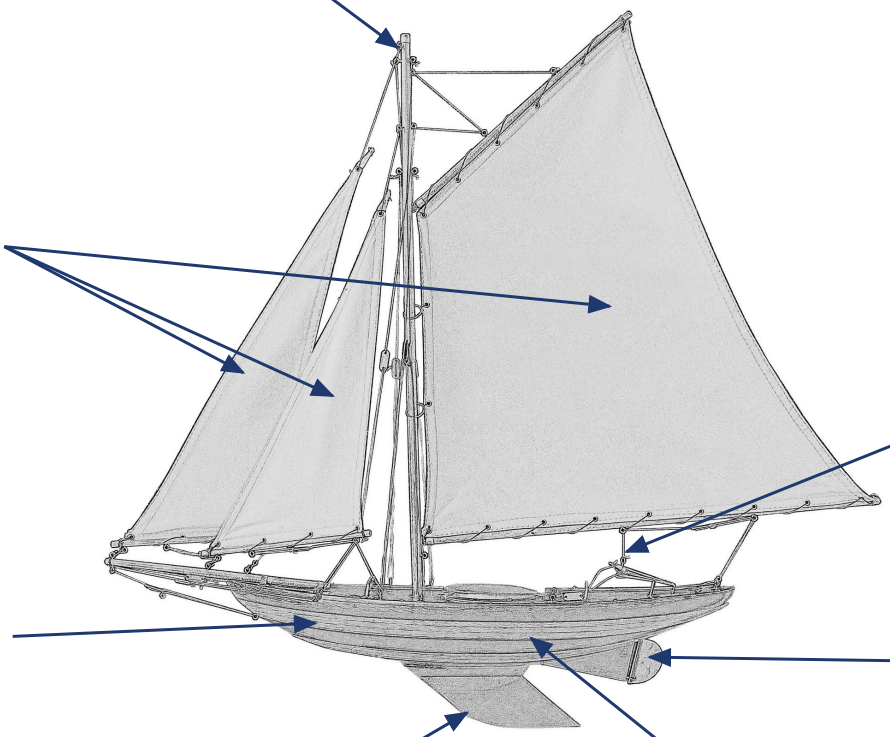
Smooth Sailing Life®

Navigate Your Life, Live Your Purpose, and Make a Difference in the World

The Essential Parts of Your Vessel

Picture yourself as a sailboat. Each part of your vessel represents an essential part of you.

How seaworthy is yours?



The Mast is your knowledge

The Sails are your skills

The Helm, or Captain's Wheel, is your mind making choices

The Hull is your physical self

The Rudder is discipline to stay on course

The Keel is love and your deepest values

The Bilge is where uncomfortable emotions collect

The Wind that fills your Sails is how you spend your finite time.

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Staying Afloat: Tips for the Voyage Ahead

Knowing the parts of your vessel is the first step. Skillfully tending every part is the next.

The Wind

How you concretely spend your finite time and energy: tasks, duties, responsibilities, and activities.

With only 24 hours in a day, selectively fill your Sails with winds that propel you in the direction of your hopes and dreams.

Upwind Sailing

Sailing into the wind requires focused effort as you tack back and forth.

Each direction represents the completion of one activity on your to-do list. Trying to do more than one activity simultaneously (multitasking) is inefficient and slows you down.

Downwind Sailing

Sailing with the wind at your back is effortless and rejuvenating.

Use this opportunity to refresh yourself with fun, creative activities that fill you with joy!

Water in the Bilge

Collected water represents your unpleasant, distressing feelings.

Be self-aware, recognizing when you are holding uncomfortable emotions. They are important and are there to alert you.

Love Your Sailboat

Maintain your physical self in top form.

You only get one sailboat to last your entire lifetime. Optimize its strength and resilience through your nutritional choices, regular exercise (aerobic and strength training), restorative rest, and scheduled preventative maintenance.

Reef in the Sails

Achieve life balance by selectively choosing what you say “yes” to and what you say “no” to. Learn to negotiate, delegate, and practice good boundaries.

It’s impossible to stay on course and upright in gale-force winds.

Putting Down Anchor in a Safe Harbor

This is the silent, reverent space to connect with a powerful loving force in nature, through prayer, and/or meditation.

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A Quick Check-In

Give yourself the gift of reflecting on your life.

The Helm

Do you have a clear vision of where you'd like to go on your life's journey?

Upwind Sailing

What demanding responsibilities are filling your Sails right now?

The Bilge

Are you aware of any uncomfortable or distressing feelings weighing you down?

The Keel

Recall a time when you felt filled with love. What were you doing?

High Winds

Have you ever felt so overwhelmed with everything coming at you that you felt you would capsize?

Reefing Your Sails

Do you have a hard time saying "no" when someone asks you to do a favor and take on a new wind?

These questions are just the beginning. *Smooth Sailing Life®: Navigate Your Life, Live Your Purpose, and Make a Difference in the World* is available now. Order your copy at **SmoothSailingLife.com**.

AVAILABLE NOW

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