

Health & Wellness Model

FOR SUCCESS & SATISFACTION IN LIFE AND WORK



1. Food and Drink

Consume foods that promote your best health.



2. Body Movement

Keep your body moving to mitigate unwanted health consequences.



3. A Good Night's Sleep

Let good sleep habits support your overall wellbeing.



4. Finances/Career

Have satisfying work and good financial protocols in place.



5. Relationships

Cultivate communication skills that promote healthy relationships.



6. Contribution

Be in service to your fellows.



7. Authenticity

Discover what's God-given and innate in you.



8. Emotional Agility

Use emotions as information and choose values-based responses.



9. Compassion

Operate from a place of genuine concern for both self and others.

Self-Awareness

Generate practices that increase self-awareness.

Stress Resilience

Build your own curriculum for managing stress.

Growth Mindset

Be vigilant about leaving a fixed mindset behind in favor of health.

CENTERED

Yoga & Wellness