

Desire to Lead a Healthier Life

How to use this card:

*Pass this card around. Each person please state your name and read a small section of the content on *The Only Requirement for Membership is the Desire to Lead a Healthier Life:**

Boundary 1: The Only Requirement for Membership Is the Desire to Lead a Healthier Life

Taylor's Story: My Primary Relationship

It is not lost on me that the first boundary for relationships at Suppers is about my relationship with myself. "The only requirement for membership is the desire to lead a healthier life" is a boundary that challenges me to examine my motivation. In the past, my health was not something I thought much about. I never considered the health benefits or deficits associated with anything I put in my mouth. I didn't question the health implications of different modes of transportation, and if I played a sport it was for fun and diversion, not because of some abstract thing called "health."

But "health" isn't so abstract any more. My belly is tangible, my joints speak to me, and my doctor is in my face with questions. Do I want to be healthier? Yes. Why? Because being unhealthy is inconvenient and uncomfortable. Do I want to lead a healthier life? That's a different question. That sounds like work, not desire! I associate desire with dessert, love, or a good massage.

The desire to lead a healthier life has been thrust on me by the consequences of many years of unhealthy living. My body's aches and pains brought me to Suppers; easing my physical symptoms will have to suffice as motivation until relief becomes desire for more right living.

Continue around the table by briefly sharing how you relate to the Suppers boundary of The Only Requirement for Membership is the Desire to Lead a Healthier Life.

Consider what motivates you to lead a healthier life.

Discussion Prompts (Each person select a prompt that works for you.)

- We don't all have the same definition in mind when we say "health". What's your personal definition of "health"?
- Identify supports you would need to stay in your intention to lead a healthier life.
- How will you know when you're ready to lead a healthier life?

Ideas for Next Steps:

Experiments and Observations

- Do a thought experiment: Imagine you are already leading the healthier life that will help you accomplish your health goals. What benefits are you enjoying? What obstacles have you overcome?
- Do a thought experiment: Imagine you don't make the changes in diet and lifestyle that will bring you more vibrant health? What will be the consequence?

Between Meetings:

- Just start reading stories in Logical Miracles, which are also on the Suppers website; find stories you can identify with; and start talking with people about what may motivate you to lead a healthier life.