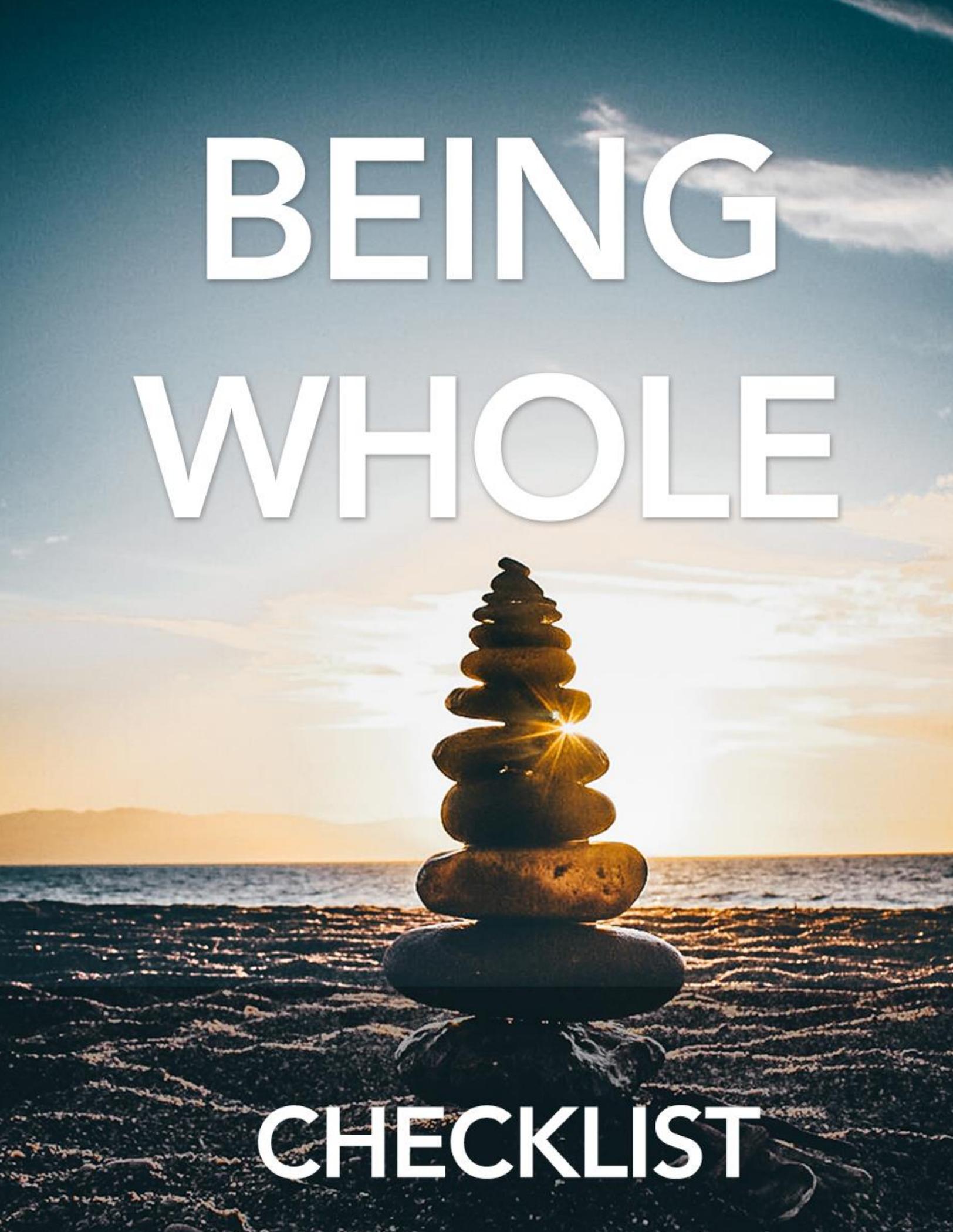


BEING WHOLE

A stack of smooth, dark stones is balanced on a beach. The sun is low on the horizon behind the stack, creating a lens flare effect. The sky is a mix of blue and orange, and the ocean is visible in the background.

CHECKLIST

Taking one Small Step

- One small step leads to bigger steps
- Small changes led to bigger changes
- Small steps are better than no steps
- Stop making excuses
- Get disconnected from social media
- Stop comparing yourself to others
- Allow space for productivity
- Get out of bad habits
- Force yourself to make changes
- Set reasonable goals
- Set timelines for your steps
- Make sure goals are achievable
- Create new habits and lifestyles
- Make small schedules and routines
- Keep yourself accountable for the steps
- Keep adding on smaller steps to reach big ones
- Create steps that are less risky at the beginning
- Small steps are powerful

Understanding the Mind-Body Connection

- Reconnect with yourself
- Know how your mental state affects your body
- Know how stress might affect your health
- Discover how your own body responds to stress
- Learn to control stressful emotions
- Improve your mind-body connection for better health
- Use stress management techniques
- Talk to a doctor if needed
- Create hobbies and free time for yourself
- Invest in yourself
- Achieve work-life balance
- Proper nutrition can affect your mind and body

Eat Your Veggies and Get Some Sleep

- Use simple eating practices to improve health
- Eat more vegetables, fruit, and lean meats
- Stay away from junk food
- Create colorful dishes
- Choose products lower in sugar
- Reconnect with yourself with intuitive eating
- Stay away from dieting
- Don't label food as "good" or "bad"
- Intuitive eating can improve mental and physical health
- Learn to listen to your body
- Eat when you're hungry
- Stop eating when you feel full
- Discover your own eating habits
- Stay away from calorie counting
- Create a sleep schedule
- Get quality sleep
- Cut out the technology before bed
- Meditate before bed
- Try some sleepy time tea

Don't Be Afraid to Face Your Demons

- Face past traumas and demons
- Consider counseling or therapy
- Be more vulnerable with your inner demons
- Overcome the negative voices in your head
- Face the demons head-on
- Use truths about yourself to silence the demons
- Respond to demons with affirmations
- Be proud of your accomplishments
- Respond to the demons, don't ignore them
- Overpower the demons with good memories
- Cut yourself some slack

Lean on Faith

- Focus on spirituality
- Use music to tap into your faith
- Create playlists
- Play music in stressful situations
- Talk to other believers
- Set aside your emotions and focus on facts
- Don't let negative emotions in the way of your faith
- Attend church services
- Find groups to attend
- Consider doing weekly devotions
- Make praying a daily habit
- Find podcasts about your faith

Habits are the Building Blocks of Life

- Make habits based on your goals
- Break bad habits
- Think about your habits are formed
- Consider why you have the habits that you do
- Remember that habits are the keys to health
- Make physical habits
- Create mental habits
- Reflect on your health
- Make routines to help you stay grounded
- Let habits take away the weight of daily decisions
- Routines should be centered around a goal
- Choose important tasks over important ones
- Use habits to make work-life balance
- Analyze habits periodically

Don't Isolate Yourself

- Being whole needs to be shared with others
- Focus on others
- Let others focus on you
- Don't let yourself be lonely or isolated
- Create a support team
- Find people you trust
- Be around people that share the same values
- Get people when you need to
- Create boundaries with the people you trust
- Be alone when you want to
- Learn the difference between solitude and isolation
- Make social groups for your health

Mastering Your Health is a Journey

- Health is evolving
- You will encounter hardships and trials
- Health is a journey and not a destination
- Don't get down when you have trials
- Understand your own journey
- Don't compare your journey to others
- Realize that everything is connected
- Connect one goal to the next
- Take the trials to learn something new
- Don't think about failure
- Hardships are not the same as failure
- Make self-care practices
- Use routines to get over trials
- Share your trials with others
- Being whole doesn't happen overnight