

1 + 2 + 3 + 4 = Health and Happiness

1. LEGACY

- Write down your top three reasons why this change is meaningful, and fulfills a cherished idea.
- Write down your top three reasons why achieving this goal will make you feel efficient, effective, and even masterful at your behavior.
- Write down your top three reasons why achieving this goal may help you feel more connected to others.

2. BALANCE (Stress + Rest)

- Prioritize your needs in order to support your wants.
- Practice behaviors to support your Mind, Body, and Spirit.
- When hungry eat nourishing food, when thirsty drink water, when tired rest/sleep.

3. CHOICES (Optimal, Sub-Optimal, Indifference)

In each and every relationship with self, others, food, drink, exercise, work, sports, family, friends, etc. we often have 3 choice options:

1. The optimal choice for yours and others health and well-being.
2. The sub-optimal choice slows the rate of yours and others health and well-being.
3. Indifference: To not make a choice is worse than making the sub-optimal choice. Indifference halts the development of self and others.

4. MINDSET, RECOVERY, NUTRITION/HYDRATION, MOVEMENT

You have the ability to choose to be self-responsible in practicing four major aspects to achieving your health and well-being.

1. Mindset is optimal whenever you live according to your core values, supporting your Mind, Body, and Spirit.
2. Recovery is optimal with your appropriate sleep, rest and introspection. Recovery greatly influences the balance and health of your neuro-hormonal system.
3. Nutrition/Hydration are optimal with your proper nutritious whole food eating, and hydration with water.
4. Movement is optimal with your balanced practice of movements, which support your upright functions (Pushing/Pulling, Rotating, Level Changes, and Locomotion).

All combined make it possible for you to move and experience the most from life.

Support your moment-to-moment process towards your "LEGACY" by being supportive of your mind/body with optimal resources and recovery fueling your change. The Pillars of long lasting change are: **Mindset, Recovery, Nutrition/Hydration, and Movement**. For further assistance see UpRight Movement's [Regeneration Guidelines](#).