

LANCER

W E L L N E S S

April 2017



April

Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancernwellness and follow us on instagram @cbu_lancernwellness

Emotional/Spiritual Wellness

Let Go of Your Self-defeating Lies

By: Rick Warren

We lie to ourselves all the time: “I haven’t gained any weight. I’m not hurting anyone. No one even noticed.” But one lie is more dangerous than most: “It’s not really a problem.” You tell yourself that your finances aren’t a problem, your marriage isn’t in trouble, and your temper isn’t out of control. Lying to ourselves is the number one way we mess up our lives. The Bible says, “*If we claim to be without sin, we deceive ourselves and the truth is not in us*” (1 John 1:8 NIV). Sin causes us to deceive ourselves, and deception causes us to sin. Behind every self-defeating act in our lives is a lie we’ve believed. Either we’ve lied to ourselves or we’ve believed one of Satan’s lies. The Bible says our heart is “*deceitful above all things*” (Jeremiah

17:9). You and I have an amazing ability to lie to ourselves.

So stop it! Stop rationalizing. Stop minimizing your behavior. Stop excusing. Stop tolerating. To stop defeating yourself — doing all of those self-defeating behaviors that cripple your ability to follow Jesus faithfully — you have to stop deceiving yourself. Jesus said, “When you know the truth, the truth will set you free.” But first, the truth will make you miserable! You can’t be free from what you can’t admit exists. You can’t beat the problem if you’re lying to yourself about it.

Rick Warren, *Let go of your self-defeating lies*, October 20, 2014.
<http://pastorrick.com/devotional/english/let-go-of-your-self-defeating-lies2>



Environmental Wellness: How will you give back?

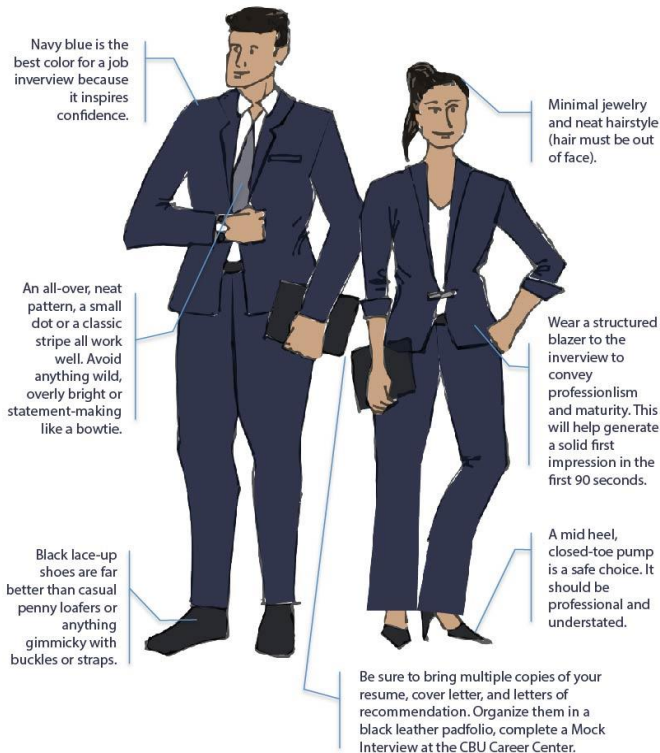


Career wellness: Dress to Impress

DRESS to IMPRESS

"The most important thing you bring to an interview is confidence. What you wear and how you wear it helps convey that. If you aren't comfortable in your outfit - that will come across in an interview."

Nicole Williams, LinkedIn's career expert
in Forbes How to Dress for your Next Interview



SPOTLIGHT MEMBER

TRAIVON WILLIAMS

What is one step you have taken to prep for your future career?

"Much of my career preparation is rooted in spiritual preparation. Throughout my journey I have learned that the key to being victorious in my daily life is consistent time with God. As a result, it is my objective to daily spend time in fellowship with Him."

To learn more about Traivon 's journey, visit www.calbaptist.edu/lancerwellness

Nutritional Wellness



AVOCADO AND KALE SMOOTHIE BOWL

INGREDIENTS

- 1 cup kale leaves
- 1 cup almond milk
- 1 banana, sliced
- 1/2 avocado
- 1/2 cup ice
- 1 Tbsp. agave syrup, plus additional for serving
- 1/2 cup raspberries
- 1 kiwi, sliced
- 1 tsp chia seeds

INSTRUCTION

Blend the kale, almond milk, 1/2 of the banana, avocado, ice, and 1 tablespoon of the agave syrup until smooth. Transfer to a bowl and top with the raspberries, kiwi, chia seeds, remaining 1/2 banana, and a drizzle of agave.