



# Habits, Sleep, Stress, and Vision

## Lesson Cheat Sheet

Each week we would like you to rate yourself from a scale of 1-5.  
(5 being great and 1 being bad)

*\*This will help keep you accountable to these habits and slowly turn into more of a lifestyle.*

### **Week 1 Habit:**

- Cutting out Highly Palatable Foods and adding more Fruits and Veggies
- Ex. Cut out Fast food, sodas, energy drinks with empty calories, refined sugars
- Rating: 1 2 3 4 5 (circle one)

### **Week 2 Habit:**

- Cooking Food in Bulks
- Ex. Cook meats (chicken, fish, beef) and carb sources (white rice, potatoes, pastas) one day out of the week
- Rating: 1 2 3 4 5 (circle one)

### **Week 3 Habit:**

- Meal Prepping each day
- Ex. Prep 2-3 of your Dynamic Meals each night that way you set yourself up for success each day
- Rating: 1 2 3 4 5 (circle one)

### **Week 4 Habit:**

- Consistency, not Perfection
- Ex. If you mess up and have a bad meal or just completely fall off track one day, put it behind you and do better the next day, don't beat yourself up about it.
- Rating: 1 2 3 4 5 (circle one)



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### Getting Quality Sleep

You know that we are huge advocates of sleep, so we reached out to Dan Pardi, who does research with the Psychiatry and Behavioral Sciences Department at Stanford, and the Departments of Neurology and Endocrinology at Leiden University in the Netherlands. His current research looks at how sleep influences decision making (publications).

#### *Things That Matter for Sleep Are:*

- **Duration:** How long did you sleep within a 24 hour period; could be 8 hours of straight sleep or 6 hours during the day and a 2 hour nap at night.

- **Timing:** Circadian phase (24 hour patterns that our bodies maintain and sleep is one of them); what's the best time for you to go to bed and wake up to get your body in a consistent sleeping pattern.

- **Intensity:** Body and mind will go through different phases of sleep. Some parts of the brain are more active than others and the body is being restored for next day functioning. Some nights you'll get a deep sleep and not wake up and some days you'll wake up a lot. This mainly has to do with light exposure and physical activity throughout the day.

#### *Tips for Best Sleep:*

- Getting outside into strong daylight for at least 30 minutes a day
- Reducing light intensity in the evening by turning off lights around your home that you don't need on, using the free software program called flux on your computer, and not using a brightly lit screen at least 1 hour from bedtime.
- Keeping your room dark and free of artificial light sources while you sleep. For more info about Dan and his work, visit his site at [Dansplan.com](http://Dansplan.com)

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## Strategies to Minimize Stress:

You know that we are huge advocates of managing stress, so we reached out to Andrew Bernstein, Who's been featured in Oprah's magazine, ActivInsight, Merrill Lynch, General Electric, Johnson & Johnson, Google, Coca-Cola, and many other companies.

Here are 5 tips Andrew recommended:

1. Sleeping well
2. Eating right
3. Exercising regularly
4. Spending quality time with people you care about are all good ways to minimize the effects of stress.
5. Having fun, doing activities, traveling, etc. When it comes to minimizing the cause of stress, you would need to learn to think differently about relationships, money, success, family challenges, work issues, and other topics. That's when mindset and resilience training become key. The better you get at this now, the less you'll need it later.

## Vision:

### #1 Be Specific:

“People are capable, at any time in their lives, of doing what they dream of.”

If you want to be great at anything, you have got to have a clear Vision of exactly what you want, why you want it, and when you want it to happen.

Exercise #1: Make Your VISION visible

Write down your goal, this can be a short or long term goal. Print it. Frame it. Hang it somewhere you will see it every day!

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### #2 Let your Vision be your Identity:

A powerful vision emerges when we couple our dreams with a set of clear goals. You become what you envision yourself being.

Exercise #2: Ask yourself these questions DAILY

- How do I want every day to look?
  - How do I want to feel every day?
  - What am I creating daily?
  - Whom am I spending my time with?
  - What places am I exposing myself to?
  - What passions am I fulfilling?
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You will never achieve what you really want if you let your ego stand in the way of your Vision and principles. Make a list of what you stand for and live by and take ACTION!





