

THE
10 POWER HABITS
OF HEALTHY & HAPPY PEOPLE

OVERCOME THE HARD STUFF WITH CONFIDENCE
AMBITIOUSLY BECOME YOUR BEST SELF

Preface

A few years ago my elderly mother fell and broke her arm. As the only one of her children living nearby, it was up to me to assist in her healing and recovery; including making sure her living environment was suitable for both.

To make matters more challenging, my mom has been living with a significant brain injury for nearly 30 years. She is a grown independent woman with mild short term memory struggles, the social awareness of a child, and the judgement of a teenager.

That first night of the broken arm, I stayed at her home with her. That is when I came to the realization that despite all those things impacting my moms capacity to overcome the hard stuff in life, she was better equipped to face adversity than I was.

I had been ignoring my health for years. I had tried to push through traumatic work experiences, ignored healthy habits around food and exercise, and was smiling my through mental health challenges like suicide ideation, anxiety, and sleep disorders.

When trying to make decisions with my siblings about my mothers situation, I was not capable of sound judgement.

This showed up at work as well. And it had been for years.

I had been a superstar. I had hit my KPIs for major initiatives, built complete teams and departments, achieved Presidents Club multiple times, and headed up industry associations.

Slowly over time I downgraded from an A+ player to a B, then to a C, and at times, a total waste of space.

I knew it was happening, but I didn't know how to change.

My capacity to overcome the hard stuff, and become my best self had deteriorated to nothing.

In my journey back to being me, I learned a lot about health and wellness. My strengths include identifying and improving systems, processes, and seeing patterns between seemingly unrelated groups.

From my formal education, the experience life offers, and the experience of helping others, I have discovered there are 10 power habits that we all can do to:

- Prevent us from going down the path of burn out, dysfunction, and destruction
- Rebound from that trajectory better and faster than I did.

That is what this booklet is about. It's about helping parents become or stay awesome. It is about giving people the opportunity to be amazing partners with their most cherished loves ones. It's about letting people know that they are not limited in their career options, and opportunities for growth in their chosen profession.

We all can be more. But only if the capacity is there and our health is allowing it. I want you to think of the 10 Power Habits as one of two things: Preventative care and/or rehabilitative care.

We all go through hard things. That will not change. What can change though is how capable we are of addressing the hard stuff and staying focused on becoming our best selves.

Sincerely,

James Keddington
Founder, Better Me Nation

LIMITED BELIEFS ABOUT HEALTH

Most people think of areas of health in silos. They focus on their relationships, diet, exercise, mental resilience all independently without considering how they can impact each other.

In reality, they are all intertwined and inseparable.

Check out this example: When we don't get enough sleep, our brain will experience fatigue. Lack of sleep negatively impacts our frontal cortex, which is where our executive decision making happens. Poor frontal cortex performance impacts many choices, including diet decisions. Poor diet leads to erratic blood sugar, and lack of energy. When this happens we are less likely to move our bodies and get in exercise. When we don't move our bodies, our mental health suffers. When our mental health suffers, our desire to invest in relationships wane and our spiritual compass erodes.

Each of these events also create stress, negatively impacting our bodies ability to get quality sleep. And so the cycle keeps going around and around until we are no longer able to function on a fundamental level.

In this realistic example, sleep contributed to poor brain health, physical health, mental and emotional health, social health, and spiritual health.

Instead of thinking of the different health categories independently, consider grouping them together under the banner of, "Health".

Your health is a spectrum where mental resilience, physical capability, relationships, emotional cognizance, your moral compass, and brain function are all interdependently working together with one goal in mind: make you happy and keep you functioning at optimal levels.

When one category is burdened, the others suffer as well. When one area has a positive boost, the others will see improvement.

Why is this important.

When problem solving health challenges, often times the answer is not in the same box where the symptoms are found.

When looking to increase your capacity for personal growth, consider interdependent relationships. Focusing on just independent factors, limits us.

The secret to avoiding plateaus when improving any category of health requires us to consider, every category of health.

HEALTH SPECTRUM CATEGORIES

Brain Health: In addition to controlling memory, problem solving, and communication, our brain is also responsible for control of bodily movements, sensory processing, emotions, and mood. It also regulates sleep, hormones, digestion, appetite, blood pressure, and heart rate. There are also strong links between the brain and the immune system.

Emotional Health: Emotional health is how well we regulate, control, and give space to the emotions we experience.

Mental Health is measured by our ability to bounce back from adversity and challenges. It is how well we manage a positive mindset and emotional well-being despite setbacks or stressful situations. It includes our ability to maintain a balanced perspective, and how well we re-frame negative experiences or setbacks as opportunities for growth and learning, rather than personal failures.

Spiritual Health as living in a way that your thoughts, words, and actions are in alignment with your values AND that you are connected to a purpose for living in way that brings you happiness, joy, fulfillment and/or peace.

Physical Health is our bodies capacity to function properly, self-heal, and provide us the opportunities to participate in the lifestyles that bring us happiness.

Social Health refers to the overall quality and well-being of interpersonal connections and interactions. It encompasses the dynamics, communication, and mutual satisfaction between individuals in a relationship; whether it be romantic, familial, friendships, and even in communities.

BETTER ME SELF EVALUATION

Time for Reflection

Rate yourself on a scale of 1-10 on the following: Score (0 - 10)

Do you wake up each morning fully rested? _____

Are you able to enjoy doing what you want without physical limitation? _____

Do you have meaningful relationships that satisfy you emotionally and socially? _____

Do you regularly put in effort to accomplish goals? _____

Are you more grateful for things you have than disappointed in what you don't have? _____

Does the food you eat help you live the lifestyle you want? _____

Are you constantly learning new things? _____

Are you willing to get out of your comfort zone and do new things? _____

How regularly are you doing a genuine act of kindness for another person? _____

Do you regularly set aside time for reflection, meditation, or prayer? _____

Total Score: _____ / 100

THE 10 POWER HABITS

There are ten power habits every person can adopt to boost the entire spectrum of health. These are power habits because each of these a direct impact on at least 3 health categories.

Sleep: Get 7-9 hours of sleep per night.

Movement: Move your body at least 30 minutes per day.

Community: Be in a community of people of shared values.

Purpose: Make a contribution toward a meaningful life.

Gratitude: Express or demonstrate gratitude regularly.

Diet: Eat foods that make you feel and function better.

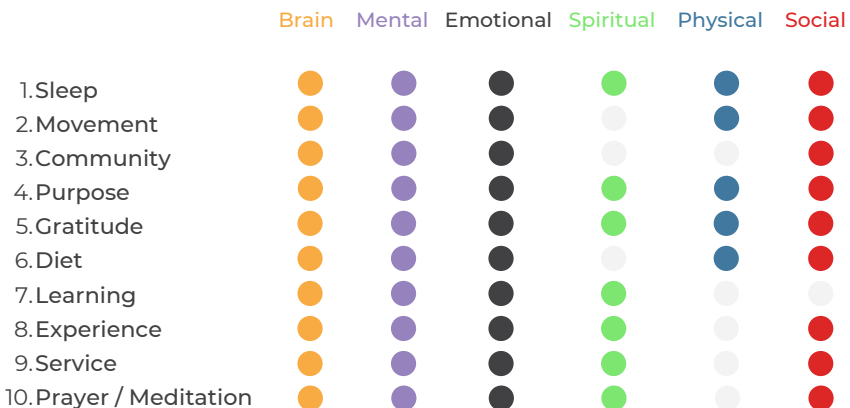
Learning: Be curious, learn something new.

Experience: Do things you've never done before.

Service: Offer your time and skills to causes important to you.

Prayer /Meditation: Take time to quiet the outside world.

Where The 10 Power Habits Make Direct Impact On The Health Spectrum. (A colored dot indicates a behaviors direct impact in that health category)



MASTERING THE SUPER BEHAVIORS

Why These Power Habits Are So Important

Life can be hard at times. Our ability to overcome the hard stuff that comes our way, and become the person we want to be, is largely dependent on how healthy we are across the entire spectrum.

These 10 Power Habits naturally want to boost our health in nearly every category. The better we do these, the healthier we become, and the more capable we are of overcoming the hard stuff, and achieving our fullest potential.

Putting The Power Habits Into Action.

The ideas below are not comprehensive. You might think of others that work for you.

Sleep

Good: Regular uninterrupted sleep every night.

Better: Regular uninterrupted 7-9 hours of sleep every night.

Best: Regular uninterrupted 7-9 hours of sleep every night beginning a few hours after the last meal or snack and use of technology, and free of caffeine and alcohol in the body.

Movement

Good: Move your body 30 minutes per day.

Better: Move your body every day. Exercise for 60 minutes, 3-5 days per week.

Best: A lifestyle that incorporates cardiovascular exercise, resistance workouts, and enjoyable activities that require moderate to intense movement each week.

MASTERING THE SUPER BEHAVIORS

Community

Good: Daily interaction with others.

Better: Spending quality time with your most important relationships each week.

Best: Proactively nurturing core relationships each week and regularly expanding your social circles.

Purpose

Good: Weekly Planning.

Better: Setting goals and identifying the path to goal accomplishment. Work on those goals regularly.

Best: Discover the kind of societal contributions that bring you the most fulfillment and joy, and let that be the cornerstone to how you treat others and spend your time.

Gratitude

Good: Show gratitude when others do something nice for you.

Better: Regularly recognize how God and others have blessed your life.

Best: Show gratitude in expression by blessing the lives others through the blessings you have been given.

Diet

Good: Avoid fast food, sugary drinks, and refined carbohydrates.

Better: Avoid processed foods, added sugars in food and drink, caffeinated drinks after 11 am, and limit alcohol intake. No smoking.

Best: Research and study the different approaches to eating (paleo, vegetarian, Mediterranean, etc.) Adopt the one that best gives you energy, helps you sleep, and supports your lifestyle.

Learning

Good: Daily read the news or blog articles.

Better: Engage regularly in the reading about topics that interest you or listen to podcasts that elevate you.

Best: Take on new hobbies and interests, and dedicate time to mastering those things.

Experiences

Good: Try new foods and visit new locations close to home.

Better: Plan weekend activities that you've never done before.

Best: Get out of your comfort zone and do things that feel hard or unattainable.

Service

Good: Be kind to others.

Better: Do random acts of kindness, or sporadic service projects.

Best: Commit regular time to a non-profit, community organization, or a service based organization.

Prayer and Meditation

Good: Weekly reflect on your accomplishments, set backs, and ways for improvement.

Better: Weekly connect with God through active prayer and scripture study or participate in guided meditations.

Best: Daily personal prayers or guided meditations.

A BETTER ME PLAN

What can you do?

How will you increase your capacity for personal growth and strengthen your ability to overcome the hard stuff with confidence so you can ambitiously focus on being your best self?

When asked the questions below, you inherently will know the answer (*most of the time*.) So be honest with yourself.

What can you do to:

Get better sleep?

Add more movement into your weekly routine?

Foster better relationships?

Add more purposeful activities to your schedule?

Develop a stronger mindset of gratitude?

Adopt a diet that enhances your lifestyle?

Create a pattern for learning new things?

Make time for new experiences?

Find opportunities to serve others?

Add meaningful prayer/meditation into your daily routines?

From the answers above, what do you need the most? Start there.

Get Connected

James Keddington



[linkedin.com/in/keddington](https://www.linkedin.com/in/keddington)



[facebook.com/keddington](https://www.facebook.com/keddington)

Better Me Nation



Search for the *Overcome and Become* Podcast wherever you listen.



Visit our website to learn about personal health and human performance coaching, or corporate wellness planning.

[BetterMeNation.com](https://www.BetterMeNation.com)



Join a free community of like minded people who are seeking to make their lives better every day.

[facebook.com/groups/abettermenation](https://www.facebook.com/groups/abettermenation)

BETTER ME Nation

OVERCOME THE HARD STUFF WITH CONFIDENCE
AMBITIOUSLY BECOME YOUR BEST SELF

www.BetterMeNation.com