

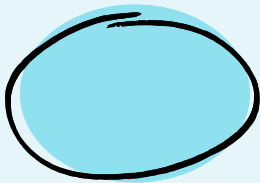
Getting Unstuck

Whether you're just getting started or need to find a way back to a healthy routine, this is your quick start guide. Change is hard. But time will pass either way. You may as well spend your time doing something that brings you closer to your goals. It's scary to think about doing new things or giving something up. But it's almost never as bad as it seems. Usually you look back and wonder why you didn't start sooner. Do yourself a favor, just start. Pick one thing and do it. You'll never be the same again.

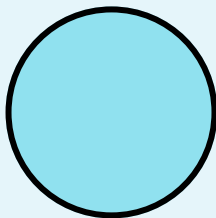
Getting Started - Non-Negotiables

- What are you working toward? If you can't tell me right now what you want, there's no way you can work toward it. Know what you're shooting for so you can start heading in the right direction.
- What are your minimum tasks. The non-negotiable tasks that you will do even when you don't want to. Even when you don't feel like it. Like walk, sleep, drink water.
- What is your bounce back ritual. What are the two or three things you do to get back on track. Call a friend, listen to a book, go for a walk, etc. Write down this plan.

JUST MAKE IT EXIST FIRST



WE CAN MAKE IT GOOD LATER



Resilient and Boring

- Eat mostly whole, minimally processed foods. Drink water and coffee or tea.
- Move your body. Walk 10,000 steps daily and lift weights 3 times per week.
- Get 8 hours of sleep every night.
- Go outdoors, get sun, put your feet in the dirt. Participate in nature.
- Have a purpose. Read. Work. Strive to make your world a better place.
- Breathe, meditate, have a mental practice that centers you.
- Interact with friends and family regularly.

Is this everything?
No, but it's most of it.

Simple Truths to Take the Stress Off

- You're probably not going to be good at things when you first try them. But it's ok, wellness is a skill. You get better at things by doing them more often. Keep showing up.
- Small healthy habits don't make a huge impact when you first start doing them. But don't quit. Stacking these habits over the long-term makes you superhuman.

