



UNIVERSITÀ DEGLI STUDI DI BARI ALDO MORO

Bari, July 14, 2018

Every system, including us and our life, has a limiting factor—one resource or trait that most limits how much the system can grow. If we want to push our life to new levels, the single most powerful way to do that is to accurately identify what our limiting factor is and focus every ounce of our being on deactivating it.

When we do this, we expand our capacity versus changing our conditions. Most of what we do when we set goals is make lists of conditions we want to change: I want to change my lifestyle. Grow my healthy habits. Get a new shape. Get a new energy.

But conditions are never the things that really limit our success. When we focus on limiting factors, we grow our capacity to do two things:

1. Master the ability to change whatever conditions we want, whenever we want.
2. Experience limitless love, joy, enthusiasm, ease and flow right now, where we're at, regardless of conditions.

These two things will change our entire trajectory.

We've found something that works to remove all sorts of limiting factors: 180-day Challenges. When we use the word challenges with a capital "C," we're talking about something very particular:

Doing a certain activity (or, we suppose, not doing a certain activity) ...

- That we don't currently do...
- At a certain frequency...
- For a certain number of days.

We think of challenges as self-directed projects to change our behavior or spark some personal growth or development. Sometimes we want a mindset shift or to make (or break) a habit. Or we just have a sort of big, capacity-building project we want to finish.

Here are our 180-day challenges that have worked wonders for removing some of the most common limiting factors on ourselves.

The post-graduate certification course in Lifestyle Medicine of "Aldo Moro" University of Bari has literally given us a huge opportunity to change our life better.

We won that 180-day challenges and our lives are now at a new level.

Thank you Dr. Luigi J. Maselli.

With much esteem and gratitude,

The Students

Post-graduate Lifestyle Medicine Certification Course

"Aldo Moro" University of Bari

Academic Year 2017/2018

Cristina Bartoli, BSc, CLM

Marco Tullio Cau, PhD, CLM

Giuseppina Gallucci, MD, PhD, CLM

Iantoschi Maria Maddalena, BSc, CLM

Kalleshi Anila, MSc, CLM

Lapacciana Nunzia, PhD, CLM

Liuzzi Arcangela, BA, CLM

Losito Maria Giovanna, BA, CLM

Milella Ida, MSc, CLM

Pappaianni Ivan, BA, CLM

Roberta Roberto, PhD, CLM