

# Kaalo lifestyle

family wellbeing: AskNelson



Establishing Priorities



# Establishing Priorities

When times are normal and things are busy most of us are caught up in the “busyness” of daily life. We are fully in the rat race with little time, or perhaps even inclination, to actually stop and evaluate our priorities. This Lockdown gives us a respite and an opportunity to re-evaluate and reset. What is actually really important to you? And are you serving those values on a daily basis?

## MOVE

Were you pounding it out in the gym because somebody told you that was good for you but hating every second of it? Or perhaps the exact opposite and doing no exercise at all but not realising how much you miss being able to move? Spend some time interrogating what is really important to you about your health. Is it being able to play with your kids? Do you want to live a long life? Climb a mountain? Run a marathon? Set exercise goals that actually compliment what is important to you. This will all end and once it does the events will be back. Enter a race, climb, swim, challenge now and start moving towards a goal you are actually invested in.

## CONNECT

We can only serve about three core values at once. So sometimes you are going to have to make really tough choices. If your core priority is to be a present parent but you are never home then you are clearly not serving that value. If you know what you value most it is easy to make decisions. If you value connection, then you will decline things that take you away from that. You will make lifestyle choices that serve your core values first. Be honest with yourself and declare your core values so you can start to properly serve them.

## HAVE FUN

We used to think that recreation was a nice to have but we now understand it is a fundamental for mental health. It is also the perfect remedy for boredom. We don't grow old because of years, we grow old because we forget how to play!

## RESTORE

The earth is forcing us to stop. The birds are coming back, the earth is healing. But will we? Take an afternoon to process what wasn't working in your life before, what do you need to shift, what do you need to release, what needs to heal. Come into the new normal without any baggage. When confronted with our own mortality it quickly becomes clear what is really important.

## Contact Us

**kaelolifestyle**

family wellbeing: AskNelson



0861 635 766 or \*134\*928#

Send a 'please call me' to  
072 620 5699



asknelson@kaelo.co.za



www.kaelo.co.za

*Standard call rates apply*