

HOLISTIC WEALTH 101

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PART I



In Part I shared eleven life lessons to build your holistic wealth in the area of intentional life purpose:

1. Life, Well Lived
2. Life on Your Terms
3. A Personal Mission
4. Goals, with Wisdom
5. The Incomparable You
6. A Sabbatical
7. Life Within Each Moment
8. The Natural World Around You
9. Road Trips
10. Lifelong Learning
11. The Word No

Below are eleven actions you could take to increase your holistic wealth for a deeper connection to yourself, to the nature of life, and to resilience during setbacks. Some of the items on the list are simply questions for reflection. Know that looking inside and getting to know yourself better are the first steps of an intentionally designed life. Choose to do one, some, or all of the following:


1. Reflect on what having a life well lived would mean for you. Write it down, and also use it to help shape your personal mission statement (see number 3 below).




2. Reflect on any negativity in your life, either from others (naysayers) or otherwise. Think about an affirmation to help you overcome negative comments and emotions.



3. Write your personal mission statement, drawing on your most cherished values and a vision for your legacy.



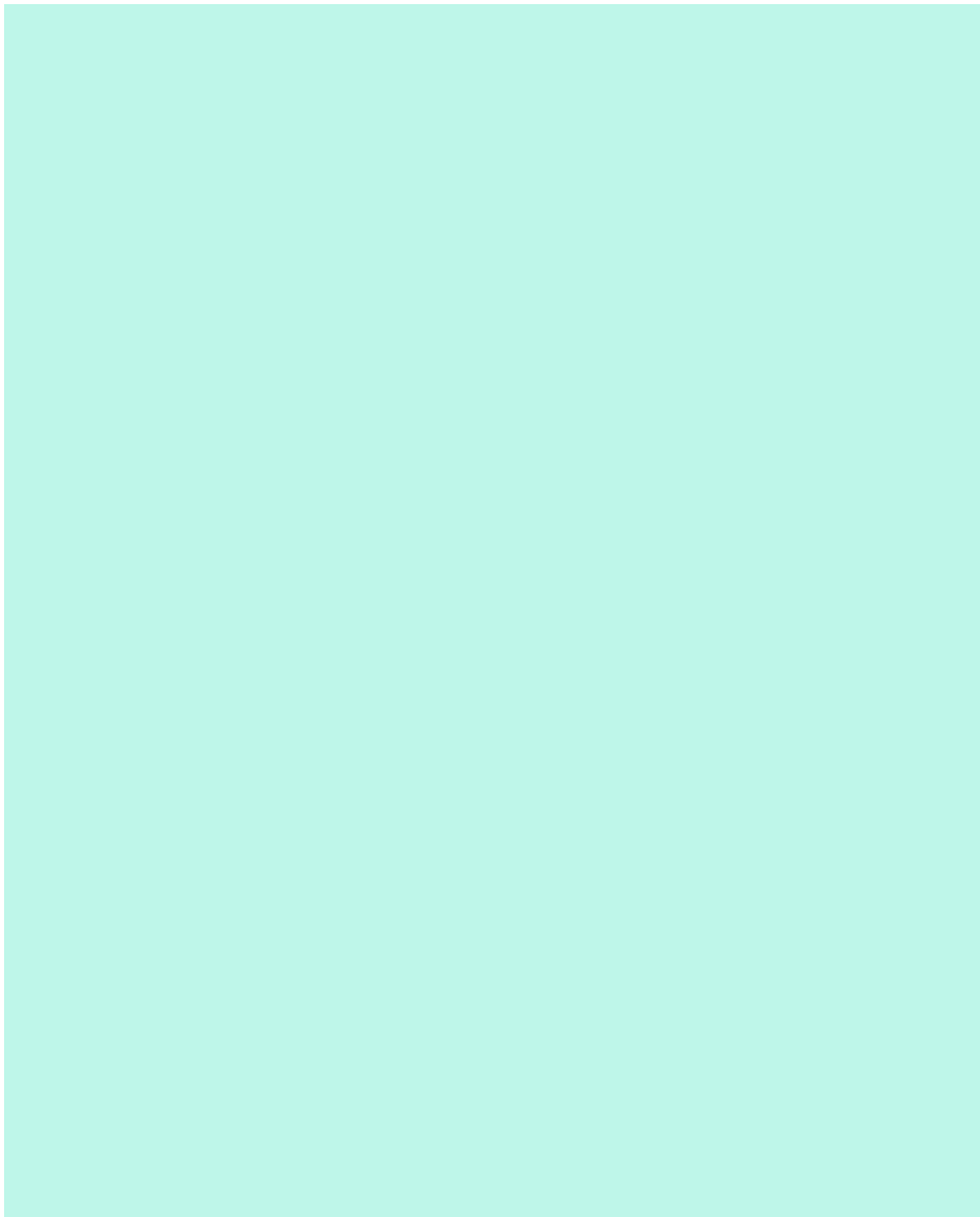
4. Write the short-and long-term goals that will help you realize your dreams.



5. Reflect on where you might be comparing yourself to others. Analyze the thought patterns. What might you say to yourself instead? Write down a statement, and use it as an affirmation for a day or a week.



6. What is your dream sabbatical? Write about it for twenty minutes.

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7. Take a mindfulness meditation course or use a guided meditation at home. (There are many guided meditations available on platforms such as Apple Music.)
8. Go for a walk in nature, lean against a tree in a park or your own backyard, or look at pictures of a gorgeous scene from nature.
9. Take a road trip across the country, or simply on a nearby country road.
10. Identify an area of learning that would contribute to your financial, professional, or mental health.
11. Practice saying “yes, and . . .” or “no” to set a boundary at work—or anywhere else.



PART II



In Part II, I shared five life lessons to build your holistic wealth in the area of financial independence:

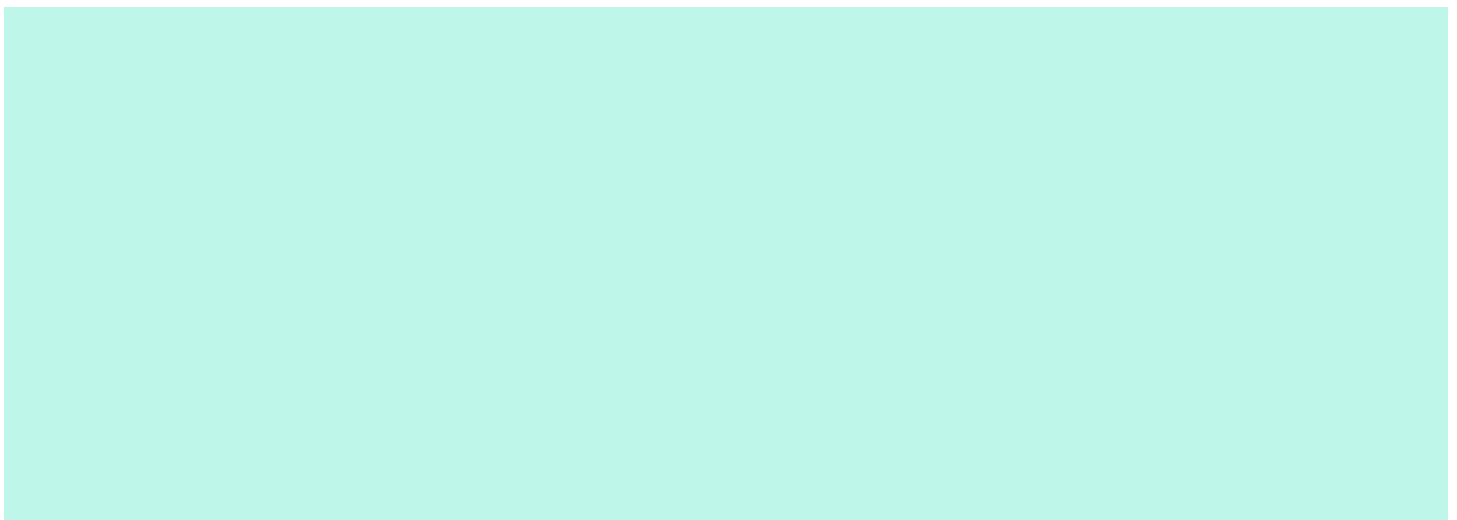
1. A Well-Planned Future
2. A Plan for Financial Longevity
3. Measured Risks
4. A Solid Long-Term Investment
5. Freedom from Debt

Below are five actions you could take to increase your holistic wealth in order to have a well-planned future. Some of the items on the list are simply questions for reflection. Know that sticking to a solid long-term investment, planning for financial longevity, getting out of debt, and taking measured risks are the first steps of achieving financial independence. Choose to do one, some, or all of the following:

1. Write down what a well-planned future would look like for you. Include long-term financial goals such as retirement.



2. Think about your approach to taking measured risks. Write down some real constraints and analyze them. Make a list of constraints that stand in the way of your goals, and make a plan to overcome them.



3. Think about some ways you have taken measured risks. Have they contributed to your goals? What other risks are necessary for you to take to achieve them?

4. Identify a solid long-term investment that you would like to undertake. What is needed for you to take that step toward achieving it?

5. Think about your total debt. Are you taking extra steps to pay it down?



PART III

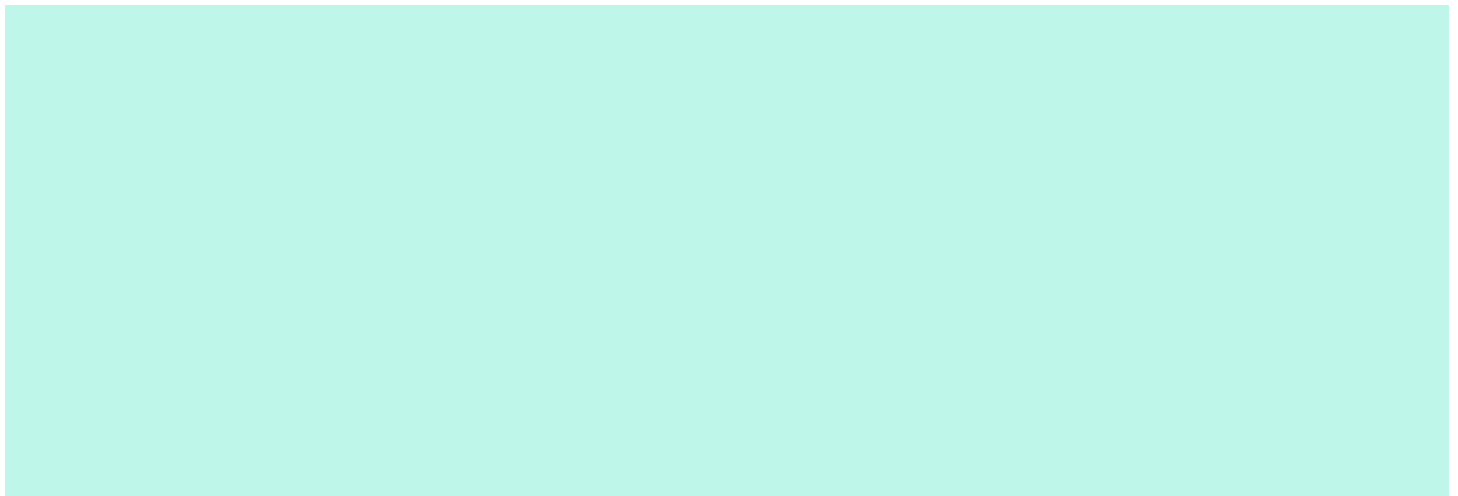


In Part III I shared nine life lessons geared toward building holistic wealth by developing your physical, spiritual, and emotional assets:

1. Spiritual Self-Renewal
2. Recipes Made from Scratch
3. Daily Exercise
4. Joyful Hobbies
5. Prayers and Meditation
6. Setbacks
7. Grit
8. Dignity
9. Intuition

Below are nine actions you can take to increase your holistic wealth for greater physical and spiritual health, a deeper connection to yourself, and greater resilience during setbacks. Some of the items on the list are simply questions for reflection. Know that looking inside and getting to know yourself better are the first steps of building a physical, spiritual, and emotional asset portfolio. Choose to do one, some, or all of the following:


1. Reflect on what spiritual self-renewal means to you. Write it down, and then think of three activities that embody spiritual self-renewal in your life.



2. How can you continue to incorporate, or add, healthy eating in your lifestyle? Reflect on additional lifestyle changes that would support this.



3. Incorporating daily exercise will increase holistic wealth. Think about three ways you can do this.



4. Write down some of your favorite hobbies. Think about the ones that have the potential to increase holistic wealth in your life.



5. Reflect on prayer and meditation. How can you incorporate this more?



6. Think of setbacks you have had in the past. Write down three ways you have overcome them.

7. Think about some ways you have developed grit.

8. Think about how you can foster a culture of dignity in your workplace or at home.

9. Try to tune in to your intuition. Take note of your surroundings and what circumstances are more favorable for you to access your intuition.



PART IV

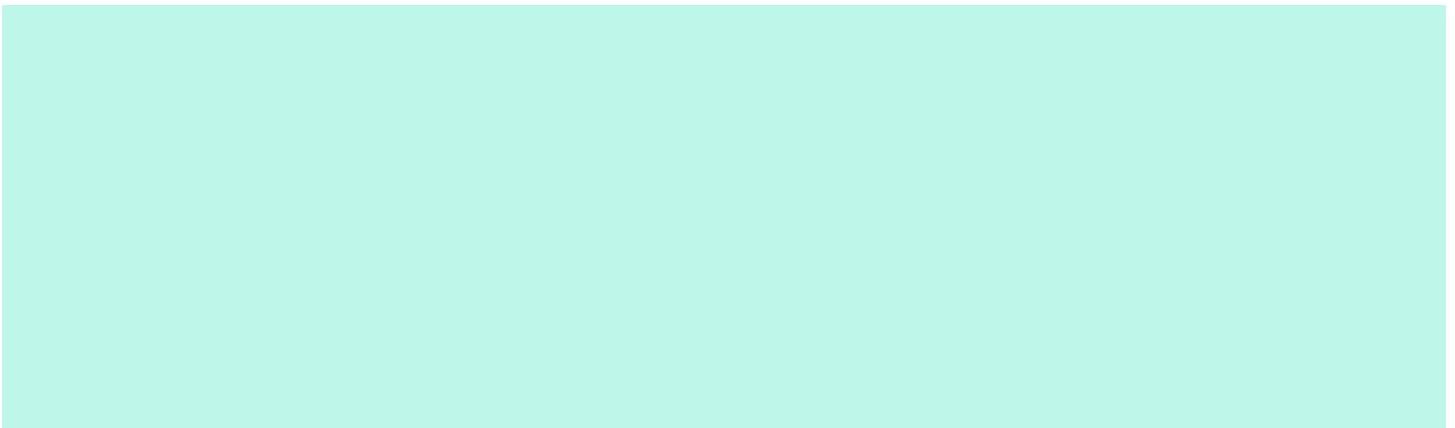


In Part IV I shared seven life lessons to build your holistic wealth in the area of your relationships and giving back:

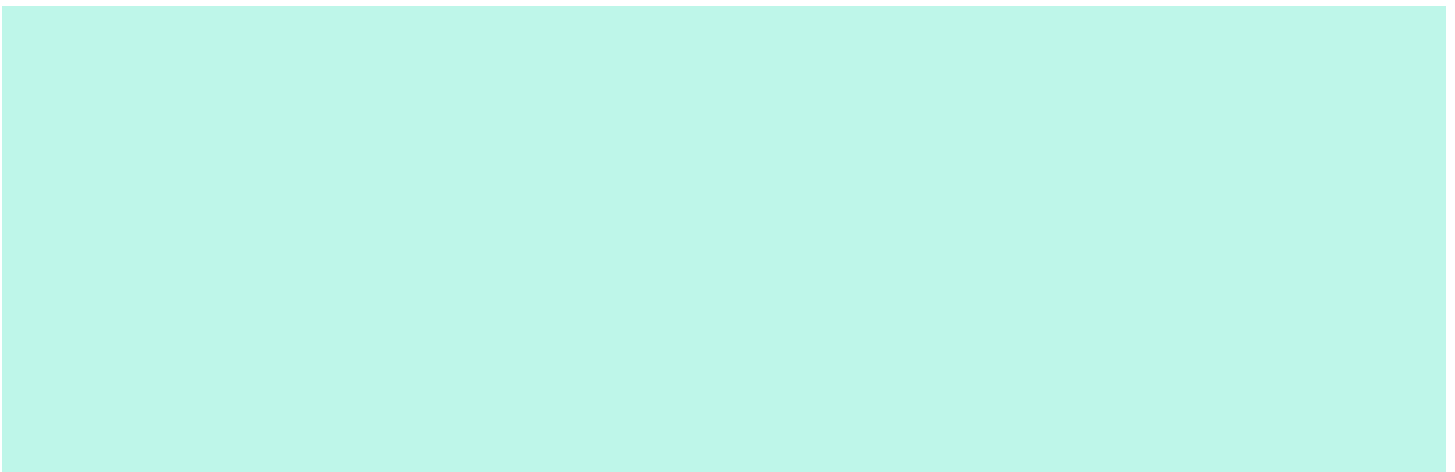
1. Service to Others (Over the Highest-Paid Position)
2. Mentorship
3. The Gift of Help
4. Relationships with the Right People
5. A Platform That Represents You
6. Time Spent with Family, and Holidays That Count
7. Marriage (It's a Beautiful Thing)

Below are six actions you can take to increase your holistic wealth in the area of relationships and giving back, such as service to others, enacting the gift of help, mentorship, spending time with family and friends during the holidays and in your most significant relationships. Some of the items on the list are simply questions for reflection. Know that reaching outward and connecting with others while using your talents and gifts to drive humanity forward are the first steps of building a relationship asset portfolio. Choose to do one, some, or all of the following:

1. How can you serve humanity through your current endeavors? Make a list of extra ways you can do so.



2. Has mentorship impacted your life? Can you think of a way to give back through mentorship?



3. How can you help others to enrich their holistic wealth bank accounts? Think of two ways you can help others to do this.

4. Write down ways in which you can take steps to network more with others.

5. Think about ways to make the holidays count.

6. If you're married or in a relationship, hug your spouse or significant other. Make a commitment to enrich your relationship or marriage more and more each day.