

**What does it take to  
make the move  
from weariness to  
wellness?**

**To separate spirituality from daily life - by  
creating a new layer of feelings and  
experiences that we deem "spiritual" - is fraught  
with danger and disappointment. Spirituality is  
nothing more and nothing less than a mindfully  
lived life from moment to moment.**

**Dave Fleming, Ph.D.**

Ponder the quote and discuss.

Do you agree with the quote? What might be the danger of deeming certain feelings, actions, and experiences as "spiritual" and others as "not spiritual." Is it just as spiritual to mindfully wash the dishes as it is to experience a transcendent moment at say, the Grand Canyon or the ocean?

## Aerodynamic Living



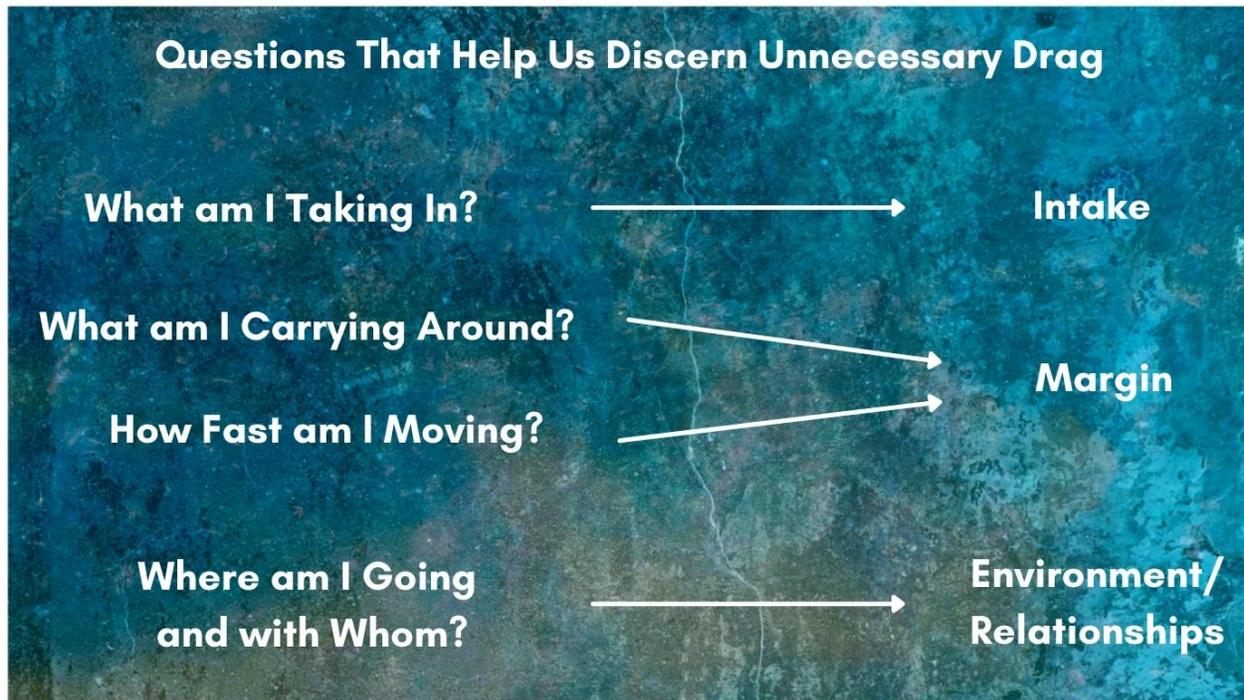
When was the last time you made a paper airplane? If you're alone or with your group - and you're feeling inspired, build one right now and try it out.

**Have fun.**

Paper airplanes, like all airplanes, have to overcome drag. Drag is the force that opposes a plane's movement through the air. If we want to reduce drag on a plane, we have to think hard about its shape and design. When a plane's shape and design reduces drag, we call it *aerodynamic*.

In a very real sense, life is similar. We can live in ways that are, or are not, aerodynamic. We can increase or decrease drag through the moment to moment choices we make and actions we take. This is one of the most powerful questions we can ask ourselves on a regular basis: **Am I designing (living) my life, from moment to moment, in a way that increases or decreases drag and weariness? Am I living an aerodynamic life?**

Reflect on, and discuss, the question above. Can you see that the shape of your choices and actions have a direct impact on the drag and weariness you experience? Remember Jared's example of his early days as CEO? He was making small choices - through what he read and did - that caused drag. Can you see your own "dark passenger" choosing and acting in ways that create drag for you? If you feel comfortable doing so, share examples.



The questions above provide us a way to examine and adapt our choices, decisions, and actions in real-time during the day. The exploration of these questions - in times of quiet reflection or during a full day - can help us to reshape a moment that either increases or decreases unnecessary drag.

NOTE: During the main podcast we explored the questions of intake and margin. During the after-cast we explored the question of environment and relationships.

Discuss how you could use the questions during your days to spot unnecessary drag? Also discuss what how your life might change if you spent an hour or two a month reflecting on these questions.

### Diving Deeper

Choose one of the questions from the list (on the page above) and discuss how, in that area of your life, you are increasing unnecessary drag. For example, if you chose the question, “what am I taking in,” you could talk about how certain foods weigh you down when you choose to eat them. Or, you could talk about what you take into your mind – perhaps too much bad news that drags you down.

Once you’ve identified where you’re creating unnecessary drag, discuss what you could do to redesign your life to eliminate it.

