



**CENTER FOR PROACTIVE LIVING  
RESTORATIVE HEALING**

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## **What Are You Telling Yourself?**

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When I was in the 7th grade, I joined the baseball team not knowing what to expect or what would be expected of me. The other kids had been playing baseball since age 4 or 5. They knew the game. The coach not interested in teaching fundamentals. His idea of making you a better person was to berate and embarrass you. I quit that team after 1 weeks and never tried to play baseball again.

A friend encouraged me to check out the wrestling team. I made new friends and we supported each other. Wrestling became my primary sport, throughout high school and into college.

I have spent many years coaching and teaching martial arts. My job was to give the students the confidence to overcome their fears. I encouraged them because I wanted them to grow. Rather than telling them that they were weak or slow, I encouraged them to do their best until they mastered the skill.

Nurturing a child and encouraging him or her makes sense to every parent or coach. Criticism and overprotection does nothing for the development of the child. We know that our duty is to encourage kids, but we think criticism and self condemnation to justify our perceived limitations is acceptable for us.

Cutting people down and pointing out their weaknesses is wrong, period. Consider the conscious and subconscious effects of these negative affirmations. On a conscious level, you begin to believe the statement and look for ways to support the idea. This is the self fulfilling prophecy. If you tell yourself a lie long enough, you start to believe it to be true. On a subconscious level, you start looking for a model to imitate. This is usually a grandparent.

Disparaging yourself produces feelings of helplessness because nothing can be done about old age. This helplessness leads to hopelessness, the worst emotional state of all. Nothing good comes of this thinking. People don't pity you, and it doesn't make you feel better about yourself. It is the one social tradition that you should ignore.

Lifting people up, and encouraging them to do their best is the only way to get ahead. This includes the things that you tell yourself. The fact of the matter is that you are getting older every day, and proclaiming old age does nothing for anyone.

Proactive living is about anticipating the challenges that accompany aging and doing something about it before it becomes a real disability.

I recommend that you look at these challenges as another opportunity to change and grow. Remember that tomorrow you will be another day older than you are today. Choose being proactive over being miserable.



### ***ABOUT DR. HO***

*Dr. Jon Ho has been a Chiropractor for 40 years. His practice is constantly evolving to meet the needs of the patients that he serves. He combines his knowledge of Eastern martial arts and healing with Chiropractic principles and practices.*

*In 1998, Dr. Ho returned to Hawaii to open his private practice where he founded the Center for Holistic Living to offer Chiropractic, Energy Healing, Functional Healing and Clinical Nutrition tailored to suit the unique requirements of every individual.*

*The Center for Proactive Living is an extension of the practice of Holistic healing with an emphasis on functional issues related to aging. Our mission is to address the obstacles that accompany aging and achieve optimal function.*

*Our mission is RESTORATIVE HEALING*