



# CREATION Health Life Guide #7 OUTLOOK

*Kim Johnson*

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## **CREATION Health Life Guide #7 OUTLOOK** Kim Johnson

The CREATION Health Life Guide Series takes a deep dive into CREATION Health, a faith-based health and wellness program based on the Bible's Creation story. The word CREATION in CREATION Health is comprised of the first letters of: Choice, Rest, Environment, Activity, Trust, Interpersonal, Outlook, and Nutrition. Each Life Guide focuses on one letter of the CREATION Health acronym and translates the fundamental concepts into easy-to-follow steps. The guides include questions designed to help individuals or small groups plumb the depths of every principle and learn strategies for integrating them into everyday life. Individual users and group participants will discover that embracing the CREATION Health prescription can help restore health, happiness, balance, and joy to life. The CREATION Health Lifestyle has a long, proven history of wellness and longevity worldwide! People just like you are making a few simple changes in their lives and living longer, fuller lives. They are getting healthy and are able to do the things they love, well into their later years. Now is the time to join them by learning about healthier living and then turning what you learn into a healthier lifestyle! Outlook is a gift you give to yourself -- it's the colors with which you paint the world. Some of us leave smudges of gray and dark purple as we frown through the day. That's our choice. Others leave sparkling designs of gold, green, and sky-blue. That's also our decision. God designed each of us to be different, special, unique, and wonderful. But having a negative outlook is not in His plan. A negative outlook switches off the lights of hope. It changes love to hate, and peace to stress. A positive outlook does just the opposite. It turns on the lights, ignites love, and allows our heart to focus on possibilities, not problems. He made us to be positive, and His example sets the standard. In this Life Guide, you'll learn how to create healthy habits by changing your Outlook.

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