

# I AM ... Top of My Game

During this time, I need to BE: \_\_\_\_\_

My motivational go to POWER WORD or IMAGE is: \_\_\_\_\_

## Physical Health

I am in my best physical shape because I:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Mental Health

I am constantly learning & growing because I:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Emotional Health

I maintain a positive attitude because I:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Spiritual Health

I am living a purposeful life because I:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Techniques That Work

- ✓ **Water** - Drink  $\frac{1}{2}$  your body weight in ounces of water
- ✓ **Exercise** - Workout for 30 minutes EVERYDAY
- ✓ **Nutrition** - On Sundays meal prep healthy, grab-and-go options for the week ahead

- ✓ **Sleep** - Avoid stimulus (screens, caffeine, alcohol) before bed for a rejuvenating night's sleep
- ✓ **Growth** - Work on a project that will make you proud of yourself
- ✓ **Sunshine** - Even 15 minutes of sunshine is proven to synthesize Vitamin D, which is a mood elevator

- ✓ **Stress** - Make a list of what is and is not in your control and focus your energy on the things in your control
- ✓ **Coping Technique** - Have a go to relaxation method (e.g. breathing, meditation, etc.) to cope with stress
- ✓ **Help Others** - Do good for someone else and you will feel better

- ✓ **Gratitude** - Write down 5 things you're grateful for EVERYDAY
- ✓ **Joy** - Make a joy list and block time in your calendar to do something you enjoy EVERYDAY
- ✓ **Support System** - Have someone you can turn to when you're having a tough day