends up being, “Well, it seemed important at the time!” Yet, as that possession accumulates dust, I wonder what I should do with it. Not certain, I just set it aside for another day.



Bertrand Russell so masterfully stated that ***“It is preoccupation with possessions more than anything else that prevents us from living freely and nobly.”*** Taking this to heart, I decided to again cruise through my closets, cabinets, and garage. It felt great to finally let go of things that in the final analysis I didn’t need anymore and didn’t add value to my life. The word “simplify” played a

key role in deciding what to keep and let go. This whole exercise brought home how much I really value my possessions and how I many times don’t.

Ask yourself these questions, “How important are my possessions?” “How much do I value my possessions?” Write your response in the space provided below.



How important are my possessions (e.g. home, vehicle, other "stuff")?

How do I show how much I value my possessions?



LS 6: HOUSEKEEPING

6th Lifeskill—Keeping your Castle Clean

Overview—Clean Enough for Healthy, Dirty Enough for Happy

Erma Bombeck cuts to the chase for many of us with this quip:



“Housework is a treadmill from futility to oblivion with stop offs at tedium and counter productivity.”

So, for those of you who feel similarly inclined about housekeeping, I decided to start ya'll off with a laugh with my own version of a typical “hypothetical” day of housecleaning (borrowing a little from Lots of Jokes.com).

First, I will clean the bathtubs today, no excuses—unless I find a really good one! Then I'll move to the refrigerator. Something growing inside is calling me. There's more than cheese in there that's aging! If it walks out when I open it, I'll let it go on its way. Once I finish that jolly job, I think I'll take a break for a snack. I'm in luck, no need to vacuum up the crumbs on the floor, my swift miniature schnauzer, Daisy, did a great job!

A little motivation has now returned. I think I'll change the bed sheets I've ignored for a month or so, even turn the mattress. I feel so industrious! Yet, isn't it just too frustrating—you make the beds, wash the clothes, and four months later you start all over again!

Once the beds are finished, I start collecting all the clothes hanging around the house. I get the impression as I move from room to room that if my hubby was supposed to hang up his own clothes, the door handle would definitely be bigger. So, I put the piles in the appropriate clothes hamper to overflowing and decide to wait on washing tomorrow, maybe. I have several outfits still in the closets I haven't worn for years. This will be a great opportunity to see if they still fit.

As I come to the day's end, I pull out the vacuum but find the sack very full and exuding a pungent stench. Although I decide to get a refill and start vacuuming, my mind wonders to the hopeful possibility that Sears may have one I can ride? As for dusting, I've been advised to keep the cobwebs in place. They say that cobwebs adorned over lampshades lessen the glare, creating a romantic ambiance. If my husband points out the light fixtures need dusting, I'll simply look at him with a narrow stare and declare, “What? And spoil the mood?”

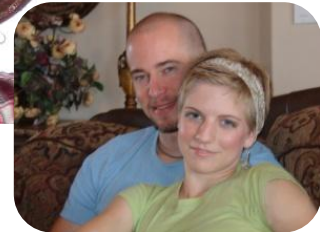
I put the vacuum away “not quite finished,” giving serious thought to finishing it early tomorrow before my sister from California comes to visit for a week. Anyway, my friend just called and invited me out to dinner. What a great way to keep my dishes clean and conserve water!

So, as my “hypothetical” story ends, remember that the heart and soul of housekeeping encourages us to **keep our castle clean enough for healthy, but dirty enough for happy**. So, keeping this in mind . . .



LS 7: WELLNESS

7th Lifeskill—21st Century Wellness



What does Wellness mean to you?

How would you rate your level of health & wellness? Your reasons?

☐ Excellent ☐ Good but want it better ☐ Fair ☐ Poor

What wellness goals do you have for yourself? What specific health condition(s) impact your ability to seek, reach, and achieve your wellness goals?



LS 8: MEALS

8th Lifeskill—Meals at home and on-the-go

Overview—Home & Harvest, making meals and a home everyone will cherish

We all love food and know we need it. Yet, if all we understand meals to be is food to strengthen our bodies and satisfy our appetites, we lose out on the deeper and richer purposes of mealtime. Meals are an integral part of a family's commitment and enjoyment of one another.

**MEALS THAT ARE SHARED,
TOUCH HEARTS THAT CARE!**

**EACH TIME YOUR FAMILY SITS DOWN
TO A MEAL, A COVENANT OF LOVE &
COMMITMENT IS CAREFULLY SEALED!**



These little poetic statements may sound a little corny but are true for each of us. Another axiom for us all is:

MEALS ON THE RUN ARE NO FUN!

How many of us every week, maybe every day, grab something to eat on our way out the door or through a drive-up window? How about eating our lunch while driving down the freeway? Then add any number of cups of coffee for the day. What do you think this does to your digestion let alone your attitude toward mealtime? And when you get home, tired and hungry, what kind of routine mealtime do you experience?

Then, "Touching Hearts" with meals . . . You've got to be joking?!" Does anyone sit down for a meal any more . . . we mean . . . together? Sadly, the first impression of most who would read this statement wish it was true for them.

The second thing most of us would probably agree on is the fact that everything in our society has one word invisibly stamped across it—

HURRY!

There are things to do, people to see, and deadlines to meet. So, where can we cut corners to cram more in? Who was it that determined getting "more in" is the desired goal?

Undoubtedly the rise of fast food in the mid 1950s introduced us all to the "eat as you go" mindset. My hope for your journey is not to bring on any guilt trip, but to challenge each of us to examine the lost art of using mealtime as a valuable together time. Being together at the same place, at the same time around the same table is the goal. Contrary to logic this is not a simple task to carry off.

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LS 9: CHILDCARE

9th Lifeskill—Foundations of Childcare

Overview—Children, God's Gift to us all

How are children a part of your life? No matter what we may have experienced in our childhood, I believe none of us can look into the eyes of a precious, sweet, and innocent child and not feel somehow moved in our hearts and, maybe even, touched by the love of God in some way.

For those of us who have been privileged to bear children, even adopt a special soul, we all understand the feeling that can last forever. We were all one of those precious souls borne and hopefully welcomed into this great big, wide world. And, the first sight we saw and touch we felt was our Momma's loving arms and Daddy's sweet smile. Is this how your childhood started? Or do you have another story to tell? I know I did. But the more tragic memories are also accompanied by some very sweet ones that made all the difference for me today.



The following questions are not intended to provide counseling. They are simply questions to encourage some reflection and creative connection between your own childhood and those of your own children now or in the future. I encourage you, by all means, to seek professional or pastoral counsel to resolve those deeper issues of your past.

Going Down Memory Lane

From diapers to dating, life is always an adventure of growing up, testing things out, finding our own way and purpose. Some childhood memories may be the sweetest or the saddest. Whether those memories are pleasant or painful, they are woven into the fabric of our soul and life today. Memories are sometimes illusive in how they change the way we see relationships and how we behave in everyday life. Sometimes, we just can't make the connection when they are something we would rather forget. And my own personal journey can intimately relate to this connection. Pleasant memories are always easier ones to remember. Yet, both help us balance out our perspective and the challenges that come our way. Both need to be recognized and reconciled in order to move forward.



So, let's go down memory lane for a moment. Do you remember how proud you were when you took your first step, set out on your first tricycle, your first day of school, that special present Daddy gave you, the trip you made with Grandma and Grandpa, your first best friend, or the time you were really sick and how Momma made you feel better?



LS 10: RECREATION/ENTERTAINMENT

10th Lifeskill—Making Life Fun & Whole

Overview—A big wide world of choices

HOW DO YOU PLAY?

RECREATION

Definition—Refreshment/restore life into body or mind, as after work, by some form of play, amusement or relaxation; any form of play, amusement, or relaxation used for this purpose, as games, sports, or hobbies. (Webster's New World Dictionary)

Day trips, vacations, games, sports, hobbies

ENTERTAINMENT

Definition—An entertainment or being entertained; something that entertains; interesting, diverting, or amusing thing, esp. A show or performance. (Webster's New World Dictionary)

***Performances, shows, activities with you
as audience and participant at times***



LS 11: REFLECTION

11th Lifeskill—Moving Forward by Reflecting Back

Congratulations!

You have arrived!

Sit back right now and look back to what you have experienced throughout this year with your CYJ book.

Overview—Quiet Reflection

Thomas Paine considered reflection a notable means for experiencing courage in life opportunities and challenges.

***“The real man [woman] smiles in trouble,
gathers strength from distress,
and grows brave by reflection.”***



So, right now, it's time to have a couple minutes in quiet reflection (2 minutes)—don't look at your CYJ book, no words, no noise at all, total silence (if you are in a place that this is not possible, then go to where it is right now). Feel free to close your eyes if that works for you; and take some deep breaths during this time. Set a timer for two minutes to avoid any distractions (and don't peek at your watch either!)

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LS 12: CELEBRATION!

12th Lifeskill—It's Time to Celebrate! Overview—Celebration Plans!

Again, ***Congratulations!*** You are just about to graduate and move forward in your life as a ***Magna Cum Laude Human Being!!*** The fact that you stayed the course with your CYJ book only proves you are one committed, purpose-filled person! You are definitely ready to *Celebrate Your Journey* and *your best life!*



With this final section, you will now focus on how to *Celebrate Your Journey* and make lasting memories. ***This section can't be missed. It's just too much fun!*** This lifeskill makes the others worth all the work you have put in. So, let's do some creative brainstorming on how to celebrate—not only completing your initial CYJ book but in all lifeskill areas.



What Good News do you have right now?

When you hear some good news about something you've waited forever for, how do you celebrate your Hoorays!? Getting out that vintage bottle of champagne or chardonnay is always a pleasant tradition. Yet, I hope drinking and getting drunk isn't your first priority for celebrating. If so, maybe it's time to broaden your creative horizons on how to celebrate good news. Here's your opportunity to think about how you would like to have a fun and wholesome good time with good news.

Celebrate Making Forever Memories

Getting out of the routine rejoicing rut

Celebrating involves creative thinking and creating memories in order to get out of our routine rejoicing rut we've been accustomed to for so many years. Are you ready to have fun with some planning? Are you ready to make new memories last forever? If so, check your "*this is just more work*" attitude at the door; and say hello to your long dormant creativity and confidence-building for really celebrating! As Zig Ziglar, notable motivational speaker, quips,

*"Confidence is going after Moby Dick in a rowboat
and taking the tartar sauce with you."*

Creativity comes alive with that kind of confidence! Are you ready? Let's get started.



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Appendix

Appendix

This section contains expanded articles and materials for those who want to dig even deeper; and also want to get their family involved in the process. In addition, there are a variety of forms for your repeated use during your first journey and through the years.

As a participant in your very own journey, you can copy as many as you desire for personal use while you continue to utilize your CYJ book as your lifeskills reference in the years ahead. Since the entire book is copyrighted, I only ask that you do not reproduce, copy, or distribute any pages for other purposes without my written permission. This copyright also excludes reproducing for insertion in any other publication you distribute or sell without written permission. Thank you for honoring this trust.

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Resources

These resources are listed by Lifeskill dimension; journal/book references, local, national, databases) More detail listing of resources, visit <http://www.harvestenterprises-sra.com/ResourcesforLife>. Keep in mind that hyperlinks are constantly being updated. When a link is not found, try main domain extension to locate the reference.

Relationships/Core Values:

Articles & Books:

- Benedict, Sharon, *In Daddy's Eyes*. Bloomington: AuthorHouse, 2001.
- Cooperrider, David L. and Diana Whitney, *Appreciative Inquiry: A Positive Revolution in Change*. San Francisco: Berrett-Koehler, 2005.
- Ford, Debbie, *The Right Questions* San Francisco: HarperCollins, 2004.
- George, Bill, *Authentic Leadership: Rediscovering the Secrets to Creating Lasting Value*. San Francisco: Jossey-Bass, 2004.
- Hall, Ron, D. Moore, and L. Vincent (Collaborator), *Same Kind of Different As Me* Thomas Nelson, 2008.
- Isaacs, William, *Dialogue, and The Art Of Thinking Together*. New York: Currency Book, 1999.
- Merchey, Jason. A., *Building a Life of Value: Timeless Wisdom to Inspire and Empower Us, Values of the Wise Series*, Volume I. Beverly Hills: Little Moose Press. 2005.
- Miller, Donald, *Blue Like Jazz*. Nashville: Thomas Nelson, 2003.
- Patterson, Kerry, et al. *Crucial Confrontations, Tools for resolving broken promises, violated expectations,, and bad behavior* New York: McGraw-Hill, 2005.
- Patterson, Kerry, et al. *Crucial Conversation. tools for talking with the stakes are high*. New York: McGraw-Hill, 2002.
- Weimer, Tonja E., *Thriving After Divorce: Transforming your life when a relationship ends*. New York: Simon Shuster Beyond Words, 2010.

Resources:

- Grandparents.com. <http://www.grandparents.com>.
- Institute for Innovation in Social Policy. <http://iisp.vassar.edu/>.
- PeopleKeys®. "DISC Personality Style System." Online products-<http://www.peoplekeys.com/>. Paper Products-<http://www.discinsights.com>.
- Richard H. Rahe, M.D. "Life, Health, & Stress Assessment Programs." <http://www.drrahe.com>.
- Suze Orman. Want a Successful Relationship. <http://www.suzeorman.com/igsbase/igstemplate.cfm?SRC=DB&SRCN=&GnavID=68>.
- Tonja Evetts Weimer. Relationship Coach, Columnist, Author, Speaker. www.tonjaweimer.com

Time Management:

Articles & Books:

- Burka, Jane B. and Lenora M. Yuen, *Procrastination: Why You Do It, What to Do About It*. Cambridge: Decapo Press, 2008.
- Felton, Sandra, *Organizing Your Day: Time Management Techniques That Will Work for You*. Grand Rapids: Revell, 2009.
- Josephs, Ray, *How to Gain An Extra Hour Every Day*. New York: A Plume Books, Penguin Books, 1992.
- Knaus, William. *The Procrastination Workbook: Your Personalized Program for Breaking Free from the Patterns That Hold You Back*. Oakland: New Harbinger Publications. 2002.
- MacKenzie, R. Alec, *The Time Trap: The Classic Book on Time Management*. New York: Amacon Books, 2009.
- Maguire, Linda and Jack Maguire, *It's About Time!: The Six Styles of Procrastination and How to Overcome Them*. New York: Penguin Books. 1997.
- Morgenstern, Julie, *Time Management from the Inside Out second edition: The Foolproof System for Taking Control of Your Schedule—and Your Life*. New York: Harold Holt Books, 2004.

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My Notes

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Family Notes

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