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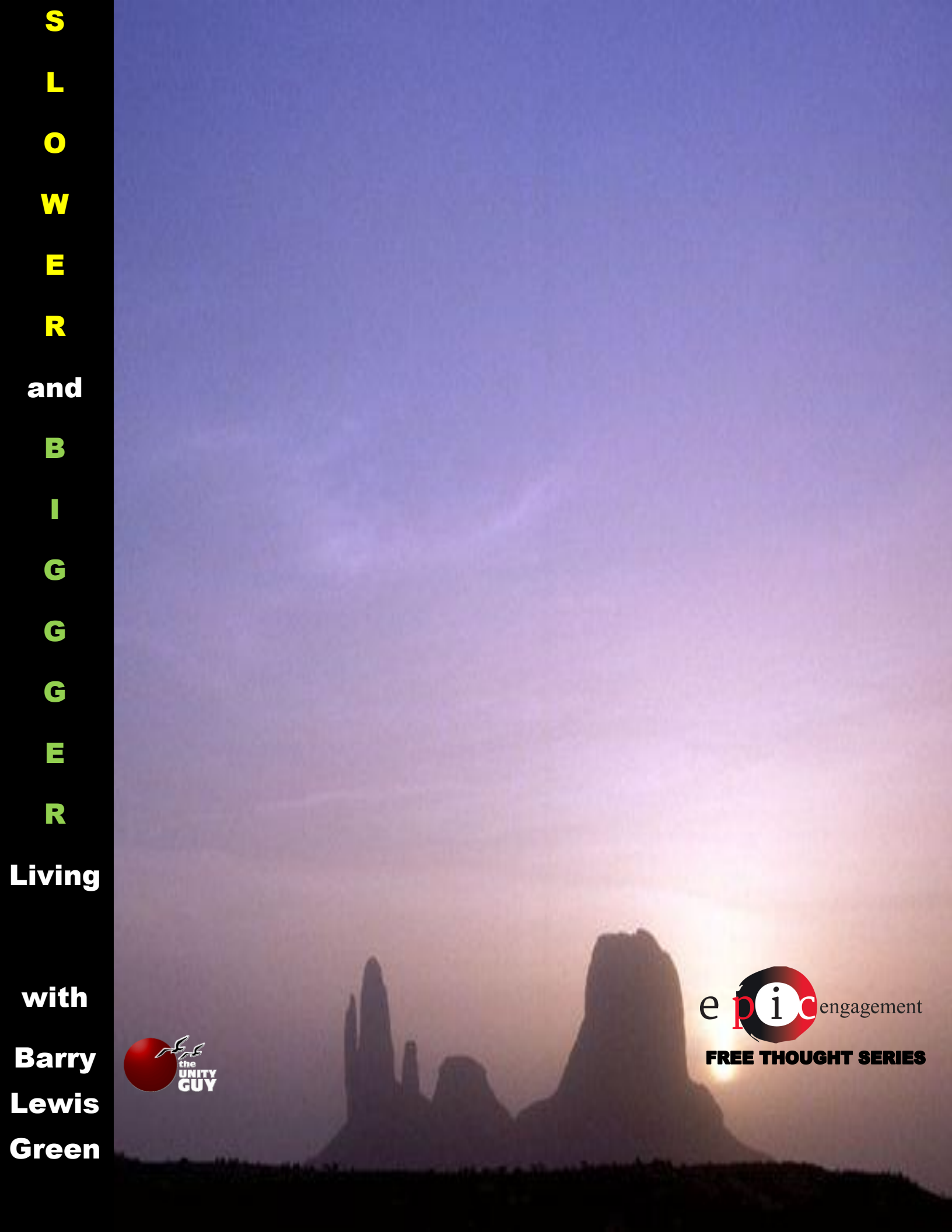
and

Living

**with
Barry
Lewis
Green**



FREE THOUGHT SERIES





Before taking this journey, please note...

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**Barry Lewis Green
aka The Unity Guy™**

To open the thought...

Lead united, and live the dream. Collective and noble leadership is a cutting edge perspective on the recognition and development of leaders throughout an organization. Everyone counts. Everyone leads. It has existed from ancient times. It manifests itself when people work together, engaging the full range of human, cultural, and technological resources to enhance and advance their respective "communities" at work, school or the greater community... for the common good. It is inclusive, effectively engaging the diversity of personality, beliefs, age, income, and culture to move us forward, together, stronger. My expertise is leadership. Still, and along the way, I have come to understand that part of building collective leadership in our schools, workplaces and communities is understanding that we each need to take a leadership role in taking care of ourselves. Over these years, I have done enough of my own research on HEALTH and WEALTH management to be aware that there are simple, fundamental elements to getting on track with both. My journey with the application of this knowledge continues. What I have discovered are the following "truths" about HEALTH and WEALTH. Enjoy.

Live healthy, live SLOWER.

S

Get somewhere between 6 and 8 hours of sleep each day. The research bears out that we have individual differences, but, commonly, the healthy range is between 6 and 8 hours... and the benefits are both mental and physical.

L

Laughter *is* the best medicine and research is showing that this is so true. Laughter is being seen as having curative effects on matters from the common cold to cancer. It is not a magic bullet, but it has constructive impact. Studies show that the typical 5 year old laughs about 300 times a day, while the typical adult does so some 17 times daily... we need to up the dosage.... and smiles are mini sips you can manage in between. 😊

O

Breathe. Oxygen has at least four functions in our bodies. It relaxes us and energizes us at the same time. Imagine that. Deep breathing apparently strengthens our lymph nodes as these collect toxins in our cells to take out to the curb and eliminate. Finally, our cells use oxygen to burn calories. Exercise does not burn calories. It simply forces us to breathe more deeply, thus burning more calories. Exercise *does* have other benefits though.

W

Drink water; anywhere from 6 to 8 glasses a day. It cleanses and is almost magical in shedding excess weight. It is now my new not-so-secret weapon, and I am using it generously, but *also* in moderation.

E

Exercise daily. Exercise *does* force us to breathe and burn calories. More directly, it strengthens us. The key to exercise in my research and experience is to find activities that you love. Exercise should not be a chore but a joy. So, whether it is walking, dancing, lifting, swimming or air guitar... or more... find it and do it, and have fun!!!

R

Real food. As much as possible, shop on the outer rims of grocery stores. That is where you will find the unprocessed foods. Find your fruit and veggies and meats of choice.

Just some thought for food. 😊



Live wealthy, live BIGGER.

I suggest to people that my understanding of WEALTH is that it is **When Excellence and Love Take Hold**. It starts with us loving what we do, and doing it to our best ability. From that, we experience wealth in spirit, and, in turn, quite remarkably financial. When we do what we do best and love doing it, we become something of an expert and experts command more attention and income. So, what is living BIGGER? As I study and practice fundamentals for wealth (and I am still at the steep end of the learning curve), I have come across these 7 key elements.

B

Budget. The level of detail can range. My Excel spreadsheet is quite detailed and colorful. Still, essentially, it is about knowing what is coming in and going out. It is the basis of gaining greater control over your own finances and the ability to plan and evaluate along the way.

I

Investment. I am not talking about what seems to be the increasingly common state of affairs... buy low, sell high. I am not talking about *playing* the market. In so many ways, I suggest that this is short term thinking. I have no doubt that some are becoming excessively rich through this. Still, it causes companies to worry about quarterly profits when they should be having a greater vision, going forward. More importantly, to you, it can be risky. To invest is really to put something into something. Long term investments in good companies and financial vehicles. INVEST in strength and long term growth. If you wish to “play” a little... fine, but make it the money you don’t mind losing; and consult with a trusted adviser. Expertise is important.

G

Goals. Set clear goals on where you want to be in 1, 3 and 5 years; and beyond. Pay yourself first, and establish goals for your financial health, no matter how small in the early stages. Get clear on where you want to go and why. It will be your motivation along the path.

G

Give. I believe in Karma and the Theory of Abundance. If you want to be a millionaire, be a *millionaire with meaning*. Mastery over money starts with giving it away. You realize that money is a resource to do some amazing things. Dedicate a portion of your “spending” on giving, by doing it sincerely. Find a cause for which you truly want to be of service. Create your own form of tithing. Watch the “returns”.

G

Guard. Protect yourself. Find insurance and other vehicles which will give you a sense of protection relevant and appropriate to your own sense of “being safe”. That can range for each of us, but have something in place, *just in case*. Have a baseline amount in your bank account, *just in case*. Have insurance for you or family, *just in case*.

E

Evaluate. As with any path, it is a good thing to take stock of where you are and where you are going, and how far along you are on your path. It is good to periodically measure results; to check in and on. Why? Well, there is the “R”...

R

Revise. Be prepared to adapt and perfect. I do not believe in *perfect* as a noun. It does not exist. I do believe in *perfect* as a verb. It is vital to growth. We should be perfecting and getting better and that requires the ability to wisely revise.



As noted, I am no expert in HEALTH and WEALTH Management. These are only my learnings thus far, and I do not profess to advise... only share. Seek out professional guidance. On my own journey to build an expertise and body of work in collective leadership and unity building, I have discovered some fundamental and generally accepted "truths". I will suggest that you start, by starting somewhere. Talk to a friend who has some experience and expertise in any one of these areas. If you can, secure an adviser or coach.

I am no expert, but I am learning. ☺

VIRTUES: THE GIFTS OF CHARACTER

The material contained herein is not "expert advice" but learnings from my own journey. These are generally accepted guiding principles. Feel free to use them as a baseline for discussion with your own expert guides along the way... we wish you HEALTH and WEALTH on so many levels.

Acceptance	Faithfulness	Patience
Accountability	Fidelity	Peacefulness
Appreciation	Flexibility	Perceptiveness
Assertiveness	Forbearance	Perseverance
Awe	Forgiveness	Prayerfulness
Beauty	Fortitude	Purity
Caring	Friendliness	Purposefulness
Certitude	Generosity	Reliability
Charity	Gentleness	Resilience
Cheerfulness	Grace	Respect
Cleanliness	Gratitude	Responsibility
Commitment	Helpfulness	Reverence
Compassion	Honesty	Righteousness
Confidence	Honor	Sacrifice
Consideration	Hope	Self-discipline
Contentment	Humanity	Serenity
Cooperation	Humility	Service
Courage	Idealism	Simplicity
Courtesy	Independence	Sincerity
Creativity	Initiative	Steadfastness
Decisiveness	Integrity	Strength
Detachment	Joyfulness	Tact
Determination	Justice	Thankfulness
Devotion	Kindness	Thoughtfulness
Dignity	Love	Tolerance
Diligence	Loyalty	Trust
Discernment	Mercy	Trustworthiness
Empathy	Mindfulness	Truthfulness
Endurance	Moderation	Understanding
Enthusiasm	Modesty	Unity
Excellence	Nobility	Wisdom
Fairness	Openness	Wonder
Faith	Optimism	Zeal
	Orderliness	

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