

## 4. The Playing Field...

Your life is played in 3 fields that interacted with each other. The triggers (and the roots) of anxiety can be found in one or all of the fields. To be on the winning side you need to ensure that you're not running too many activities in these fields at the same time and that there is harmony between the activities.

In the picture below the grey field resembles your environment that includes your work, your social life, relaxation, house, community, creativity, hobbies, upbringing, and all other influences externally.

The green field represents your physiological self. You need energy, drive, and stamina to be happy. You must be fit and have the right weight. Watch out what you eat and how much you eat. If there is something worrying you about your health, visit your doctor and be certain to get the correct diagnosis.

The black field is your metaphysical self. We worry about tomorrow and we live in our remorse about the things we did yesterday. Be mindful and concentrate on what you are doing right now. Living with doubt is a struggle. You must have an unquestioning belief in the fact that can achieve your dreams. Your dreams must be exciting and not mediocre. Without faith, you will never make it.

