

SUMMARIZED JUST FOR YOU

Sixteen Simple Steps. Score yourself and strive for 5 for each key point. **DATE:**

STEP	STEP NAME	KEY POINTS	SCORE
1	Starts with YOU	<ol style="list-style-type: none"> 1. Self-assess. 2. Scan your body. 3. Self-care. 4. Spot those unhealthy habits, patterns, and beliefs. 5. See greatness in yourself. 6. Set an example. 	
2	Say a Prayer	<ol style="list-style-type: none"> 1. Serve a higher being. 2. Strengthen your faith and beliefs. 3. Set intentions. 4. Say scriptures. 5. Secure a sense of connection and comfort. 6. Surrender to the health benefits of prayer. 	
3	State What You are Grateful For	<ol style="list-style-type: none"> 1. Start writing what you are grateful for. 2. Stick your list as a reminder of what you are grateful for. 3. Show appreciation for what have. 4. Spread positivity. 5. Say thank you. 6. Savor life's simple pleasure. 	
4	Strategize Your Day	<ol style="list-style-type: none"> 1. Schedule your day. 2. Set reminders. 3. Set goals. 4. Set priorities. 5. Spend time wisely. 6. Stay Organized and on top of things. 	
5	Source of Happiness	<ol style="list-style-type: none"> 1. Summon feelings of happiness. 2. Smile/laugh/sense of humor. 3. Surround yourself with people who make you happy. 4. Spend time doing things that you enjoy. 5. Sing or listen to music. 6. Simply let it go. 	
6	Stimulate the Mind	<ol style="list-style-type: none"> 1. Shift your mindset. 2. Stimulate the conscious mind. 3. Stimulate the subconscious mind. 4. Strengthen your deeper levels of thinking. 5. Stay open-minded. 6. Seek answers. 	
7	Strive to be Better Everyday	<ol style="list-style-type: none"> 1. Strive to be the healthiest version of yourself. 2. Sharpen your skills. 3. Step out of your comfort zone. 4. Set high standards. 5. Stay positive and steer clear of negativity. 6. Stay ready. 	
8	Stay Socially Connected	<ol style="list-style-type: none"> 1. Stay in touch with those who matter. 2. Spend quality time with those you love and care about. 3. Show acts of kindness and compassion. 4. Spark emotions. 5. Strike up soul-to-soul conversations. 6. Serve the community. 	

STEP	STEP NAME	KEY POINTS	SCORE
9	Stop and Smell the Roses	<ol style="list-style-type: none"> 1. Seize the moment. 2. Stand/sit still and practice mindfulness. 3. Slow down. 4. Set limits on time spent working. 5. Sync with nature. 6. Step back and reflect on life. 	
10	Stress Management	<ol style="list-style-type: none"> 1. Suppress stress hormones. 2. Stop worrying. 3. Seek social support or professional help. 4. Set aside time for sanative activities. 5. Sustain work-life balance. 6. Spot and control your stressors. 	
11	Supply Body with Water and Healthy Foods	<ol style="list-style-type: none"> 1. Stay hydrated and drink plenty of water. 2. Supply the body with healthy foods. 3. Supplement! 4. Stay within daily calorie needs. 5. Strive to incorporate intermittent fasting. 6. Slow down your eating. 	
12	Stay Physically Active	<ol style="list-style-type: none"> 1. Structured exercises. 2. Solo exercises. 3. Sitting exercises. 4. Sweat. 5. Stand on one foot and balance. 6. Slapping/tapping your body. 	
13	See Doctor/Dentist Regularly	<ol style="list-style-type: none"> 1. Schedule annual check-ups with doctor and every six months with dentist. 2. Seek professional help for mental issues. 3. Signals your body sends you. 4. Screenings. 5. Six important health numbers to keep track of. 6. Stay up-to-date with vaccinations. 	
14	Sleep Habits	<ol style="list-style-type: none"> 1. Sleep apps to monitor sleep. 2. Set and stick to a sleep schedule. 3. Seven to eight hours of sleep. 4. Sleep aids. 5. Sleep hygiene. 6. Solving your sleep issues. 	
15	Start NOW	<ol style="list-style-type: none"> 1. Sense of purpose 2. Start with a plan. 3. Stop making excuses. 4. Sustain action. 5. Stay motivated. 6. Stay on track. 	
16	So, What's It Going to Take?	<ol style="list-style-type: none"> 1. Stop waiting for a wake-up call. 2. Shape and control your destiny. 3. See your future success. 4. Share your stories. 5. Summarized just for you. 6. Seek me out for guidance. 	

SCORE CHART (0-5)

0 - Not applicable: This score is given when a particular metric does not apply, indicating that this habit does not apply to an individual's needs or values.

1 - Poor: This score is given when a particular metric is significantly below the average or expected range, indicating that there may be a serious health concern that needs to be addressed.

2 - Below average: This score is given when a particular metric is slightly below the average or expected range, indicating that there may be room for improvement.

3 - Average: This score is given when a particular metric falls within the average or expected range, indicating that the individual is generally healthy in this area.

4 - Above average: This score is given when a particular metric is slightly above the average or expected range, indicating that the individual is in good health and is performing better than most.

5 - Optimal: This score is given when a particular metric is at the peak of the expected or ideal range, indicating that the individual is in excellent health and is performing at the highest level possible in that area.