



THE HOLY TRINITY

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Part One

WHAT IS IT?

THE DEFINITION





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WHAT IS THE HOLY TRINITY?

THE HOLY TRINITY IN A NUTSHELL:

- **Health**

Workouts, Eating Healthy, Mental Health, Looking Attractive, Etc.

- **Wealth**

Money, Social Capital, Job, Status, Etc.

- **Relationships**

Friends, Family, Lovers, Work Friends, Etc.

As you embark on your journey, I thought it would be fitting to tell you about 3 synergistic principles that can be life affirming.

What are they exactly?

The biggest gift I could ever offer you is to believe in the Holy Trinity.

Ok, reality check!

I am really NOT getting all religious on you!

I promise!

When you look at your life in a very general sense, you can essentially categorize it into three key components.

- I. Health
- II. Wealth
- III. Relationships

These three broad life components encompass many things. You need each of these three major elements in your life to prosper.

Your mission in life should be to learn how you can improve in each area. This is the Holy Trinity as it pertains to personal recovery.

Ready to become a disciple?

When I offer relationship coaching services to my clients, I teach them about the Holy Trinity. You see, when one suffers through a broken relationship, it is easy to lose perspective. What I like to do is help these individuals re-discover purpose in their lives.

What is magical about the Holy Trinity is its simplicity and the synergistic way in which these three life components can come together to provide a person a new focus.

If you just broke up with an ex, you need a new focus.

Each of these three elements are interdependent, which means for example, that if you take one away, the other two are negatively impacted.

Few people are masters of all three “areas” of life.

So don't get down on yourself if you are struggling in one or two of these life impacting areas.

Seek to improve.

I did a Podcast a while back and took a call from a woman whose Ex had left her. She was crestfallen by the breakup and was exhibiting all of the characteristics of a needy, somewhat desperate person.

She explained that the balance of Personal Power within the relationship was tipped completely in the direction of her Ex.

We talked quite a bit offline.

She took my advice about the Holy Trinity to heart and worked hard to improve in each area. She drew closer to family and friends. She began working out and lost weight. She started her own business.

At first, she was afraid to embark on her life's dream. Being self employed myself, I understood her fears. But I told her that 30% of the American workforce operate their own business and projections have that number growing to be 40% by 2020.

I told her not to fear failing. I explained that most first efforts at self employment don't turn out well... just like most first relationships.

But if you stick with it and learn from your mistakes, good things usually happen.

Little by little, she made improvements in all facets of her life. It did not happen overnight, but over time she told me that she became a much better version of herself. Several months passed and lo and behold, her Ex showed up again in her life, taking stock of all the things she had done. It was almost as if he was meeting her for the first time.

There is a lot more detail to her journey and how it ultimately ended, but what was clear to me, as she related her story, is that her personal confidence had soared.

She did not rush back into the relationship. But eventually, empowered with her new confidence, she chose to resume the relationship.

So let's take a closer look at each Component, as these three areas may not be as obvious as you first think.

Part Two

THE THREE PILLARS

IN DEPTH





EXAMPLES OF HEALTH:

- *Workouts*
- *Eating Healthy*
- *Sleeping More*
- *Finding A Stress Outlet*
- *Feeling Attractive*
- *Looking Attractive*
- *Hydrating Properly*
- *Hygiene*
- *Clearing Up Acne*
- *Teeth*
- *Emotional Health*

This category includes everything from how you look and feel, to what you eat.

That is the physical side of health.

On the flip side, there is also our mental and emotional health.

One affects the other.

Think of everything that affects the physical and mental health in your life and you will have essentially summed up the health category.



EXAMPLES OF WEALTH:

- *Money*
- *Social Status*
- *Possessions*
- *Personal Property*
- *Spiritual Wealth*
- *Job*
- *Social Capital*
- *Wealthy Set Of Experiences*
- *Getting A Degree*

Wealth is one of those interesting components in our life.

Do you need to be filthy rich?

Nah!

Does one have to be financially independent to be successful and fulfilled?

I think the answer is...

Yes, No, and maybe!

Sorry for that.

People (and life in general) are very complicated. And I don't think there is one stock answer for each one of us.

For some, achieving a degree of financial success through the work they do is an important element in their life. It is one of their measuring sticks.

And certainly, having sufficient money to be able to live independently is a worthwhile endeavor.

After all, if you google the definition of "wealth" you will learn that it is defined as "an abundance of valuable possessions or money".

But wealth is not just about money in your pocket or owning a lot of assets.

My definition of wealth expands to having a wealthy set of life experiences.

Without a diverse set of experiences in different places, with different people, doing different things....we are spiritually poor.

Spiritual wealth includes feeling really good about yourself and having some wisdom.

Spiritual wealth could be a sense of connection with an organized religion.
Or it could be the feelings that are evoked when you attend your Yoga class.

Spiritual wealth is many things to many people.

With this sub-component of the Holy Trinity, people strive to gain spiritual capital through self healing, counseling, coaching, and/or self development.

Reading this book is a form of building Spiritual Wealth.



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R E L A T I O N S H I P S

EXAMPLES OF RELATIONSHIPS:

- *Friends*
- *Family*
- *Lovers*
- *Work Friends*
- *Teachers*
- *Counselors*
- *Therapists*
- *Clergy*
- *Pets*

This one is pretty obvious. Or is it?

Right now, let's not include your Ex in this discussion.

I know! I know!

It's why you are here, right?

But for purposes of keeping it real, let's assume you have arrived at this page and are presently in a "breakup" situation.

Now eventually, your boyfriend, girlfriend, or spouse will be included when we talk about this component of the Holy Trinity.

After all, you are striving to have healthy relationships with all of the people that matter in your life.

But I want you to understand how the OTHER relationships in your life can be a powerful healing force.

You lean on friends for support during a breakup.

You lean on family for support.

These are healing forces.

They help you make it through the day and as a result you feel better about yourself. This kind of leads me to my next point.

Your relationship area of your life is probably the most powerful component of the Holy Trinity. It is the nuclear fuel that fuses things together.

Fusion:

1. the process or result of joining two or more things together to form a single entity.

And if your are feeling broken, you need people you love and who love you that can help you come back together again.

People such as:

Friends...

Co-workers...

Brothers...

Sisters...

Moms...

Dads...

Grandparents...

Support group members...

Counselors....

Therapists...

Clergy...

Even Pets!

Ok now...don't get me started on pets! I want you to read up on that yourself.

Ok, Ok...I am going to give you just one thought on pets.

Pets can be AMAZING for your recovery. Consider getting one, if you don't have one.

Alright, so let's get back on track...

Developing and sustaining ongoing healthy relationships with people around you is very much coded into your DNA.

Don't think for a minute that you can soldier through life all by yourself! I think you are starting to see the big picture.

As you seek to regain the relationship with your Ex, remember the value of practicing the Holy Trinity and strive to improve in each of its three areas.

You will grow as a person.

You might just succeed in winning back your Ex.

Or, you may find another person you wish to share your life with. You always have options.