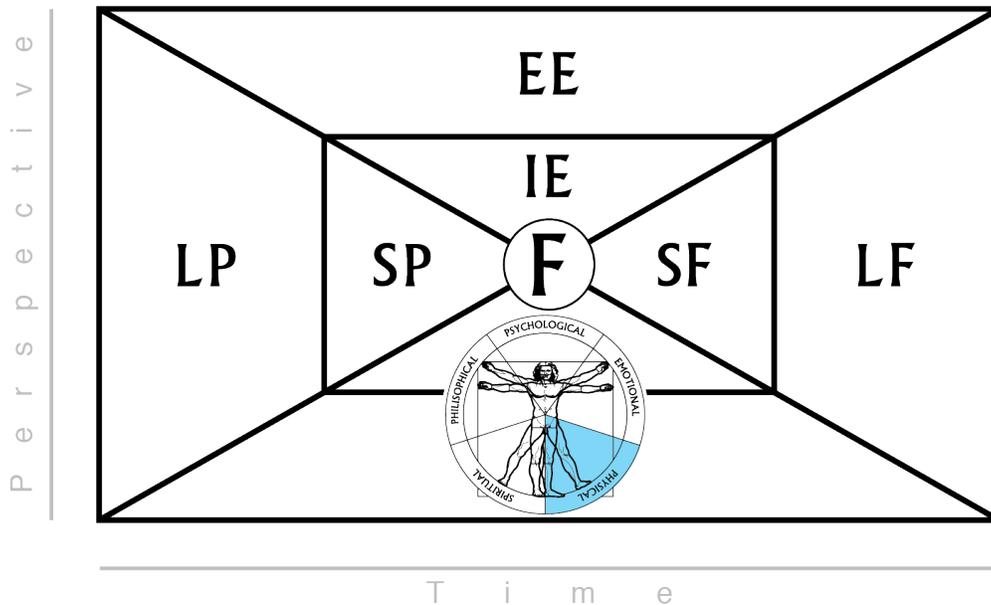




**FINDING YOUR FLOW TOOLKIT  
VOL. 41  
General Health & Wellness:  
Establishing a Firm Foundation for Flow to Emerge**

**“Be careful about reading health books.  
You may die of a misprint”**

**-- Mark Twain**



In the quest to find our flow we often dig into the depths of spiritual, philosophical, psychological, emotional, time-based, and contextual principles, yet sometimes forget to inspect the

foundations from which to construct peak experiences.

While working with high performers I've seen them look for that "one thing" to move their performance needle just 1%—taking a highly focused view to refine a technical process, but forgetting the big and common sense behaviors that support general health and daily wellbeing. Without this, flow has no place to reside.

Speaking to my father's internist some year's ago I asked him what constituted the single greatest health habit. He turned to me and said: "After 60 years in medicine and serving thousands of patients, 90% of them wouldn't need me if they just drank 8 glasses of water each day." This was something to ponder...

We all watch as family, friends, and colleagues live with physical and health challenges outside of their control, often limiting their capacities. Yet we also see too many of these challenges within their control—ones that intrude on daily functioning and focus?

We're amazed when they cannot see the ramifications of their actions: the extra weight, excessive alcohol or smoking, poor eating habits, lack of sleep, basic hygiene, risky behaviors, lack of balance... you name it.

It's easy to observe the gaps in others, but more difficult see them in ourselves. Perhaps it's time to look under the hood.

Today, let's take a few minutes and raise your own awareness and consider any gaps that have been off your radar for a while. Some might be worthy of your attention.

With so many ways to build a health and wellness foundation, and no perfect formula to offer, I have included a handful of questions and resource links for you to consider. This is not an exhaustive list of questions, but should give you a broader perspective from which to build a more stable foundation. After pondering, see if one or more topics call to you.

1. **Are you familiar with the most relevant Leading Health Indicators?**
  - [2020 Leading Health Indicator Topics](#)
  - [Know Your Health Numbers for Optimal Health](#)
2. **Are you aware of the many areas that contribute to your health and wellness?**
  - [UC Riverside Cool Tools for Health and Wellness](#)
  - [What You Can Do to Maintain Your Health?](#)
3. **Are you familiar with your family health history?**
  - [My Family Health Portrait](#)
4. **Are you getting enough physical activity?**
  - [Physical Activity Guidelines](#)
  - [How Much Physical Activity Do Adults Need?](#)
5. **Do you need to take a look at your current eating strategies?**
  - [Dietary Guidelines 2010](#)
  - [10 Steps to Healthy Eating](#)
6. **Are you getting enough sleep?**
  - [Free Sleep Assessment](#)
  - [4 Steps to Better Sleep](#)
7. **Are you doing what you need to maintain a healthy heart?**
  - [10 Heart Disease Prevention Strategies](#)
  - [Strategies to Prevent Heart Disease](#)
8. **Are you attending to potential cancer risks?**
  - [Cancer Prevention](#)
  - [10 Ways to Prevent Cancer at Home](#)
9. **Are you doing enough to maintain your oral health and hygiene?**
  - [Oral Health: a window to your overall health](#)
  - [A Guide to Good Personal Hygiene](#)
10. **Are you concerned about your mental and emotional health?**
  - [Free Psychological Tests and Assessments](#)
  - [Strategies for Good Mental Health and Wellness](#)

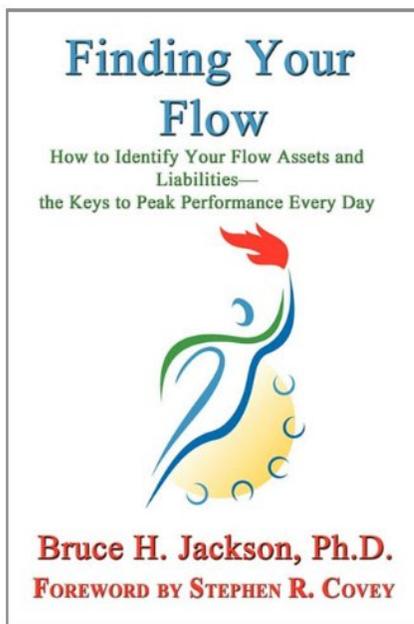
- [10 Tips for Maintaining Mental and Emotional Health](#)
- 11. **Do you find yourself struggling with or at risk for addiction?**
  - [How to Overcome an Addition](#)
  - [12 Step Recovery Programs](#)
- 12. **Are you paying adequate attention to your long-term financial security?**
  - [14 Great Financial Planning Tools](#)
  - [Wealth Building Calculators and Tools](#)
- 13. **Do you struggle with or would like to improve your feelings of happiness?**
  - [Authentic Happiness Assessments](#)
  - [Happiness Directory](#)
- 14. **Are you familiar with the best health and wellness websites?**
  - [Best Health and Wellness Websites List](#)
  - [Science-Based Health and Wellness Resources for Your Community](#)
  - [Web MD](#)
- 15. **Are you interested in a broader look at health and wellness topics?**
  - [Wellness Worksheets 12th Edition](#)
  - [101 Ways to Wellness](#)
  - [Health Check-Up. How to Live 100 Years](#)

By growing your awareness of the topics and tools available, you are taking measures to ensure that, in addition to the many specific Finding Your Flow tools offered, you are building and maintaining a healthy foundation—making all of the other strategies possible.

### **EXERCISE AND PRACTICE:**

- Take 5-10 minutes today and review the resources above. Explore one area that you believe needs some attention.

- Consider setting a specific goal to limit a liability or to grow a new health habit.
- Consider building a daily and/or weekly scorecard to track your progress.

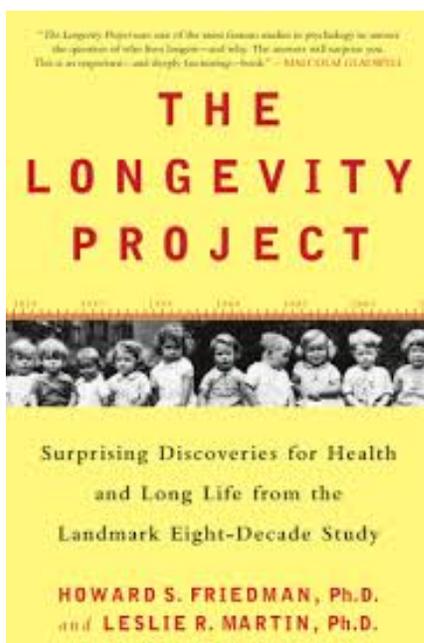


## Finding Your Flow: How to Identify Your Flow Assets and Liabilities—The Keys to Peak Performance Every Day

Do you remember your last peak performance? Do you remember asking: how do I do this? How can I do it again? If you have asked this question, and want to know the answer, then this is the book you have been searching for.

[Learn More](#)

## RESOURCES:



### BOOKS:

[The Longevity Project by Howard S. Friedman and Leslie R. Martin](#)

## SERVICES, COURSES, TOOLS AND ADVENTURES:



Personal  
Leadership App



Consulting  
Services



Training  
Services



Speaking  
Services



Coaching  
Services



Team Building  
Adventures



Online  
Courses

If you have a colleague, friend, or family member who would like

to receive the Finding Your Flow weekly tools, send them this email and have them click below:

**Get 60 FREE Flow Tools**

It takes just 10 seconds to begin receiving weekly content that will help them find more flow in every life arena!

Copyright © 2015. The Institute of Applied Human Excellence. All rights reserved.  
If you don't want to receive updates, please [unsubscribe](#)