

THIS PAGE IS DEDICATED TO THOSE WHO WANT TO GET MORE "LIFE" OUT OF LIFE!

All of us want to live longer and enjoy life more, but in our search for healthier living we have overlooked the most important element. Each year we spend more and more money on diets and diet pills, exercise programs, wellness books and videos, vacations, and health club memberships; but the key to a healthy, happy life is to “enjoy our work.” When we are fully engaged in work we enjoy, we are at our very best, we are happiest, and we are healthiest.

George Bernard Shaw said, “A master in the art of living knows no sharp distinction between their work and their play, their labor and their leisure, their mind and their body, their education and their recreation . . . They simply pursue their vision of excellence through whatever they are doing and leave others to determine whether they are working or playing.” John Gardner in his book *Self - Renewal* said, “The last day you will ever work is the day before you fall in love with whatever you are doing for a living.” When a person is making a success of something, it is not work — it is a way of life.

A survey asking people to select the top ten business people America produced in the past 200 years concluded that the average age of death for achievers like Ford, Bell, Sanders, and Penney was 87. These people were all in professions that are considered to be highly stressful, but each found tremendous joy in their work.

People who enjoy their work are those who know what they want and deliberately do the things that will lead to getting them what they want. They put their whole heart and soul into using their unique talents and abilities to make a difference in the world.

Health comes from the direction in which we are moving. We are happiest when we are thinking, planning, working, and climbing in pursuit of our own goals. We are at our best emotionally, mentally, and physically when we are on the road to something we want to bring about. Health and happiness comes when we dedicate ourselves to the development of our natural talents and abilities. And, health comes by doing what we love to do and doing it better and better in service to others.

To make that happen, we need to commit ourselves to a cause that is greater than us. We will need to fill our thoughts with purpose, our future with a plan, our days with work, our leisure with good friends and family, and our mind with good memories. That is to have succeeded!

■ Author

Martha N. Bryan, Bryan & Bryan Associates
marthabryan@bryanandbryanassoc.com
3521 - 105th Place SE, Everett WA 98208
425 - 337 - 1838 *** Fax 425 - 338 - 4509
www.bryanandbryanassoc.com
