



## Your Spirit Action Plan Guide



# PACT

### The Threat: The BLOB is B-Being L-Lost or B-Burned O-Out.

Being lost and burned out are THREATs that can increase pain & interfere with recovery. The BLOB may increase muscle tension and strain, increase pain sensitivity and interfere with recovery. BLOB is a threat that can include;

- Feeling lost or burned out
- Self-loathing
- Lack of energy and enthusiasm
- Feeling passive and helpless in succeeding
- Feeling hopelessness with dark future
- Don't let the BLOB swallow you!



### The Solution: POPPs is the P-Power O-Of P-Purpose with P-Passion & P-Persistence

These POPPs can help you in many ways;

- Purpose & direction
- Drives you forward with energy and passion
- Boosts determination
- Enhances recovery from illness
- Feel the energy of POPPs!



**Your Spirit Action Plan:** For each realm, there are 3 components to your action plan; Healthy HABITS, daily PAUSEs, and CALMING practice. Each one is important in both paying attention to your spirit and energy, which can improve your pain. Let's review each one.



### 1) HABITs: H-healthy, A-Actions B-Bring I-Improvement & T-Transformation.

You need to take dedicated time each day to work on enhancing protective habits and decrease risk factors to relieve and prevent pain. Your spirit HABITs should include 5 strategies to boost your PATs each day;

- Explore your hopes & dreams
- Define your purpose and ignite it your passion
- Pursue your purpose each day to gain the energy
- Develop self-compassion and patience with yourself. Take baby steps.
- Find grit & determination with the power of purpose



### 2) PAUSE: P-pause, A-assess, U-understand, S-Start new, & E-enjoy the moment.

Taking PAUSEs means taking a brief time-out for a few seconds to check-in and notice your spirit and energy right now in a non-judgmental way. A spirit PAUSE can help you understand how important your purpose is in giving you the energy for daily activities including maintaining your health and well-being. This is essential to living your life in the present and being mindful of how a positive spirit and energy can help you relieve pain and enhance your health and well-being.



### 3) CALM means C-Calming, A-Actions, L-Lift, M-Mind.

CALMING practice means spending a few minutes practicing a relaxation meditative exercise with deep breathing to boost your spirit and shift from being unclear, confused, or burned out to having high spirits and energy to succeed at your goals. The benefits to calming include lifting your spirits, relaxing the muscles and nerves and seeing how having purpose can lead to improved health and well-being in each realm.

