

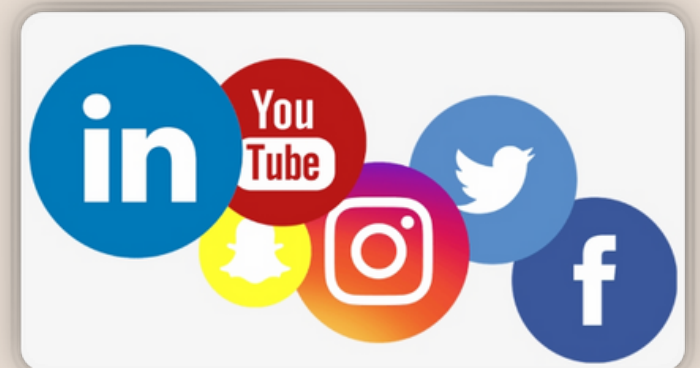


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THE 8 DIMENSIONS OF WELLNESS

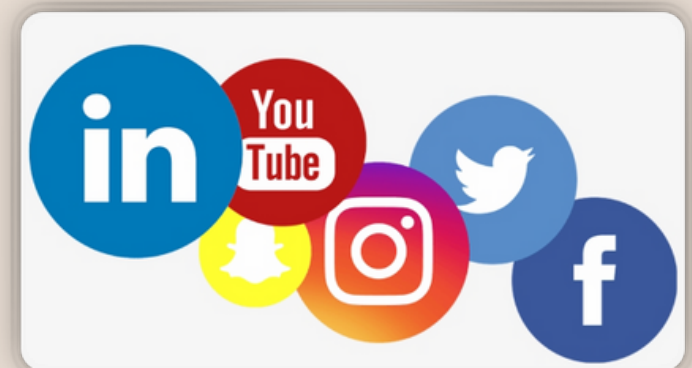
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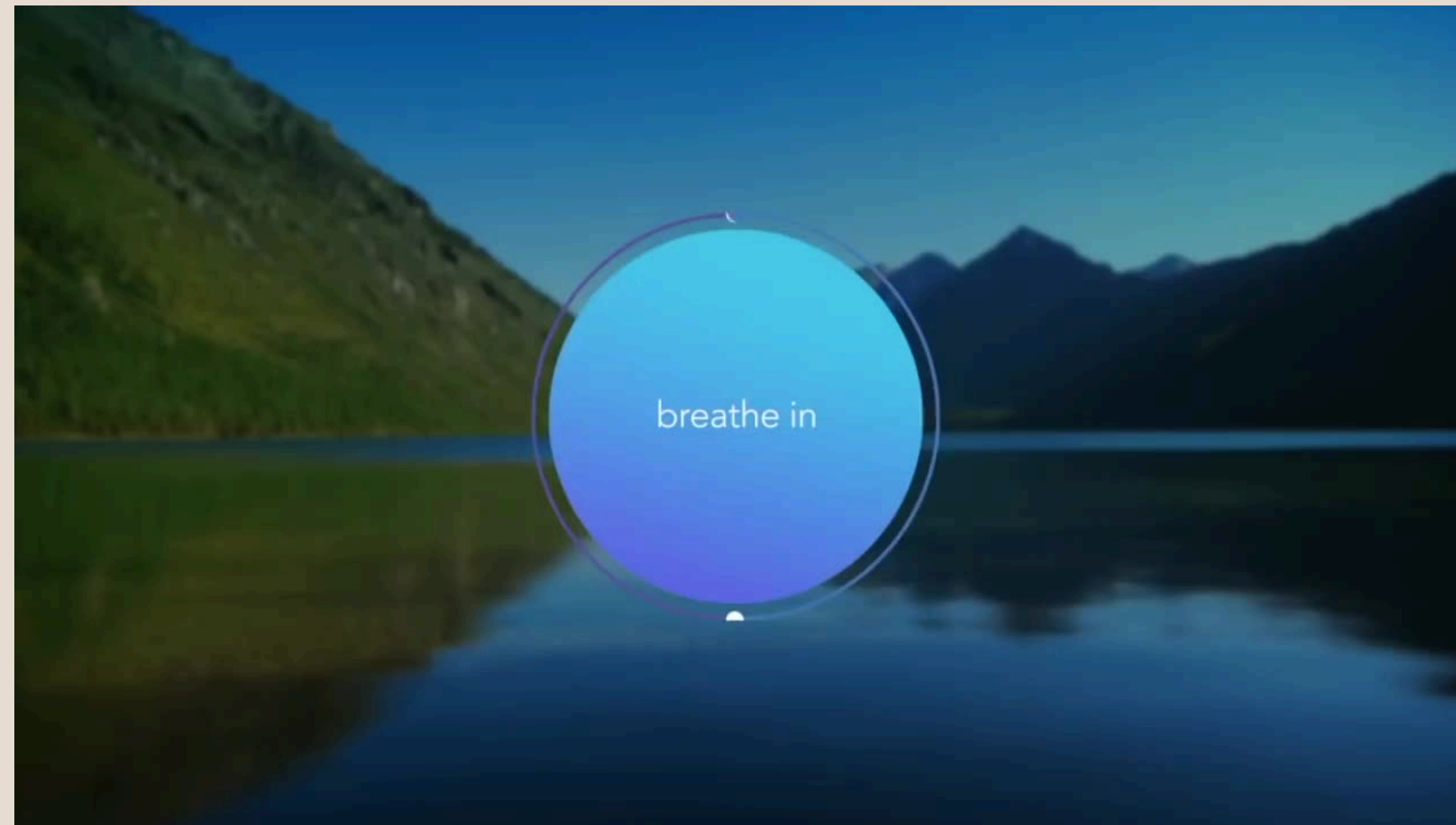
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LET'S LEAVE THE STRESS AT THE DOOR....

1. Sit comfortably, OPEN hands, open front body
2. Scan your body for tension
3. As you follow the breath cues, INTENTIONALLY release that muscle tension, anywhere you find it





TO UNDERSTAND WHAT IT IS TO BE WELL, WE MUST START AT WHAT MAKES US “UNWELL”....

What makes us feel unwell?

- Hunger, thirst, having to go potty, lack of sleep, hangovers (lack of micronutrients/dehydration)
- Fear/stress
- Mental distraction/negativity
- Harmful narratives/beliefs (BS)
- Loneliness/isolation
- Lack of achievement/praise
- Ridicule, disappointment
- Lack of joy/awe
- Lack of TIME!
- Lack of money \$\$\$!

Self-actualization

morality,
creativity,
spontaneity,
problem solving,
lack of prejudice,
acceptance of facts

Esteem

self-esteem,
confidence, achievement,
respect of others, respect by others

Love/Belonging

friendship, family, sexual intimacy

Safety

security of body, of employment, of resources,
of morality, of the family, of health, of property

Physiological

breathing, food, water, sex, sleep, homeostasis, excretion



Real Self Care

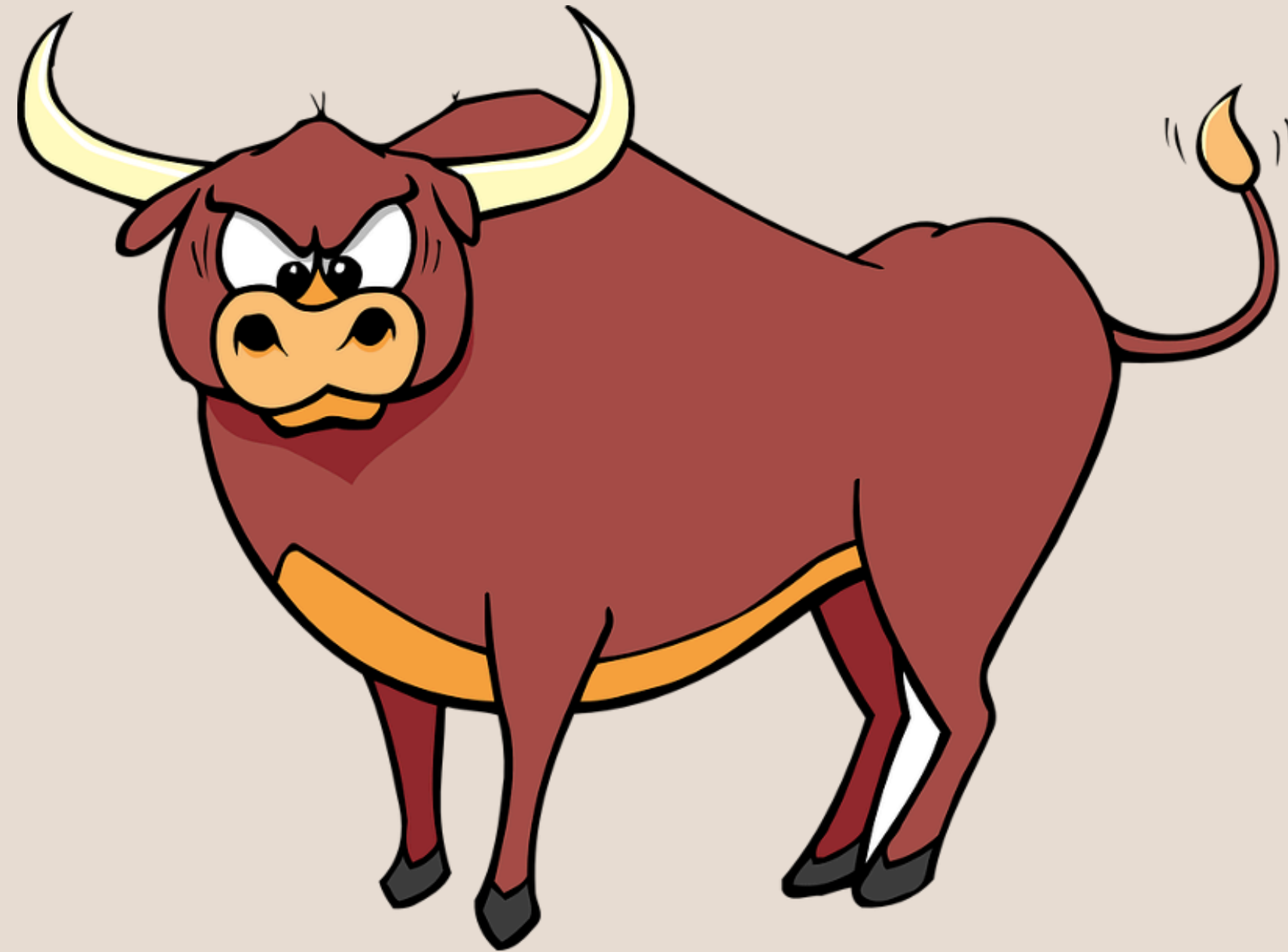
- Fueling your body with food that gives you energy and helps you improve mentally and physically.
- Drinking water
- Being kind to yourself
- Setting boundaries
- Spending time with people that enrich your life
- Treating yourself to something new because you love yourself.
- Moving your body because you can.

Fake Self Care

- Dieting
- Alcohol or drugs
- Talking shit to yourself to “motivate” you
- Saying yes to everyone because you’re a “nice person.”
- Socializing because of FOMO
- Buying anything that promises to make you love yourself more.
- Working out as punishment or attending a class that shames your eating habits/appearance.



BARRIER 1: THE BS

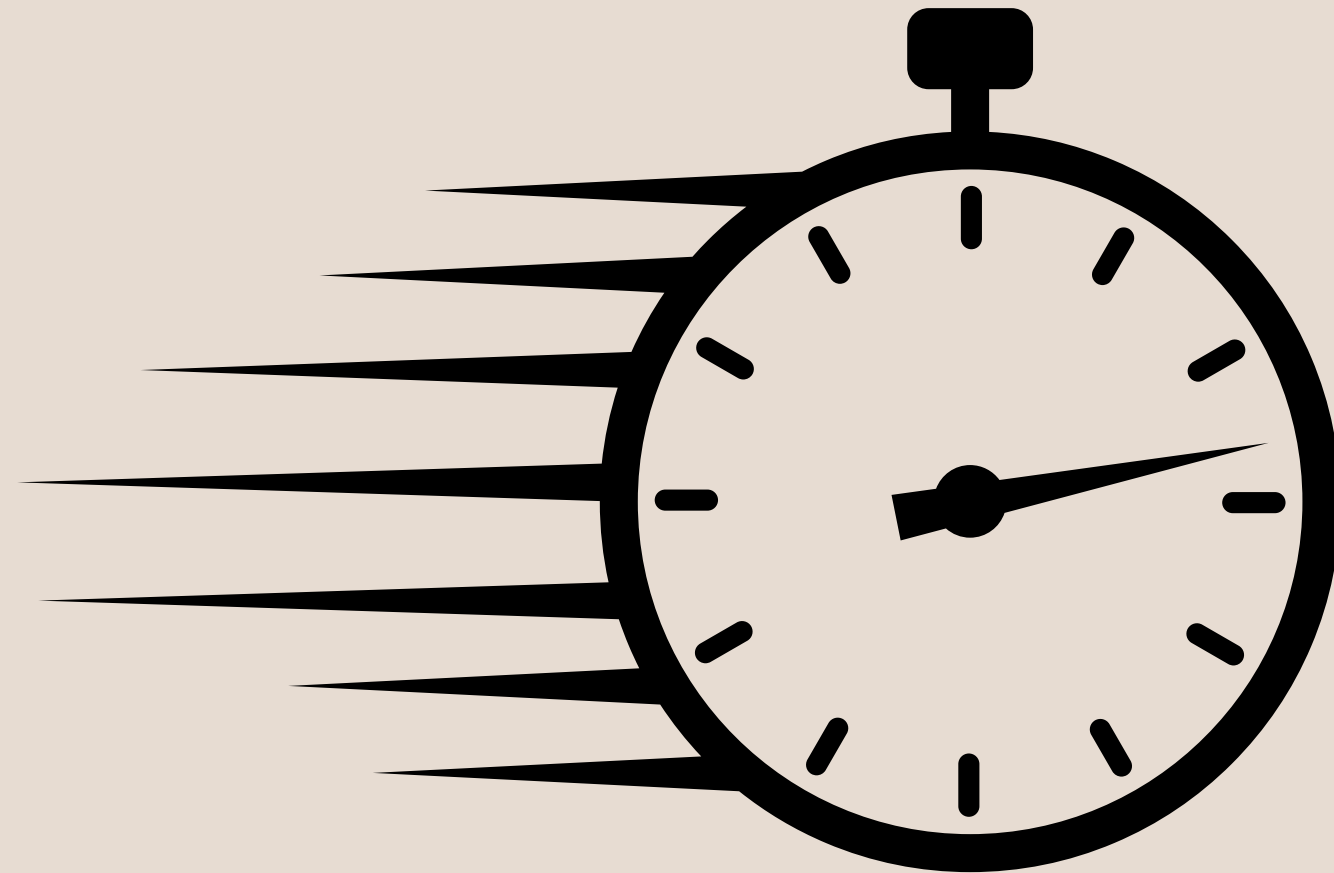


LET'S CALL BS ON OURSELVES!



WHAT ARE SOME OF YOUR FAKE SELF CARE HABITS?

BARRIER 2: **TIME**



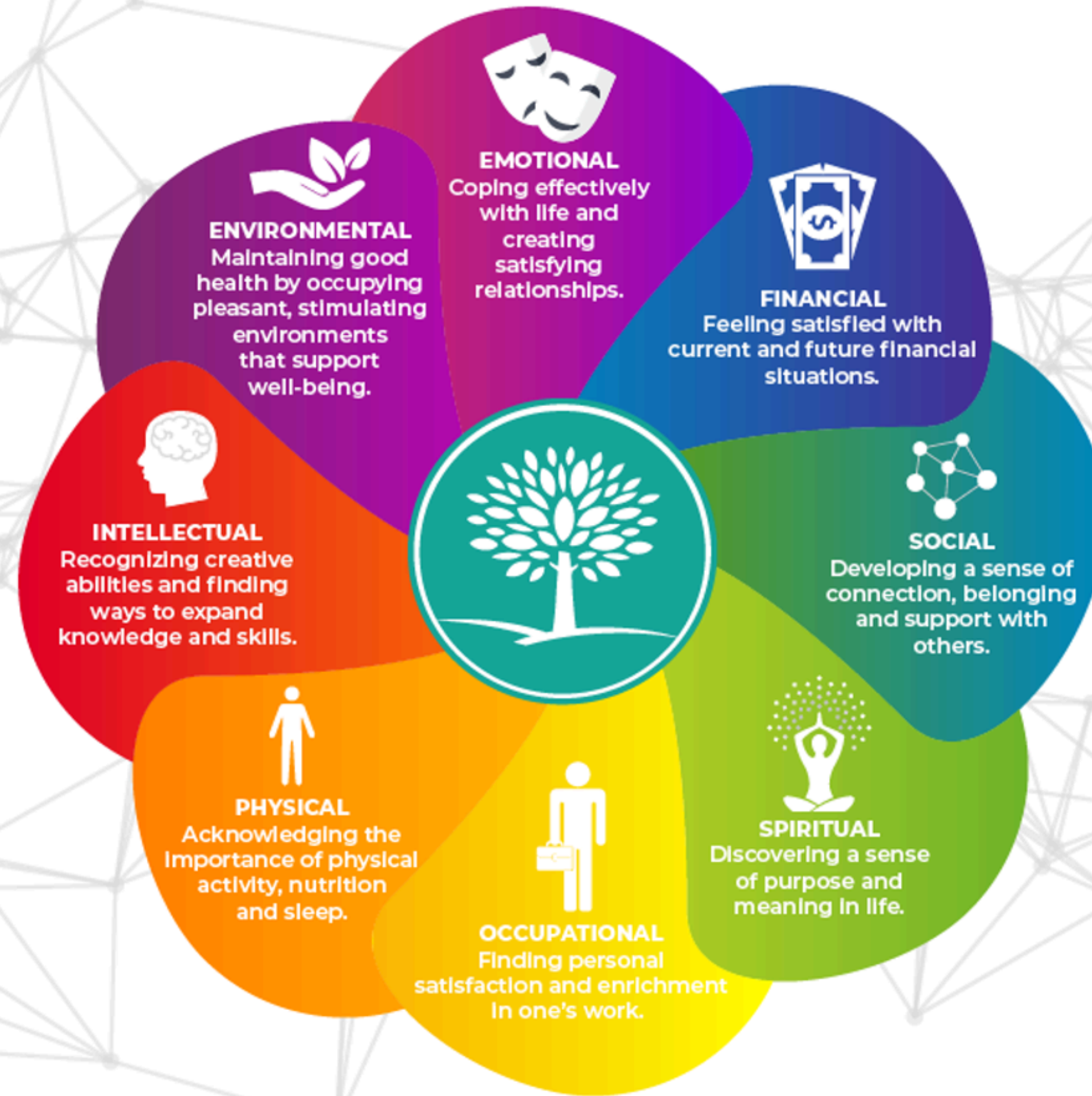


(Unless it is TV/phone time. Every time has a purpose. Just make sure that purpose is intentional and with design)



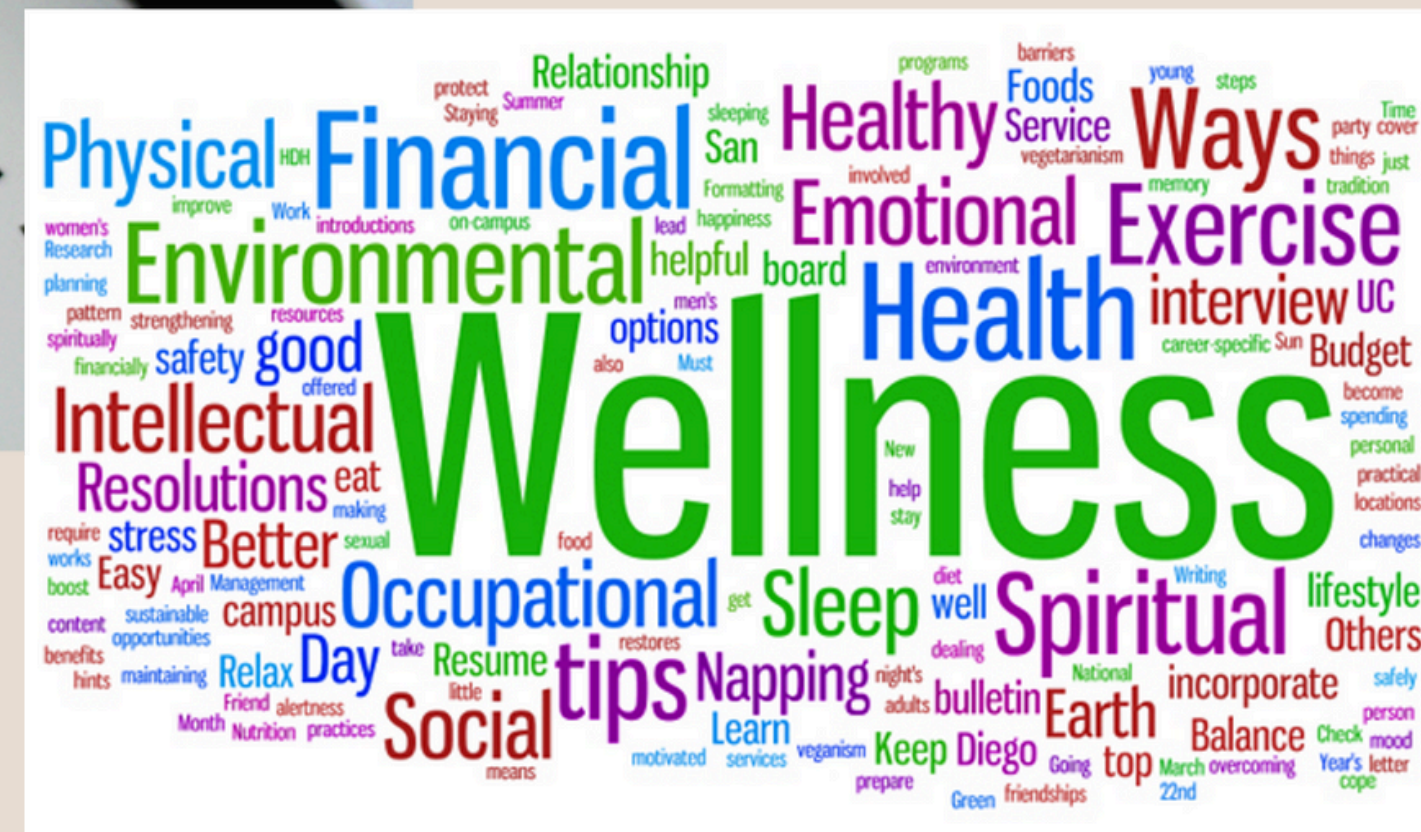
THE RECOVERY VILLAGE

8 DIMENSIONS OF WELLNESS





In a nutshell, the AMRAP mentality is the process of taking the same amount of focus and mental effort that comes naturally with intense exercise and applying it to everything you do.





HOURS/TIME	ACTIVITY
10:00 – 6:00 AM	SLEEP
6:00 – 8:00 AM	COFFEE. GET READY, DRIVE TO WORK
8:00 – 12:00 PM	WORK
12:00 – 1:00 PM	WORK/LUNCH – FAST FOOD/TAKE OUT
1:00 – 5:00 PM	WORK
6:30 – 8:00 PM	MAKE AND EAT DINNER
8:00 – 10:00 PM	DRINKS, TV, BED



SO, WHAT DO WE DO INSTEAD?!
AND HOW?!





PHYSICAL – TABATA WORKOUT (7 MINUTES)

Tabata workout: set a timer for 7 minutes, you will “work” for 45 seconds and rest for 15 seconds.

Minute 1: jumping jacks

Minute 2: squats

Minute 3: pushups (on knees or wall to modify)

Minute 4: jumping jacks

Minute 5: sit-ups (crunches or standing crunches to modify)

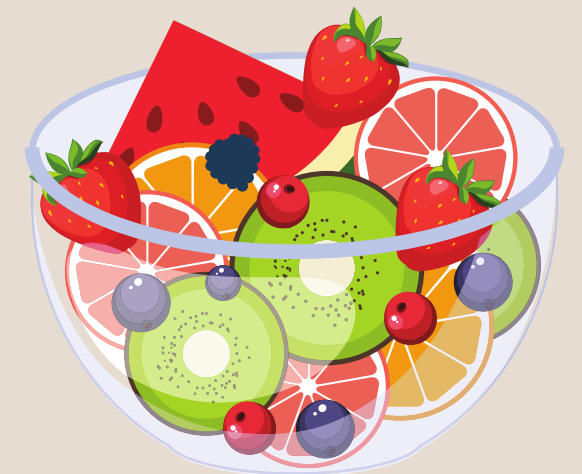
Minute 6: walking lunges

Minute 7: jumping jacks

When this becomes too easy and/or you’ve done it EVERY DAY for 30 days, it’s time to press on.

MORE PHYSICAL WELLNESS TIPS:

- STRETCH (2 minutes every morning & night)
 - WATER (100+ oz/day)
 - SLEEP (7-9 hours/night)
 - Limit processed foods
 - Limit starching carbs
 - Limit sugars
 - Especially things like soda
- Be sure to spend time de-stressing in a real way (breathing/meditation/reading; not with drinking or foods that will actually increase stress hormone)
- Move your body daily: the tabata/walking/hiking/standing/squatting
- The more you exercise, the more you need to prioritize recovery: foam rolling, lacrosse ball, massage gun, stretching, yoga, massage, chiropractic, float chambers, etc...

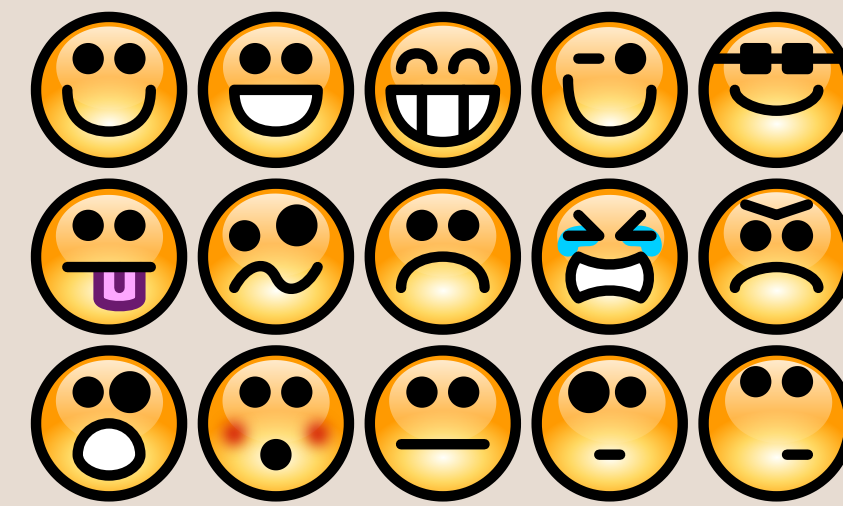


EMOTIONAL — JOURNAL (5 MINUTES)



- Gratitude!
- For emotions:
 - Which emotion(s) am I trying to avoid right now?
 - Why am I trying to hide from this emotion?
- What does this emotion need from me?
- What is preventing me from addressing this feeling?
 - For self compassion:
 - What purpose is being hard on myself serving?
- What would it take for me to be kinder to myself in this moment?
 - What would it sound like if I spoke to myself the way I would to a small child?

MORE PROMPTS...



VISUAL Journal Prompts:

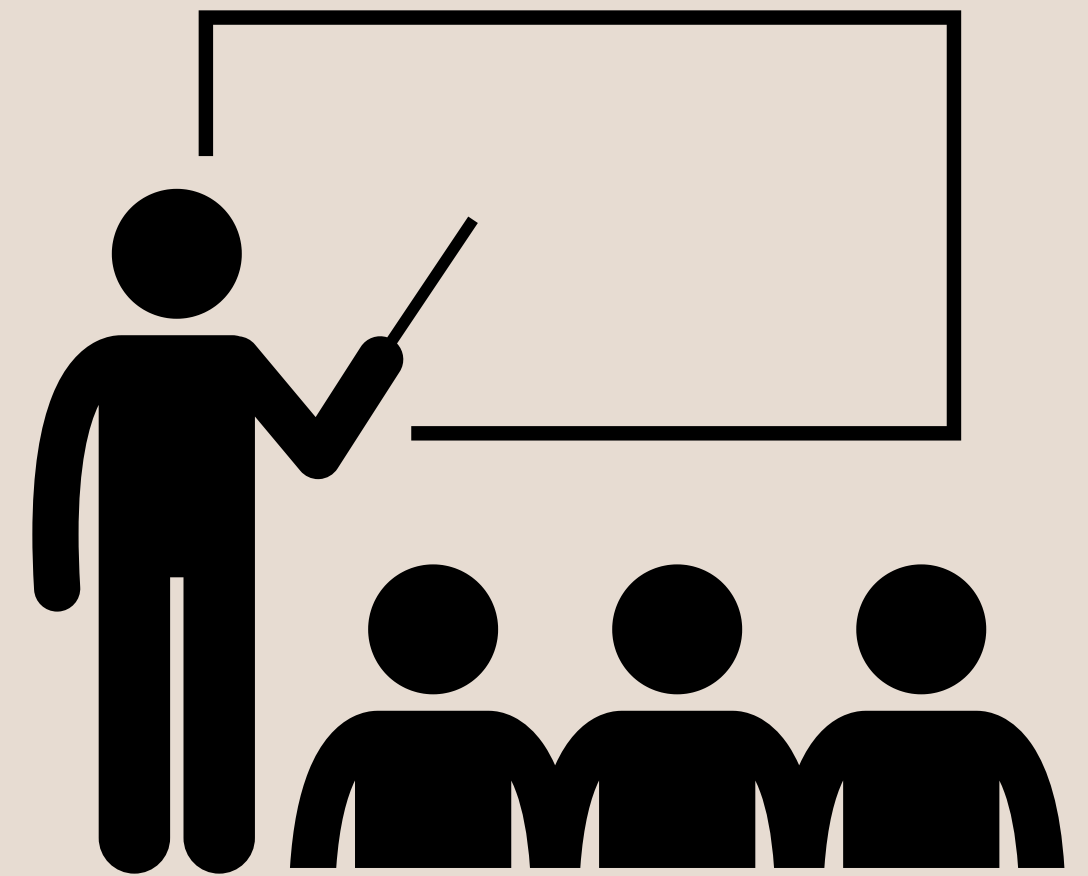
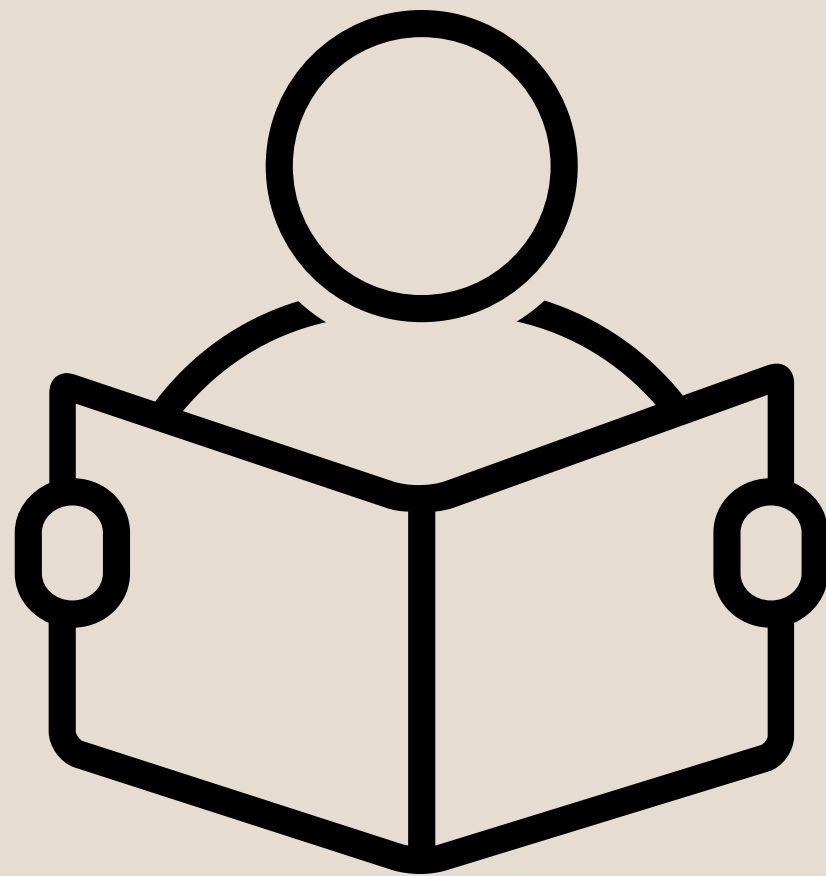
1. Where would you like to expand your horizons
2. Things that prevent emotional balance
3. How you envision a new phase or relationship
4. Your ideal situation would look like this
5. How would you show up as your best self?



1. What's going on for me right now is...
2. What really makes me happy is...
3. If I knew I could not fail, I would...
4. The last time I felt this way, I...
5. What's not working for me right now is...
6. What I wish I could change.
7. What I need to accept is...
8. The most important thing in my life is...
9. What's really bugging me right now.
10. If I could say one thing to _____ I would tell them...
11. I know when I'm feeling good because when I feel good I ...
12. To be honest, I would rather...
13. What do I need to let go of?
14. Who do I admire and why?
15. What does my inner critic say? Respond to it in dialogue.

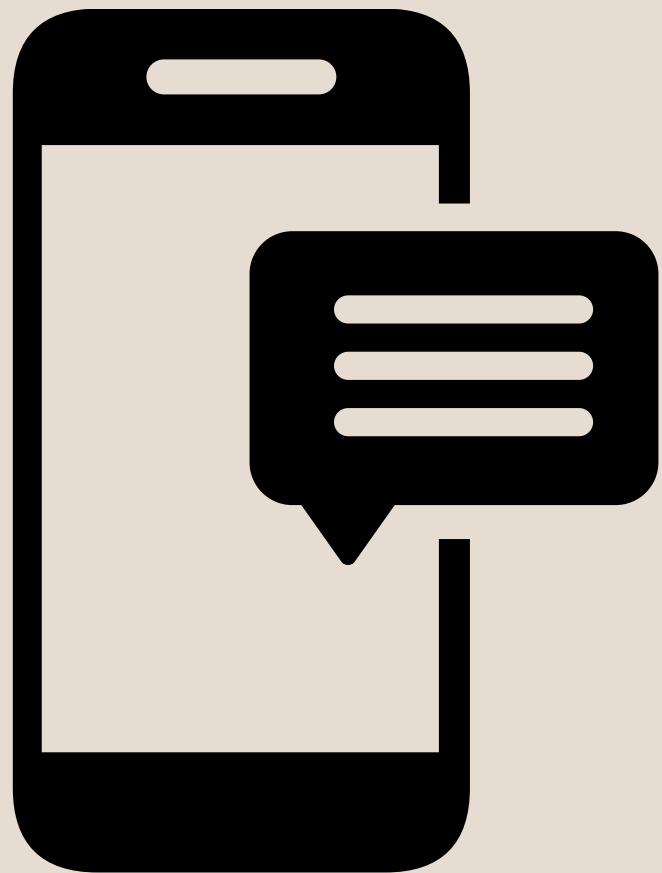
ACADEMIC/CAREER (5+ MINUTES)

- Study/Reading – business books, personal growth, finance
- Networking – seeking out events to attend of like-minded people
- Research – how to start a business, promotion requirements, etc...
- Classes at a local community college – skills classes, languages, technology (ie Word, Excel, etc) – learn another language with Duolingo



SOCIAL — CONNECT (30 SECONDS+)

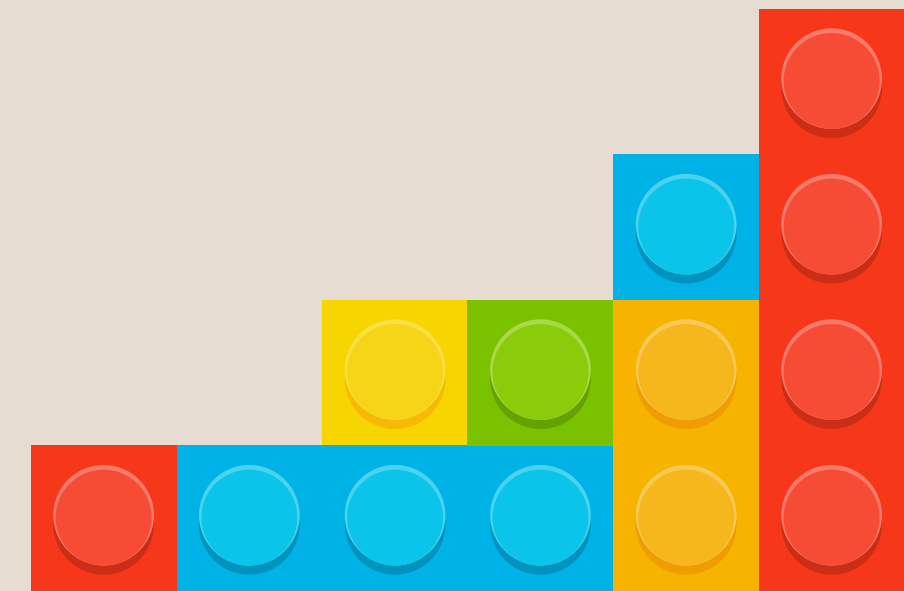
- Text/call a friend
- Send a meme/gif/tiktok
- Have lunch with a friend
- Walk on your breaks together
- Start an e-mail thread/photo thread or shared album
- Invite your friends/family to join you for workouts/hikes/walks
- Even video/phone games have connective ability now



CREATIVE — HAVE HOBBIES (5+ MINUTES)



- Write
- Draw
- Color
- Paint
- Lego
- Puzzles
- Sing
- Dance
- Playdoh
- Wood working
- Gardening
- Cleaning/organizing





SPIRITUAL — BREATHE! (30 SECONDS)

Quick gratitude meditation:

3 personal life things/relationships

3 business/career things

3 self things

Ex: I am grateful for my person, my pets, and my safe home.

I am grateful for my work, the ability to do the work that I do, the support I have in my business, and the many opportunities I know are waiting for me.

I am grateful for this body that allows me to move in the world the way I get to; for this mind that I get to expand the ways that I do; and for this spirit that has carried me through and continues to evolve.

Sidenote: If you are doing the 6 phase meditation, this is built in.

•Breath practice

•Prayer

•Meditation

•The 6-phase mediation covers forgiveness, compassion, gratitude, AND visualization. This hits at least 4 dimensions. (approx. 20 minutes = 5 minutes/dimension).

If you do it while walking or in the steam room, you also add physical to that.

•Quiet time

•Gratitude!

•Yoga





ENVIRONMENTAL – CLEAN UP (5+ MINUTES) CHAOTIC/MESSY HOUSE/CAR/ROOM = CHAOTIC LIFE

- Cleaning up
- Organizing
- Pick ONE place to start. This is not a huge overhaul or “spring cleaning.”
- Set your intention to create/change/organize/what have you, this ONE space in 1-3 ways.
- Set a timer for 5 minutes and attack. When the timer goes off, you decide to either finish up or leave it for tomorrow. There WILL be another 5-minute session tomorrow.
-
- BARRIERS TO AVOID: PROCRASTINATION/AVOIDANCE, THE “BUT I NEED” BS.
JUST SAY NO. STOP THINKING AND DO. (The 5 Second Rule – Mel Robbins)
With vehicles: every time you stop for gas, clean out all trash/debris/etc..move random stuff to trunk and clean that out when you get home (the taking it out at home counts as your 5 minutes, not the gas station).





FINANCIAL — \$ HABITS (1+ SECOND)

The goal here? CREATE the HABIT of SAVING.

Save the nickel game:

1) Go find a vase/jar/container of some sort

2) Find some decoration items such as markers/pens/glue/what have you

3) Create your savings jar – make it beautiful and lovely, something you enjoy looking at, include LOVE somehow

1) Address the false narratives that drive us away from money

1) "money is the root of all evil" "rich people are terrible" etc... whatever other BS our parents told us

2) What are your BS narratives? "Can't take it with you?" "Spend it if you got it." "But I neeeeed that (insert BS here)."

2) Rewrite those narratives into:

1) "I LOVE MONEY and money LOVES me." "With more money, I can help more people." "I deserve to live a stress-free life, where my bills are paid, and my family is cared for." "Responsibility does not mean scarcity." "Money is coming to me, constantly. I am ready to receive."

2) Money = Currency/Energy. We as humans, are just energy transports. It flows, we flow.

4) Now that you have your jar and your new narratives, you repeat these new, positive, and loving narratives every day while on the lookout for loose change. EVERY DAY, you are to put a nickel in that jar, lovingly. If you don't find one, you'll have to save it from some change at an order somewhere or cash in a dollar to put it in (at that point you might as well just put the whole dollar, but that's up to you and NO, putting a whole dollar DOES NOT COUNT for 20 days. This is a DAILY PRACTICE. Once you hit 30 days, it's time to press on.



OTHER FINANCIAL WELLNESS IDEAS:

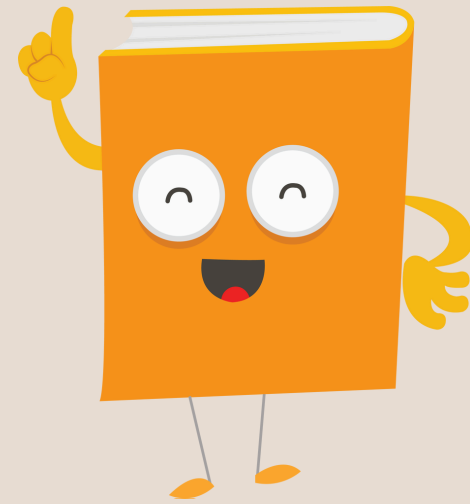
- Listen to finance podcasts
- Read finance books
- Never buy a new car
- Only purchase big items that will APPRECIATE, not De-ppreciate
- Investments if possible and through an advisor is usual best
- Ask a friend to hold money for you/hide it from yourself
- Have a dedicated savings account that is password protected, does not have any cards or checks, and requires you to go into the bank to access (unions are usually great for this), and NO APP or transferring

ULTIMATE GOAL:

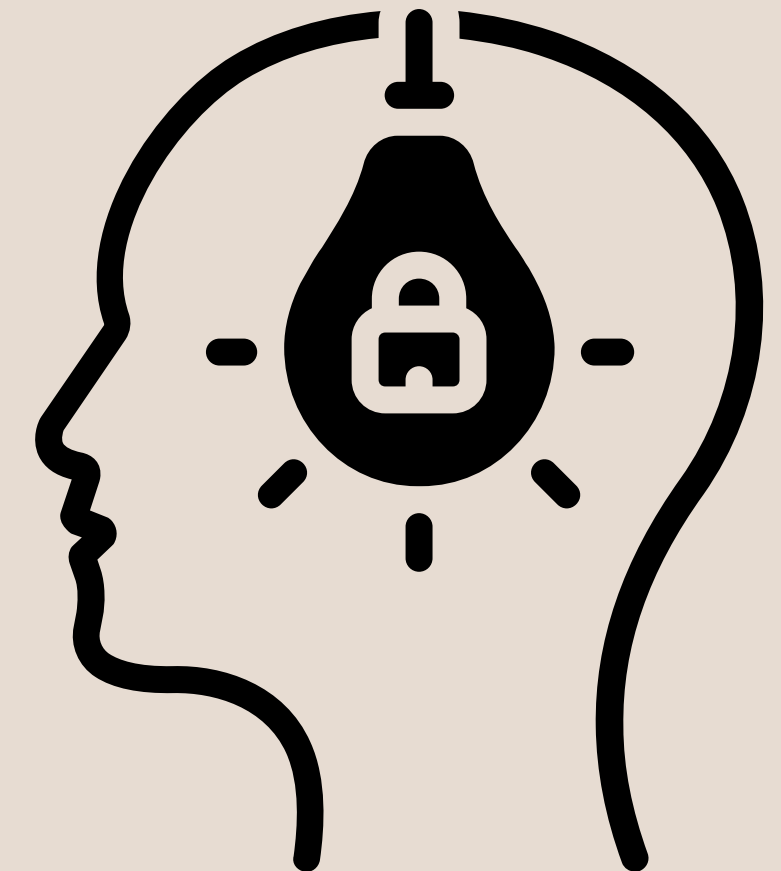
9 months of income saved without need (it used to be 3) + \$10,000 emergency fund + \$_____ vacation fund (you decide that)
MATH THIS OUT, MAKE A PLAN. Even if it will take you 10 years to get here. Plan it, map it, start executing and DO NOT STOP until you're there.

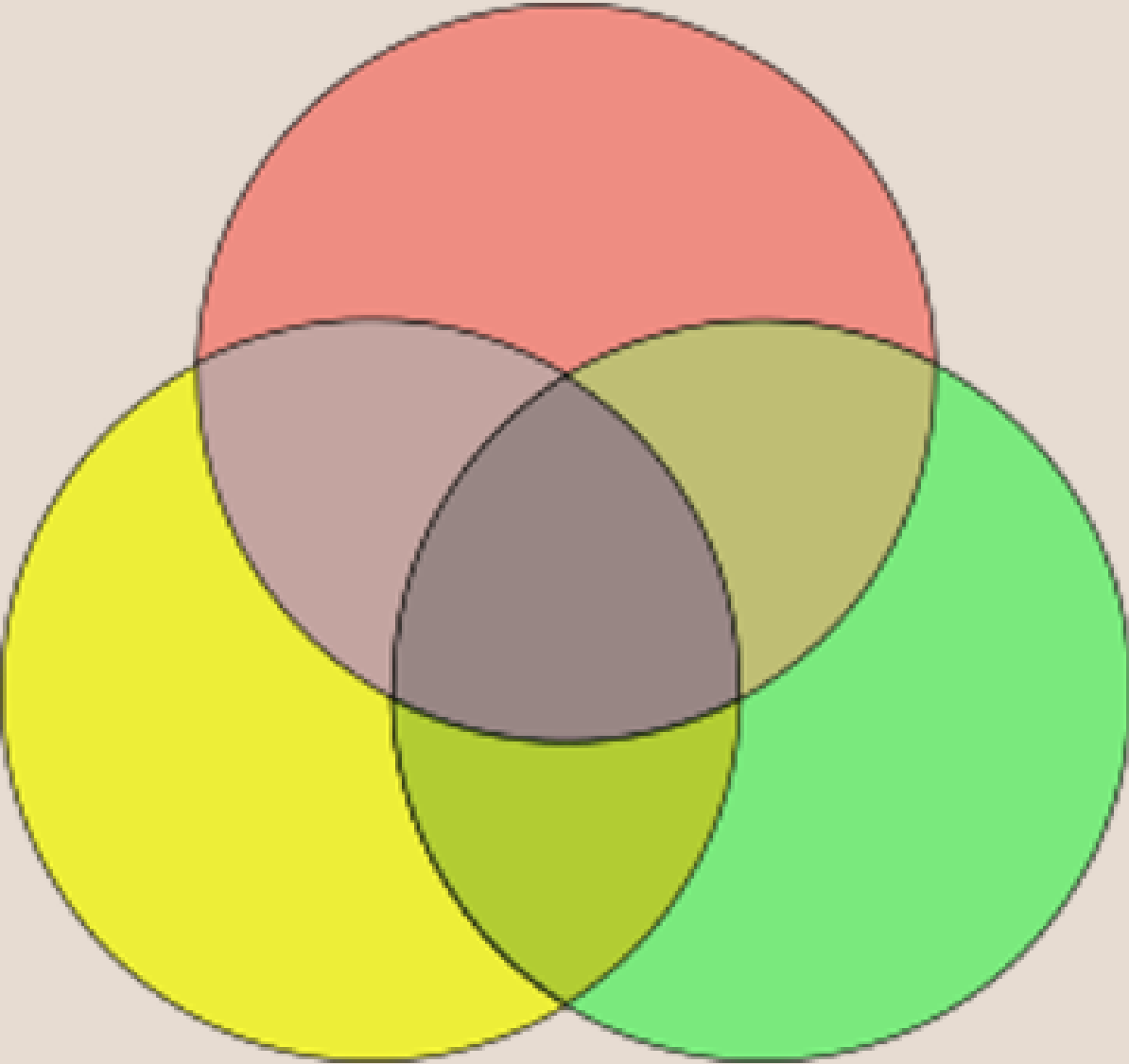


INTELLECTUAL — (0 EXTRA TIME)



- Books
- Audio books
- Podcasts
- Documentaries
- Worldly conversation with people you respect/admire
- Master classes
- Schooling
- Online classes
- Skills classes
- Learning focused apps/games





Where can we “overlap” to save time?

Walking = physical

Walking with a friend/while texting/calling/Facetiming
= physical + social

Walking while reading = physical + intellectual

Walking while listen to a podcast or meditating =
physical + spiritual/intellectual

Yoga = physical + spiritual (can be emotional too)

Meal prep = Physical + financial

Cleaning = physical + environmental

Cleaning while listening to a podcast = physical +
intellectual + environmental + maybe even financial if
it's a finance podcast or maybe career if it's career
focuses

IF YOU COMMUTE: what can be done here???

TIME	ACTIVITY
9:00 – 4:00 AM	SLEEP
4:00 – 5:00 AM	YOGA, STRETCH, PRAY. PROTEIN COFFEE, WALK THE DOG, WORKOUT 1: WALK WITH WEIGHTED VEST WHILE CHECKING E-MAILS, AND MAKING POSTS, READ, SCHEDULE A NICE TEXT
5:00 – 5:30 / 6:00 AM	SHOWER. GET READY. PACK FOOD
6:00 – 7:30 AM	COMMUTE: LISTEN TO PODCASTS, AUDIO BOOKS, PLAN MY WORKDAY, VOICE MEMO IDEAS & TO-DOS
7:30 – 12:00 PM	WORK
12:00 – 1:00 PM	LUNCH, WORKOUT 2: WALK THE PARKING LOT WHILE FACE-TIMING FRIENDS OR BEING SOCIAL WITH WORK FRIENDS
1:00 – 5:00 PM	WORK
5:00 – 7:30 PM	COMMUTE: LISTEN TO PODCASTS, AUDIO BOOKS, PLAN MY WORKDAY, VOICE MEMO IDEAS & TO-DOS
7:30 – 8:00 PM	DINNER WITH MY PARTNER, WALK THE PUPS, WIND DOWN
8:00 – 9:00 PM	SHOWER, YOGA, RELAX, F OFF..WHATEVER

LET’S REVISIT OUR DAY...
WHAT COULD WE DO WITH THAT TIME?!

Total time of “wellness things”
7 mins workout
5 mins journal
5 mins studying/research
30 seconds send a text – social
30 seconds to breathe/pray/be grateful
5 minutes cleaning
5 minutes creating
1 min (maybe) extra time to save \$

= approx. 20 minutes/day NOW...
How much of this can you do during a commute?

By getting up 20-30 mins earlier?
By using your lunch/breaks/days off differently?

By turning off the TV or putting down the phone?

LET’S FIND OUT...



In a nutshell, the AMRAP mentality is the process of taking the same amount of focus and mental effort that comes naturally with intense exercise and applying it to everything you do.



TOTAL TIME OF ALL DIMENSIONS OF WELLNESS ACTIVITIES: < 30 MINUTES/DAY

Challenge Tasks: read 10 pages; do 2 x 45 min workouts (one outside);
follow a diet; drink a gallon of water; no alcohol/cheat meal(s)

Daily Tasks (business): check in on my clients, post on my social media,
emails, WORK here with you (direct service)

Daily Tasks (personal): eat well, drink my water, pray/meditate, yoga,
sleep

Daily Tasks (relational): be a good sister, dog mom, and friend

Time Sucker(s): Commute,

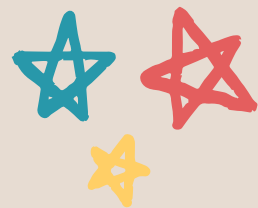
Meal prep 1/week
Chores daily/weekly



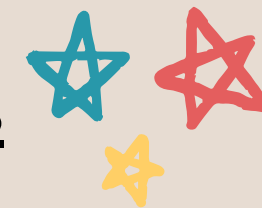


SUGGESTED BOOKS/PODCASTS

- The AMRAP Mentality – time
- Get Your Mental ish Together (3 books) – Reese Owen (Audible)
 - Screw it & Just do it (3 books) – Reese Owen (Audible)
 - Anything by Brene' Brown
 - 10% Happier Dan Harris
- Spiritual: anything by Paolo Coelho or Don Miguel Ruiz Jr.
 - Brain science nerd stuff: anything David Eagleman
- Organization: The joy of tidying up Marie Kondo (Reese Owen has a great part on this too – shorter and helpful)
 - Mel Robbins
- Gary John Bishop – if you don't mind cursing & bluntness
 - Adam Grant



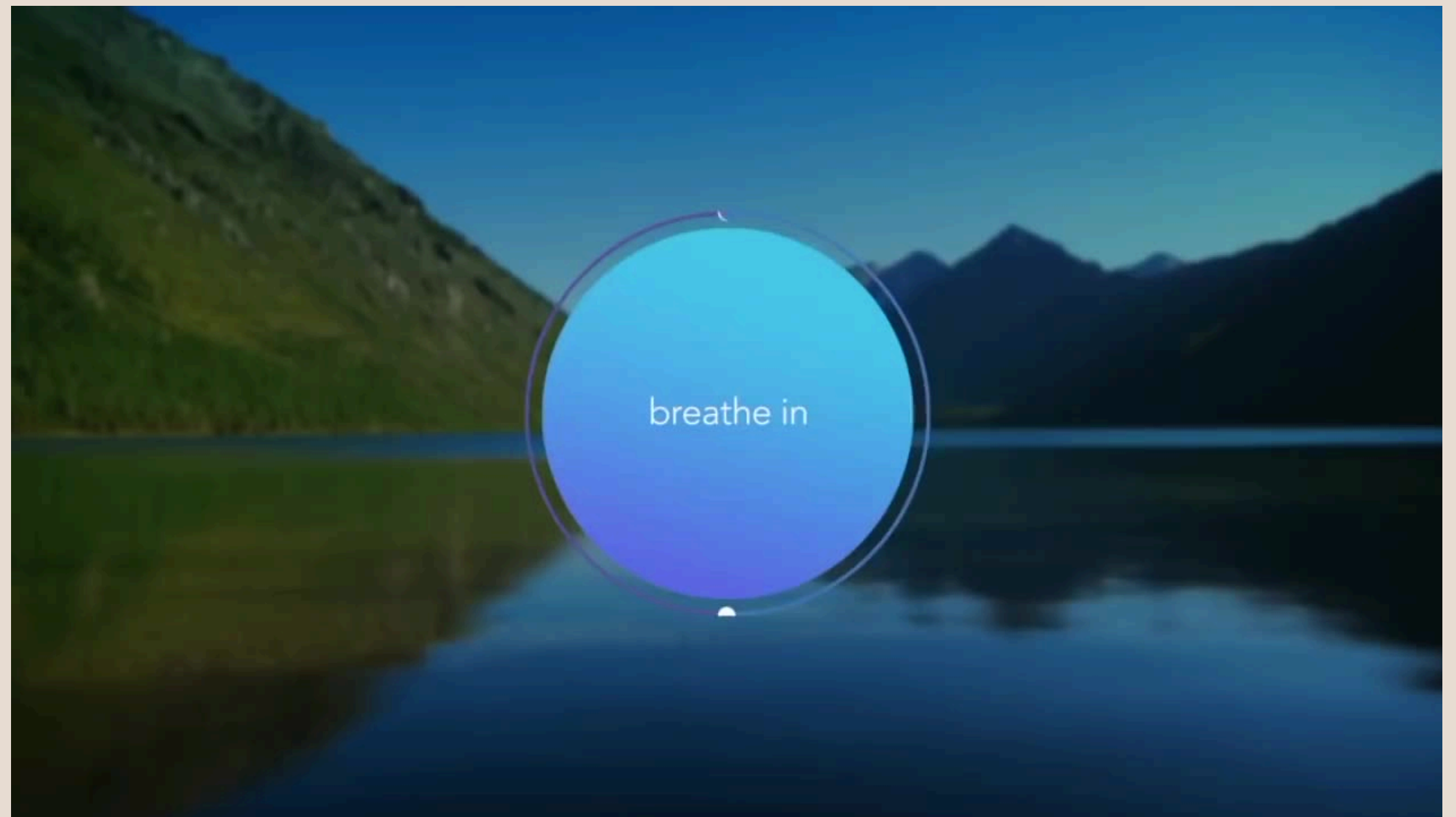
Full Reading Recommendation List and purchase links



www.theacadami.com/shop

LET'S REVISIT HOW FAR WE'VE COME IN SO LITTLE TIME & RECALIBRATE, GET READY FOR WHAT'S NEXT

1. Sit comfortably, OPEN hands, open front body
2. Scan your body for tension
3. As you follow the breath cues, INTENTIONALLY release that muscle tension, anywhere you find it





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