



WHAT HEALTHY PEOPLE DO

- * Healthy people enjoy
- * Healthy people are aware both reflective of the past and present to the moment
- * Healthy people have been forgiven
- * Healthy people are scared but don't live in fear
- * Healthy don't water the weeds, they pull them
- * Healthy people know how to stay at the table when things are hard, they are resilient and can bounce back
- * Healthy people know how to own what is theirs and are humble
- * Healthy people know their Darkside and are getting help for it
- * Healthy people seek to find the bigger picture
- * Healthy people understand that time is short and Grace is abundant
- * Healthy people don't participate with Blame, shame and guilt
- * Healthy people forgive
- * Healthy people are willing to change
- * Healthy people think of others
- * Healthy people see the best in others and bless them
- * Healthy people are not in a power struggle, comparing
- * Healthy people find their voice
- * Healthy people are not defensive
- * Healthy people are not overly responsible or don't live in dreadful place
- * Healthy people let others influence them