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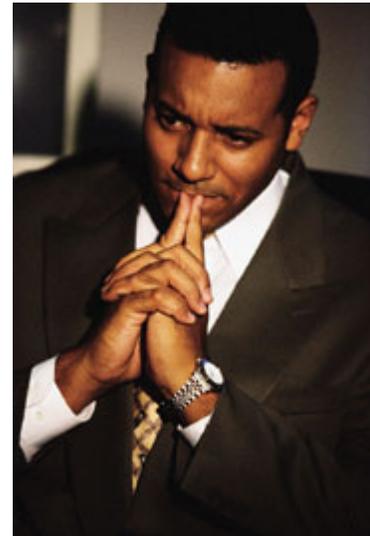
WHEN THE THRILL IS GONE, EXAMINE YOUR GOALS

Life no longer thrills you. Monotony is the name of the game. You are bored and tired with life. Such is the case in today's society when work and duties, on the job or at home, take up most of our waking hours. You say you'll have fun once the work is done, but doesn't it seem like the work is *never* done?

When we live this way, we shut down whole compartments of our lives, our creative, artistic, or athletic sides, causing us to evolve into one-dimensional beings who no longer experience life in rich and full ways, says Ann Webster, PhD, program director at the Mind/Body Medical Institute in Boston and instructor at Harvard Medical School and Albert Einstein School of Medicine. Our sense of meaning and purpose dwindles.

This dullness doesn't just affect our happiness. It affects our relationships as well. "When we don't allow ourselves time for breaks or indulgences we begin to lose our sense of connection to our own self and to others. We may even become estranged from our spouses, children, and other family members," Webster explains.

In her practice, Webster teaches techniques that enable people to find renewed vigor in life, to wake up to what is really important, and to begin living their lives in a more meaningful way. Here's what she recommends:



1. Close your eyes and carefully examine the following eight areas of your life:

- Career/education
- Relationships
- Creative endeavors
- Play/recreation
- Health

- Material desires
- Spirituality
- Volunteer

2. Then, ask yourself about your goals and desires:

- What's really meaningful in my life right now?
- What are my priorities?
- What am I passionate about?
- What are my own unique contributions that will make the world a better place?
- What am I longing for or to do?
- What is my bliss?
- What is God's will for me to do?

3. Open your eyes, and write down your goals. Take your time.

Do not be self-critical or judgmental, or edit what you are thinking. Goals may be long-term, such as what you want in a year or five years from now, or they may be short-term, what you want to do next week or today.

4. Prioritize. Divide your goals into three categories:

- "A" are the most important
- "B" are important but can be delayed
- "C" can be put off altogether

5. Begin attaining your most important goals, the "A" items, and notice how you feel as a result.

If six months or a year pass and you have not achieved your most important goals, ask yourself why. What is stopping you from living your life more fully?

Focus On... Acute Myocardial Infarction

This year alone, more than 700,000 people will experience a first heart attack and more than 450,000 will experience a recurrent heart attack. Heart disease is also one of the leading causes of death among women, accounting for more deaths than the next five leading causes combined. Understanding what causes a heart attack (also known as a myocardial infarction) and what puts you at risk are the first steps in preventing one. More important, knowing the warning signs of a heart attack may save your life should you ever experience one.

To read the full article, click [here](#).