

Anchor Concept: LIFESTYLE

<p>LIFESTYLE</p> <p>The concept of lifestyle indicates the way in which persons choose to meet their human needs. Christians believe that human persons are created with a physical body and eternal soul and reach fullness of personhood in relationship with God and neighbour. We are thus called to choose a lifestyle which addresses our spiritual and material needs and allows others to do the same. Lifestyle considerations which only enhance individual comfort and social status do not nurture a complete personhood. The Christian call to be Christ-like thus embraces all aspects of one's relationship with God, self and neighbour. Often, the Gospel calls us to transcend our material needs for the good of others. We may sacrifice individual wealth, time, sleep, comfort and even safety so that others might live with dignity, freedom or good health. Life is ultimately a gift from God. Lifestyle is what we choose to do with the gift of life that our loving God has provided.</p>	<p>Related Concepts:</p> <p>PERSONHOOD AND IDENTITY RESPECT FOR LIFE / QUALITY OF LIFE HUMAN RIGHTS FREE WILL / CHOICE SERVICE / INTERDEPENDENCE COOPERATION CAREER AND PERSONAL PLANNING LIFELONG LEARNING SPIRITUALITY / EVANGELIZATION VIRTUE MYSTERY, WONDER AND AWE TRANSCENDENCE RELATIONSHIP RESPONSIBILITY STEWARDSHIP COMMON GOOD DISTRIBUTION BALANCE</p>
<p>Corresponding Ontario Catholic School Graduate Expectations:</p> <p>CGE1b Participates in the sacramental life of the church and demonstrates an understanding of the centrality of the Eucharist to our Catholic story</p> <p>CGE1c Actively reflects on God's Word as communicated through the Hebrew and Christian Scriptures</p> <p>CGE1d Develops attitudes and values founded on Catholic social teaching and acts to promote social responsibility, human solidarity and the common good</p> <p>CGE1g Understands that one's purpose or call in life comes from God and strives to discern and live out this call throughout life's journey</p> <p>CGE2e Uses and integrates the Catholic faith tradition, in the critical analysis of the arts, media, technology and information systems to enhance the quality of life</p> <p>CGE3e Adopts a holistic approach to life by integrating learning from various subject areas and experience</p> <p>CGE4b Demonstrates flexibility and adaptability</p> <p>CGE4d Responds to, manages and constructively influences change in a discerning manner</p> <p>CGE4e Sets appropriate goals and priorities in school, work and personal life</p> <p>CGE4f Applies effective communication, decision-making, problem-solving, time and resource management skills</p> <p>CGE4g Examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities</p> <p>CGE4h Participates in leisure and fitness activities for a balanced and healthy lifestyle</p> <p>CGE5a Works effectively as an interdependent team member</p> <p>CGE5g Achieves excellence, originality, and integrity in one's own work and supports these qualities in the work of others</p> <p>CGE7a Acts morally and legally as a person formed in Catholic traditions</p> <p>CGE7e Witnesses Catholic social teaching by promoting equality, democracy, and solidarity for a just, peaceful and compassionate society</p> <p>CGE7h Exercises the rights and responsibilities of Canadian citizenship</p> <p>CGE7i Respects the environment and uses resources wisely</p> <p>CGE7j Contributes to the common good</p>	