

flourish!

The path to flourishing is from the inside out. This isn't the sexy approach, but a sustainable, joyful, meaningful path that *lasts*.

Cultivate a healthy mind.

- **You are going to die.** Remembering life is but a breath puts *everything* in perspective. Send yourself daily reminders of this fact. There are plenty of apps and alarms out there.
- **Your attitude around your choices matters more than the choices themselves.** This includes food, exercise, rest, play, and adventure. Decide what you want to do and do it, guilt-free.
- **Trust your intuition.** Your body sends thousands of messages each day, from what to eat (or not), to what to wear, to how deeply to enter into relationship with a certain person. Trusting that inner voice enough to act in alignment with it increases happiness, ease, purpose, and peace.
- **Negativity costs us.** It takes precious energy to belittle, get angry, gossip, and think negatively towards other people. This energy expenditure decreases optimal performance and increases stress.
- **Set a daily intention.** How you begin your day is how you will end your day. Decide how you wish your day to go and who you want to be today.
- **Take responsibility.** How you act, respond, and spend your time each day is yours to decide. No more, "I have to do this or that." You are not a victim of your circumstances unless you choose to be. Own it and be liberated by the possibilities.

Meditation

- **Listening is the key** to connecting with ourselves, others, and the world. Meditation is the vehicle through which we can listen, increase awareness, and grow.
- **Begin with breathing:** breath in for 4 seconds, hold for 4 seconds, and a 4 second exhale. Do this throughout the day for 1-10 minutes. Note: you can do this while working, driving, or doing anything.

Cultivate a healthy body.

Nutrition

- **Focus on the quality of your food more than the quantity.** Pick grassfed, pastured, heritage, heirloom, and organic meat, vegetables, and fruit as often as possible.
- **Eat until you are full, then stop.** Our daily calorie requirement changes with our activity level. Our body will tell us who much to eat and when to stop.
- **Choose nutrient dense fats and use a bit at every meal.** Ghee, butter, coconut oil, lard, olive oil, egg yolks, and palm oil are great choices.
- **Swap grains (wheat, rye, barley, quinoa, brown rice, etc.) for roots, tubers, and fruit starches.** Butternut squash, sweet potatoes, turnips, parsnips, pumpkin, cooled white potatoes, and green plantains are some examples.
- **Avoid gluten-containing foods as often as possible.** Not only are gluten-containing grains potentially toxic to your body, but they are less nutrient-dense than other options, like winter squashes.
- **Limit alcohol to <4 drinks per week.** Too much alcohol increases gut issues. A healthy gut is key
- **Eat fatty fish 1-4x per week.** Wild sardines, salmon, and mackerel in a can are easy options.
- **Eat 4 oz. of grassfed liver per week.** Freeze and shave into ground beef or cut into 1" square cubes, freeze, and pop like a pill.

- **Avoid vegetable and seed oils as often as possible.** This includes, vegetable, canola, linseed, peanut, sunflower, and safflower oils.
- **Limit added sugars.** Beyond table sugar, avoid agave, artificial sweeteners, and over 1-2 Tbsp. of honey or maple syrup per day.
- **Prioritize gut health.** Bone broths, resistant starch, fats, limiting added sugar, meditating, and eating at home are most helpful.

Movement

- **Stand, sit, and walk throughout the day.** Switch up your routine throughout the day. Try standing for a while, sitting, and walking while you work. It all adds up.
- **Train smarter, not harder.** Three sets of two repetitions at a heavy weight done properly is more effective than three sets of 8 or 12 repetitions. This way, you can train 2-3 days a week, instead of more frequently.
- **Do the movement you enjoy.** There is some type of movement for everyone. It isn't necessary to torture yourself. Do the movement that brings you joy and is fun!
- **Strength training gives the most bang for your buck.** Build strong bones, stay mobile and strong throughout life, and improve cardiovascular endurance with strength training.
- **Play!** Take time to play. This de-stresses and rejuvenates, even 5 minutes.

Lifestyle

- **Sleep 7-9 hours per night.** Black out your room completely and consider a sleep app like "Sleep Cycle" to track the quality of your rest.
- **Practice gratitude.** Find the good in everything.
- **Recovery is just as important as pushing hard.** Work hard, rest hard. Protect your rest and relaxation.
- **Learn to be at peace in discomfort.** Intentionally increasing your threshold for stress with cold showers, a short sleeve shirt in 50° weather, and weight training, for example, translate to how you behave in any stressful situation.
- **Test, test, and retest.** Use yourself as an experiment. Keep notes on things you try, how they affect you, and the outcome. Test for 6-12 weeks before making a final decision. This is the best way to figure out what works best for you right now.
- **Throw out the scale.** Ditch the scale for at least 30 days. It's not an accurate indicator of your body fat anyway.
- **Take baby steps.** Success breeds success. Start with something you KNOW you can do, like drinking a glass of water when you wake up. As you continue, add the next small thing. Before you know it, your life will feed you instead of drain you.
- **"Comparison is the thief of joy."** Judge your progress by you alone, and take that into context.
- **Tell someone you love them everyday.** Each day, call/text a friend or loved one just to tell them how much you love and appreciate them.
- **Be the friend, lover, mom, parent that you want.** A change in behavior precedes a change in attitude. To get a different result, be someone different.
- **Learn from each moment, each person, each day.** What do other people's behaviors teach you about life, how to act, how to respond? What does a tree teach you about living? Let life teach you.