

School of Faith
Presents
Simplify and Be Fully Alive
January 6th, 2011

Happiness is the possession of the good things that fulfill our human nature. Happiness, Peace and Spiritual growth are the fruit of a well ordered and balanced life

Think of the good things you desire. God placed a desire in your heart for these seven goods.

1. Physical Needs
 - a. Sleep 6-8 hrs/day
 - b. Personal hygiene 30 min/day
 - c. Eat 2 hrs/day
 - d. Exercise 30 min 3-5 days/week plus the commute to gym if necessary = 1hr

2. Friendship with Christ
 - a. 30 min/day in prayer/Rosary
 - b. Frequent the Eucharist and Reconciliation

3. Human Relationships/Friendship
 - a. 30 minutes of quality time with spouse/day
 - b. 30 minutes of quality time with kids/friends

4. Meaningful Work 8-10 hrs/day
 - a. In the home and outside the home
 - b. 1 hour for your commute

Look for creative opportunities to add in the following goods.

5. Knowledge - Learn about what interests you
6. Experience beauty in its many forms
7. Individuality – The unique way you pursue each good

Our Problem

- We have too much of some ingredients
- Too little of others
- And in some instances - the wrong ingredients

We need to think about what ingredients we need

- Choose those and Eliminate others
- Create a recipe, rule or plan of life, that is, a structure that enables you to live a well rounded life