THE SANCTUARY GRAND SLAM OFFER:  
  
1) I dont want to be torturing myself

* Preventing myself from doing what i know i need to (resistance)
* Denial and self-hiding
* Negative mindset
* Can’t find joy in activities

2) I dont want to hurt others

3) I dont want to get in my own way

4) I want to be the true me I always imagined

5) I want to have a positive impact

In order to do this i need to: synchronize body, speech, and mind

1. Health
   1. Exercise
      1. Cardio
      2. Strength
      3. Flexibility
   2. Nutrition
      1. Just eating basically right
      2. Counting calories/ish
      3. Intermittent Fasting
      4. Supplements
         1. Really recommend harmalas
         2. Really recommend Lion’s mane/etc
   3. Sleep
      1. Melatonin
      2. Blackout blinds
      3. Get good pillows, cpap, mouth tape, everything u need
2. Mental health/awareness/mindfulness
   1. Building Olivus Victory-Promise
      1. Compassion Cultivation
      2. Basic Formal Sanctuary Cultivation
      3. Compassion in Action
3. Ability to confront inner demons
4. Ability to win confrontations with inner demons (let it dissolve in the container of Sanctuary)
5. Ability to sustain positive momentum