



1. Why
2. Know Yourself
3. Feel Safe and Comfortable
4. H.O.P.E. for Self and H.elp O.ur People E.levate
5. H.E.A.L.T.H. = H.appiness E.ase of Mind-Body-Spirit A.wareness L.ove T.houghtfulness H.onor and Be a Good Ancestor (Land, Tribe, Ancestors, and All Relations)
6. Pain is Your Teacher to do something Different, and Call to Your Hero's Journey
7. You are Your G.U.R.U. (Gee, You, Are, You)
8. Breathe mostly through your Nose and Feel Calm
9. Awareness
10. Self-Regulation

11. Rest in Natural Postures of Rest
12. Feel and Exercise your Senses: Feel the Shapes and Angles of Rest and Movement, Especially with Your Skin and the Bones of Your Spine, Shoulder Blades, Ribs, Pelvis, Hands and Feet. Engage your Vision and Hearing with the interacting with your environment
13. Feel, Play, Learn, and include variability while Moving (Interacting with your environment).
14. Restore Movements of our Species' Environmental, Historical, Adaptedness; of Bipedalism, Brachiation, and their Variants.
15. NatURe
16. Contact with The Earth
17. Walk on Varied Natural Surfaces
18. Sunlight

19. Sleep Deeply
20. Water/Hydration
21. Eat in rhythm with the Sun, and support your Microbiome and Mitochondria
22. Social Support
23. Time with Pets
24. Self Care Time/Introspection
25. Gratitude
26. Acceptance
27. Compassion
28. Legacy