



## Master Your Wellbeing

So let's start with what wellbeing is and why we want to work on it. Simply put wellbeing can be described as being well, and in being well we can break this into four categories. Other practitioners may break it up into 5, 6 or even more but I like simple.

For the purpose of this I am going to use the acronym PESS, which stands for Physical, Emotional, Social and Spiritual. The four pillars of wellbeing. Anyone who has been through my 12 week, Wellbeing Journey book will know these well.

Starting with physical as it is one of the simplest areas of our wellbeing for us to work on and master:

1. Physical wellbeing can be our fitness, health, diet and body. A big umbrella and simply put if you think movement or physical sensations then you are in the physical realm of wellbeing.
2. Emotional wellbeing can be feeling generally able and comfortable to explore emotions. This is different to feeling happy and content all the time. We are not designed to be in one state all the time.
3. Social wellbeing is all about belonging and communication. Feeling that we have our place and that we can freely express ourselves.
4. Spiritual wellbeing is all about the concept of something bigger than us, a great focus for this can be purpose; what is our belief and duty to the world. What skill or experience gives you a sense of purpose?

“The happiness of your life depends upon the quality of your thoughts.”

Marcus Aurelius

## The Four Pillars

All four pillars of wellbeing are designed to work together, very much like a building or table on four legs, to have one or two really strong pillars is not effective, we master our wellbeing when we work on all four. Each adds depth and value to the other.

This process of mastering our wellbeing can take some time if you are new to exploring it. Through our exploration of the four pillars (PESS) we can get clear on what we want from life. We can make those dreams into goals and those goals into actions. In turn moving in direction of our dream life. This brings us nicely back to the title 'A story about our journey to mastering wellbeing.' For me this is the tagline 'Adventurously pursuing wellbeing' this is where it started for me. On working on these four pillars of wellbeing it became clear to me this was the journey. This was the philosophy I was going to adopt to master my wellbeing. And I'm now sharing this with you. It might not be the right way for everyone however I would bet that if you're still reading to this point something has intrigued you, something has kept you reading.

“For everything that is really great and inspiring is created by the individual who can labour in freedom.”

Albert Einstein

# The Secret to Mastery

From reacting, to responding and finally creating! One of my greatest coaches, mentors and friends Chris Finn taught me and now I'm sharing with you. This once piece of information could change your life!

**React:** This is our default to an experience, usually happening before we are even aware of it, this is like a flinch, our body reacts to a stimulus. When we spend most of our time in a reactive state we are usually heightened, stressed and anxious.

**Respond:** Now responding rather than reacting involves a level of consciousness, thinking before speaking, thinking before acting. This gives us this breathing space to act in a way we desire and have more control in our days, from this place we are likely to feel calmer, relaxed and more content.

**Create:** The most powerful state we can live in, from here we see that our world, or our experiences are created by us not externally so reacting and responding serve little purpose. And from here we have unlimited opportunities to create new, fun and fulfilling experiences with life. We have absolute freedom to live life! From this place we can explore the four pillars in a total new light, how do you want to create your physical, emotional, social and spiritual wellbeing?

Happy exploring! If you would like to explore this further or discuss any of the topics I mentioned then I invite you to reach out here:

## **[Book A Call](#)**

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