

Lack of Proper Sleep
Lack of Right Amount of Sleep
Lack of Oxygenating My Body
Experiencing Depression
Saying Yes Instead of No
Giving Up My Goals and Dreams
Not Knowing If I'm On Purpose
Needing To Be Perfect
Engaging in Multitasking
Lack of Delegating
Being Constantly Distracted
Lacking Emotional Mastery
Consistent Low Energy
Not Knowing When I'm at My Best
Unaware of Rel. Between Diet/Energy
Unaware of Rel. Bet Sleep/Energy
Lacking "Spiritual" Practice
Mind and Body Not in Sync
Inefficient Use of Time
Competing Values
Neglecting Personal Health
Taking Time From Family, Friends...
Not Learning From Failure
Always Doing Things the Same Way
Not Being Emotionally Present

In my experience each of these factors has a direct impact on one's psychological emotional and mental health.

So here they are.

Effects of lack of proper sleep, right amount of sleep or sleep environment:

<https://cle.clinic/3T7hWbi>

<https://wb.md/3MFU4cg>

<https://bit.ly/3s090ZB>

Why it's important to oxygenate your body:

<https://wb.md/3VxlvJA>

<https://cle.clinic/3VAydXN>

<https://bit.ly/3F5GQEj>

Am I depressed?

<https://bit.ly/3VypaXu>

<https://bit.ly/3rZkJHM>

My saying "yes" when I should be saying "no"?

<https://bit.ly/3S71zdx>

<https://bit.ly/3D68FdS>

Am I giving up my own aspirations, dreams, goals or tasks b/c I don't want to upset someone? (one conscious/unconscious cause of misery)

<https://bit.ly/3S7vgLI>

<https://bit.ly/3geBgoH>

<https://bit.ly/3VMe2XI>

Is what I am doing my purpose in life? How do I know? (Hint - it's not a mental, intellectual or cognitive choice.)

<https://bit.ly/3S7eRa4>

<https://bit.ly/3s0RX9x>

<https://bit.ly/3eBDxtz>

Am I a perfectionist? The downside of perfectionism.

<https://www.psychologytoday.com/us/tests/personality/perfectionism-test>

<https://wb.md/3VCtuF2>

<https://bit.ly/3ggoQMM>

<https://bit.ly/3eExlel>

The dangers of multitasking

<https://asana.com/resources/multitasking>

<https://bit.ly/3gfOb9z>

Why it's important to delegate?

<https://bit.ly/3s0wFJd>

<https://bit.ly/3eK44EV>

<https://bit.ly/3T7E7OP>

Do I work in an undistracted way?

<https://bit.ly/3yQ6ngK>

<https://bit.ly/3Se5JAd>

<https://bit.ly/3D4UdmF>

Am I the master of my emotions (or are my motions the master of me)?

<https://bit.ly/2VXRaEy>

<https://bit.ly/3eB3Ujc>

<https://bit.ly/3T1YvRf>

Am I able to get through most of my day with a high level of energy?

<https://bit.ly/3yMO77T>

<https://bit.ly/3eEuWq2>

<https://bit.ly/3exRxEM>

How do I know when I'm at my best?

<https://bit.ly/3gfONfF>

<https://bit.ly/3TbfAbp>

<https://bit.ly/3MFV1kZ>

Relationship between diet and energy?

<https://bit.ly/3s4fuqk>

<https://bit.ly/2FfUrqN>

<https://bit.ly/3D1ccdZ>

Relationship between sleep and energy

<https://bit.ly/3T7FTiX>

<https://bit.ly/3yP6BEF>

Lacking a spiritual practice

<https://bit.ly/3CHtATb>

<https://bit.ly/3S9Almo>

<https://bit.ly/3s3ipzu>

Mind and body not in sync

<https://bit.ly/3VAJ3gr>

<https://bit.ly/3T5p7ki>

<https://bit.ly/3CEC5OY>

Inefficient use of time

<https://bit.ly/3VBHVJs>

<https://bit.ly/3CCGUsd>

<https://bit.ly/3Vxy6wm>

Competing values

<https://bit.ly/3zaRk1p>

<https://bit.ly/3MB6N09>

<https://bit.ly/3D5s11N>

Neglecting personal health

<https://bit.ly/3EQVy1O>

<https://bit.ly/3S8cvYr>

<https://bit.ly/3ge7G2q>

Taking time for family and friends

<https://bit.ly/3D4q7Q1>

<https://bit.ly/3Tv78DC>

<https://bit.ly/3g4ajnk>

Not learning from failure

<https://bit.ly/3TmbKfy>

<https://bit.ly/3qcR7Uz>

<https://bit.ly/3eB8j5I>

Always doing the same things the same way

<https://bit.ly/3CG4R1H>

<https://bit.ly/2GDGPbq>

<https://bit.ly/3eGw24v>

<https://bit.ly/3EOMt9q>

Not being emotionally present

<https://bit.ly/3S4dadf>

<https://bit.ly/3eKLBm>

<https://bit.ly/3eHqQNF>

## MIND

Mental wellbeing is the ability to gather, process, recall and communicate information. Your mental health is dependent on your choice of thoughts and belief systems. It is important to check in with yourself each day to ensure you are choosing positive thoughts as this will create a healthy mind body spirit integration. When it comes to exercise and training, this is especially important because a positive mental attitude is the foundations for motivation and achieving your goals.

## BODY

Physical wellbeing is the optimal condition of each of the body's physiological systems. This includes:

- Pulmonary
- Cardiovascular
- Nervous
- Immune
- Reproductive
- Urinary
- Endocrine
- Musculoskeletal
- Digestive

When it comes to your physical wellbeing, it is essential to ensure that you are nourishing your body with the best nutrition. This is required not only for recovery and a strong immune system but also for your gut health which is related to your mental health.

## SPIRIT

Spiritual wellbeing is the maturation of higher consciousness. It is created through the integration of these elements:

- Relationships – with yourself and others
- Your values
- Your purpose in life