

Jonathan Fields

Living the Good Life

PODCAST SHOWNOTES

Our guest today is Jonathan Fields. He is a dad, husband, serial entrepreneur, growth strategist and [award-winning author](#). He currently runs mission-driven media and education venture, [Good Life Project®](#), where he and his team lead a global community in the quest to live more meaningful, connected and vital lives.

Creating the Good Life

Being reactive and mindless can block people from living the good life. We wake up in the morning and spend our days responding, instead of being intentional in our actions. A great way to begin to live the good life is to create a daily mindfulness practice. *Use your technology to vibrate once an hour, to get you back in your body, aware of your surroundings and where you are in your mind as well as physically/mentally/emotionally.*

Three Good Life Buckets

Vitality: *Optimizing your state of mind and body.*

Your mind and body operate on a feedback loop, always tied to each other. For Jonathan, mindfulness and meditation tied with yoga and breathing is a small commitment that he knows he will always do, and he often finds himself in longer practices. Sometimes just “getting to the mat” can be all we need.

Connection: *Cultivating deep and meaningful relationships*

Finding and belonging to a like-minded community is important. Shared values, shared beliefs, and safety exist in these communities. As humans, we NEED to belong. Our ability to be productive and happy is deeply connected to belonging. If you cannot find it, CREATE it.

Contribution: *How you bring your gifts, your talents, your energy to the world.*

Spend as much of your day as possible living in your gifts, your talents, and the energy that you want to put out into the world.

Nature

Although Jonathan lives in New York City, nature still plays a key role in his life. He lives near the Hudson River and Central Park. As a child, a walk by the water or in the wild helped him to reset. Nature has the power to really combat depression, stress, and anger, as well as pain. Something as small as having a plant in the space where you work can make a huge impact.

One thing you do everyday that makes all the difference?

Family. Spending time with his wife and daughter means everything.

[Check out Jonathan's Good Life Project here!](#)

Listener Question:

I know I should be exercising, but I have very little time. What should I do?

BURST training. Burst to blast fat! Get a health tracker to track your steps. Try to get moving more and more in every action. Burst training is when you work hard--all out for 30-60 seconds and then you take twice as long to recover and then repeat for 4-8 minutes. You can do it in the pool, running, on stairs or at the gym. From there you can add strength training and other routines, but start by just moving more and doing burst training.

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As always, remember:

You are worthy. Dare to live a life that matters.

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