



Six Departments of Your Life

In our life there are six major departments:

1. Physical
2. Mental
3. Social
4. Occupational
5. Home
6. Spiritual

Each one of us has needs, interests, and wants that are very special to us. This individuality stems from a variety of influencing factors in our background, such as, economic status, religion, society, or age. As we go through the various stages of life, these needs, interests, and wants change; but they still fit into one or several of the basic departments of life. During each stage of life, something very meaningful is important to us. When we can determine our special needs, we will become more aware of the departments in our life.

Each department plays either a major or minor part in the total picture of everyday living. When any one of these departments receives inadequate attention, something is going to happen to our control. Nervous tension, uncertainty, fear, unhappiness, or inability to make decisions can take over. When each department receives the necessary attention and consideration it needs, we function as confident individuals in control of our lives.

1. Physical Department

Every person needs variety in his or her life. Smart people do not spend all of their time with their job, position, or profession. Adequate diversity of activity means doing a better job.

The variety does not need to mean strenuous work. It can mean a change in our eating habits, or exercise, or new hobby. New interests could lead to a whole new world that was almost invisible before.

Taking care of our body is a lifetime investment. How we feel affects our attitude toward everyday living.

2. Mental Department

Attempts to update or upgrade one's knowledge or skill is not just a part of a money-earning job. We need new mental food all of the time. We need new ideas and new inspirations. When we don't have a stream of new ideas coming in we can have feelings of being inferior. An inferiority complex can cause tension, and this could eventually lead to a mental breakdown.

Many learning projects are for our home and personal responsibilities, but other efforts should be for our own interest and pure leisure.

We are always as old as our minds.

3. Social Department

We are social by nature. We want people to like us, we like people, and we need those people in our lives.

When our social lives are dry and inadequate, we become insecure. It also affects our personal life, our business life, and all the other departments too.

It is important to be an individual with something to offer to other people.

4. Occupational Department

We spend one-third of our time in our occupations. Our occupations influence all departments of our lives. It is almost impossible to be a happy and productive person and not be happy in our occupation. It dulls us mentally and many times dulls our social life. It comes into our personal life. We cannot be an understanding spouse, parent, or friend. We will be tense and nervous.

We need to find out why we are not happy with our job, and then do something about it.

5. Home Department

The image we portray in our home will determine our feelings of self worth. We can choose the role we want to play in our family, but to succeed we need confidence in ourselves that we can carry it out.

To feel worthwhile in our home, we need to bring to it new ideas, new methods, and enthusiasm from our activities outside our home.

Worthwhile accomplishments in our home will help to strengthen our other departments.

6. Spiritual Department

Many philosophers feel we need to put at least a little emphasis on the spiritual side of our life.

Having a spiritual quality to our life can help us develop more confidence, become a better husband and a better wife, and help us be more effective and enjoy life to its fullest.

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