






















3 Actions 7 Realms	GOALS	1. Healthy HABITS Healthy Actions Bring Improvement & Transformation	2. Daily PAUSES Pauses to Assess Understand, Start new, and Enjoy the Moment	3. Practice CALM Calming Actions that Lift the Mind
Body 	PEPP not LEAD  	Practice... Stretching & strengthening of pain region Fitness for relief with condition exercise Posture & relaxation maintained daily Reducing strain including oral habits	PAUSE to Notice... Your body sensations with posture, flexibility, strength, and endurance	SHIFT... To appreciating your body by feeling good and maintaining peak performance
Lifestyle 	LEAP not FALL  	Practice... Pain-Free Diet Restful Sleep Lifestyle Balance Substance use	Notice... How you eat, sleep, stay active, and substance use	SHIFT... To appreciating your lifestyle by choosing a pain-free diet, sleep, balance, and avoiding substance use
Mind 	PATs not GNATs  	Practice... Everyday Optimism Self-efficacy Realistic Expectations Coping & Resilience	Notice... Your positive and negative thoughts & attitudes	SHIFT... To appreciating positive thoughts and the power of optimistic thinking
Emotion 	PETs not NETs  	Practice... Joy and happiness Calm and courage Gratitude and forgiveness Acceptance and empathy	Notice... Your positive and negative emotions and feelings	SHIFT... To appreciating positive emotions and power of creative actions to improve your mood
Spirit 	POPP not BLOBs  	Practice... Finding purpose and passion Maintaining self-compassion Exploring your hopes and dreams Have grit and determination	Notice... Your energy and purpose and how you treat yourself	SHIFT... To appreciating your energy by pursuing your purpose, hopes, and dreams with determination
Social Life 	BLISS not FRAIL  	Practice... Love & Belonging Social Support Work Well-being Releasing Social Stress	Notice... Your social groups with both positive and negative relationships	SHIFT... To appreciating your social groups by maintaining positive relationships and mutual social support
Environs 	SANE not CRAZY  	Practice... Safe Living Being clean and healthy Living pollution free Safe health care	Notice... How safe you are in your daily environment	SHIFT... To appreciating the importance of safety by being protective in your environment

PEPPs are Protective Exercises for Peak Performance while **LEAD** is a Lack of Exercise Advances Dysfunction

LEAP is Lifestyle of Energy And Productivity while **FALL** is a Faulty And Lazy Lifestyle

PATs is Positive Automatic Thoughts while **GNATs** are Grueling Negative Automatic Thoughts

PETs are Positive Emotions & Thoughts while **NETs** are Negative Emotions & Thoughts.

POPP is the Power Of Purpose with Passion & Persistence while the **BLOB** is Being Lost Or Burned out

BLISS is Being Loved In Social Settings while **FRAIL** is Feeling Rejected Alone Isolated & Lonely

SANE is Safe Actions & Natural Environments while **CRAZY** is Careless Risky Accident Zones that injure you

SHIFT is to Shift to Health Improvement & Fulfilling Transformation