

People “Play” More than they “Practice” in Life, Why?

Most of us are able to set goals in our lives, but not everyone is able to work towards achieving them. Likewise, most people are able to create new habits for themselves, but not everyone is able to stick with those habits long enough to form life-long healthy lifestyles.

You would never go play a song in front of a crowd as a professional musician without practicing would you?

Life WILL THROW YOU CURVEBALLS. The future will NOT come as you plan for it.

So, you can only prepare yourself for emotions, thoughts patterns and physical situations that you know will come... you just don't know how they will. So practice life, more than you play life. Be prepared to handle the situations that will come.

For most people, **practicing life is exercising, meditating, visualizing, journaling & reflecting, sleeping, studying, reading.** Make these items daily “practices” and you will see how much better you experience reality.

The best part - practice can be fun. You can teach yourself discipline through activities you love! I leaned on athletics and sports for this.

You can practice meditation through playing guitar, like my brother did. I have never seen his heart so open as when he is on stage shredding electric guitar.

This is training his brain to enter a state of pure consciousness.

4 steps I have discovered

1. Understand what practice is and how it'll help
 - a. What types of activities can be what? Here is a tip... everything can be a practice of discipline, mindfulness and emotional stability (stoicism)
2. Define what that means to you
 - a. Feel it. Feeling it is the best way to experience it. DO this intentionally in a quiet meditation and understand the emotions and thought patterns (or lack thereof)
3. How can you incorporate it into your life

- a. what do you enjoy doing? What crosses with those feeling and thoughts you had before? Want to experience pure consciousness? Push yourself to the limit surfing and feel what riding a big wave feels like
- 4. How to pull from those experiences into your life
 - a. Reflect. What can you take from your previous experience and pull into your daily live for whenever stress, distractions and hardships show up - because they will. Its not negative - it is reality. Reality is also how you deal with them. Nothing will become an obstacle.

Then, when life throws you those unpredictable stressors, you react ideally, in a way that is actually a meditation practice in itself, and becomes something you are proud of when you reflect the next day.

Find Your Balance Point & Priorities:

- 1) Figure out how much time you have available for each activity.
- 2) Figure out how important a schedule is for you and make a schedule that includes all of the activities which are important to you.
- 3) Keep in mind your balance point when prioritizing the activities on that list.

Access Your Balance Point:

The concepts of balance and priorities can sound confusing or too simple, but it's very helpful to think about your personal balance point before anything else, which requires some introspection. In other words, spend some time thinking about what's most important in your life right now. For some people (this could also be you), balancing work with social relationships and family time while also being healthy by exercising & meditating/reflection/journaling is a daily thing. This might mean skipping out on some things in your social life or work life, but it's important to avoid burnout and find balance between all of the areas of your life.

Focusing On Your Priorities:

Identify the one or two things that are most important to you. Figure out a reasonable goal for those priorities and start scheduling time dedicated towards it. In addition, make sure to

schedule some other activities, especially ones which may not take as much effort as working on your priority but will still help support it indirectly.

Remember those balance points from earlier? You also want to make sure to keep those in mind while prioritizing & focusing your efforts on what's important to you!

Practice Makes Perfect!

"You need to practice more than you play, just like anything else.."

- Sean

Once you've figured out your balance point and priorities, the next step is practicing them! There will be a lot of stuff going on in all areas in your life and it's important to prioritize your schedule around what you want most in your life. Try to practice 2-3 things at once or more if possible, this way you'll also be able to build momentum from several activities at once!

It might sound simple, but finding the time to accomplish everything that is important to you requires a lot of patience and dedication. Stick with it and keep developing new habits every week & month so that eventually these practices become an integral part of who you are. At some point, practicing these things won't feel like a chore because it will become part of your life!

"So be prepared for what you're gonna do and you'll do it, flawlessly!"

- Sean