

MY WISE WHYs

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The anchor to determine your life's goals is to understand your Wise WHYs.

So, what are your 3 main LIFE GOALS? WHY?

WHOLE LIFE ASSESSMENT

(adapted from Brendon Burchard's HP Planner)

HEALTH

I take care of myself physically and emotionally = MEDS

1 2 3 4 5 6 7 8 9 10 = ____

MENTAL/EMOTIONAL

I keep a positive outlook and attitude.

1 2 3 4 5 6 7 8 9 10 = ____

PARTNER/LOVE

I feel a trusting, and appreciative connection with my significant other.

1 2 3 4 5 6 7 8 9 10 = ____

FAMILY

I am present with my family. I am supportive and compassionate.

1 2 3 4 5 6 7 8 9 10 = ____

FRIENDS

I reciprocate positive care and energy with my immediate circle of friends

1 2 3 4 5 6 7 8 9 10 = ____

MISSION

I feel clear, energized, and fulfilled by my work. I am contributing to the world.

1 2 3 4 5 6 7 8 9 10 = ____

EXPERIENCES

I plan special experiences (read favorite books, trips, spa, etc.) so that I enjoy life.

1 2 3 4 5 6 7 8 9 10 = ____

SPIRIT

I am congruent with my beliefs. I am happy with my life style.

1 2 3 4 5 6 7 8 9 10 = ____

FINANCES

I am responsible. I am saving. I am learning the necessary skills.

1 2 3 4 5 6 7 8 9 10 = ____

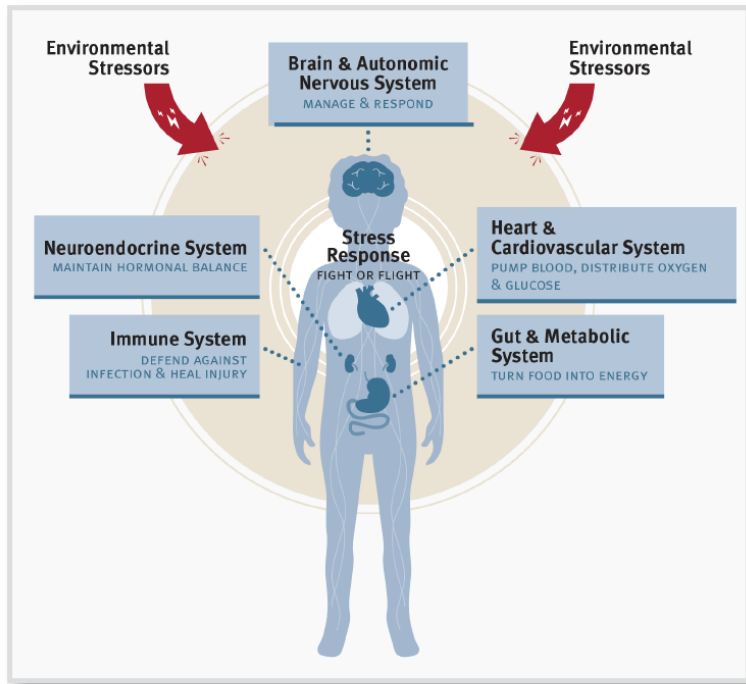
LEARNING

Personalized curriculum to learn new personal and professional skills.

1 2 3 4 5 6 7 8 9 10 = ____

TOTAL SCORE = _____

CONNECTING THE BRAIN TO THE REST OF THE BODY



When external threats trigger the body's stress response, multiple systems spring into action like a team of highly skilled athletes, each with a specialized capability that complements the others. Systems relating to brain activity, heart and lung function, digestion, energy production, and fighting infection are all interconnected and influence each other's development.

3 The brain's developing circuits are highly sensitive to the disruptive effects of elevated stress activation.

4 Early, frequent activation of the immune system, which defends the body against infection and a variety of toxic substances, can result in a "double hit" against lifelong health. One

inflammatory conditions across the lifespan, including heart disease, diabetes, depression, arthritis, gastrointestinal disorders, autoimmune disorders, multiple types of cancer, and dementia, among many others.

1 All biological systems in the body interact with each other and adapt to the contexts in which a child is developing—for better or for worse.

2 Excessive and persistent adversity early in life can overload biological systems and lead to long-term consequences. When stress responses

5 The combination of stress and inflammation is especially threatening to health and well-being through its effects on the cardiometabolic system.

Extensive research has documented increased obesity and elevated blood pressure in children experiencing the stresses of poverty, racism, unsupportive

Stress plus...

chronic inflammation, can result in insulin resistance—a physiological disruption that can lead to metabolic syndrome, obesity, diabetes, and cardiovascular disease, as well as brain changes and cognitive impairment.