

TOGETHER
WE

WELLNESS

IN RISE

SESSION
3

GOAL SETTING





RECAP FROM LAST MONTH'S SESSION ON BEING "WELL"
FOR THE PURPOSES OF **GOAL ACTUALIZATION**.

HOW DO WE NEED TO FEEL TO ACHIEVE OUR DREAMS?

We need to feel high levels of
both **ENERGY** and
MOTIVATION.

WELL-BEING IS HOW WE SHOW UP IN THE WORLD

Energy and **motivation** are
outcomes of how **well** we
are **being**.

THE 3 C'S - CONGRUENCE, CONNECTION AND CONTRIBUTION

Are we **aligned** with our
truth? **Connected** to people?
Are we **contributing**? If so...
then we **feel well**.

WHAT DO WE NEED TO FULFILL THE 3 C'S?

We need **energy** and
motivation. We also **get**
energy and motivation from
the 3 c's.

WE CONSIDERED THE MOST CHALLENGED AREAS

We asked ourselves if we are
avoiding something? Are we
dissatisfied? Do we think we
know **better** than anyone?

HOW TO SEEK CLARITY ON OUR GOALS

Successful people are clear on
WHO they want to be, **how** they
should be, what skills they need
and experience **meaning**.

remember our word?

IN SUMMARY:

TO ACHIEVE OUR DREAMS, WE NEED HIGH LEVELS OF **ENERGY** AND **MOTIVATION**, BOTH OF WHICH ARE OUTCOMES OF HOW **WELL WE ARE BEING**.

True well-being is rooted in the 3 C's: **congruence** (living in alignment with our truth), **connection** (building meaningful relationships), and **contribution** (adding value to others).

These pillars not only foster **wellness** but also sustain the **energy** and **motivation** needed for goal achievement.

To fulfill the 3 C's, we must seek **clarity** on who we want to be, how we want to **show** up, and the **skills** we need to **achieve meaningful goals**.

Finally, addressing areas of dissatisfaction or avoidance allows us to stay aligned and **fully engaged** in creating the life we desire.



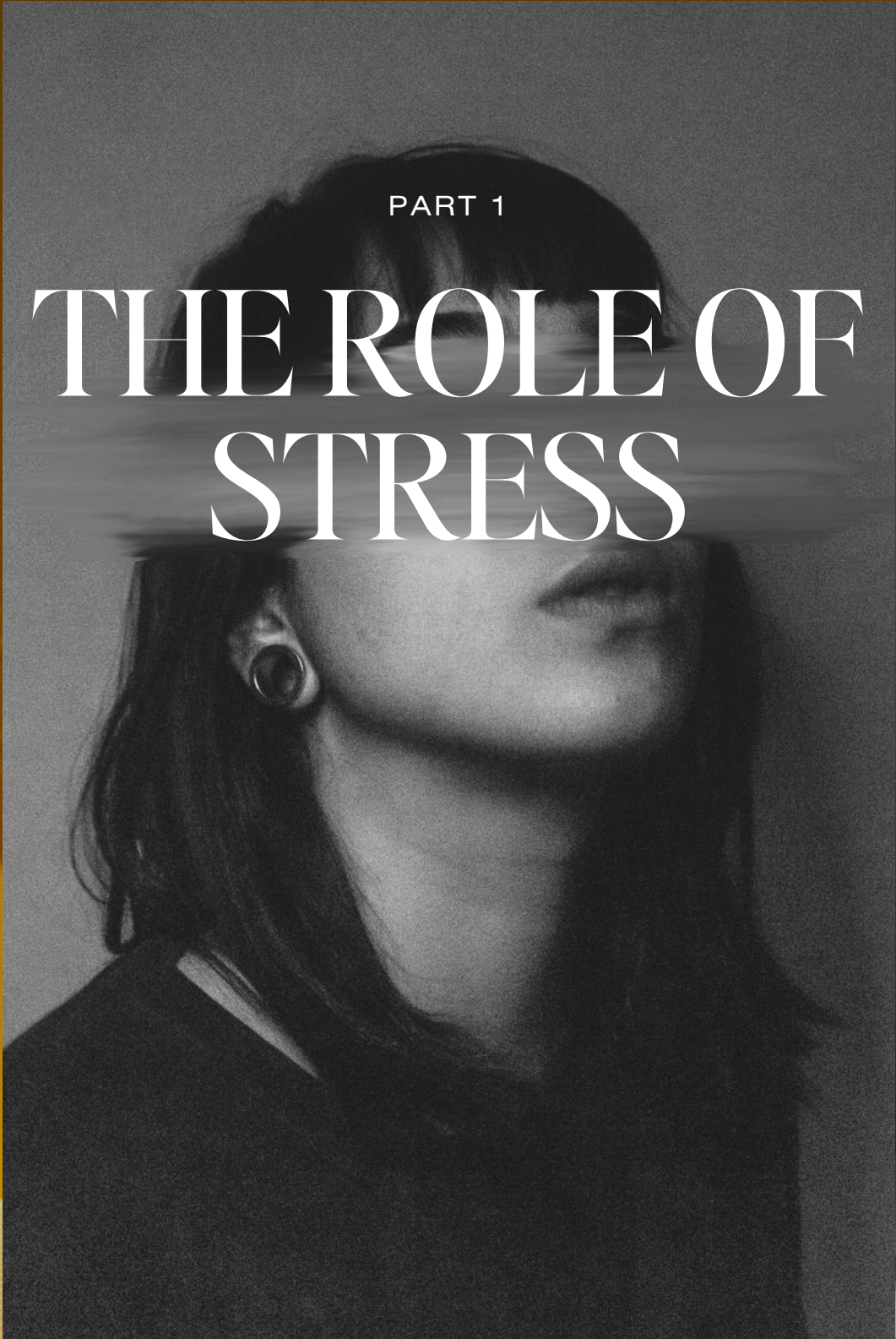
TODAY...

WE'RE GOING TO CONTINUE OUR DISCUSSION ON WELLNESS AND GOAL ACTUALIZATION.

What we're covering:



- ▶ **STRESS AND WAYS TO USE
STRESS TO OUR ADVANTAGE.**
- ▶ **CULTIVATING JOY; REACTIVE
AND STRATEGIC JOY.**
- ▶ **PHYSIOLOGY V. PSYCHOLOGY**
- ▶ **THE ROLE OF BEING
PRESENT AND LETTING GO.**
- ▶ **PURPOSE. FEELING
CONNECTED TO SOMETHING
MORE.**



PART 1

THE ROLE OF STRESS

THE ROLE OF STRESS IN
WELLNESS AND GOAL
ACHIEVEMENT

STRESS ISN'T INHERENTLY BAD

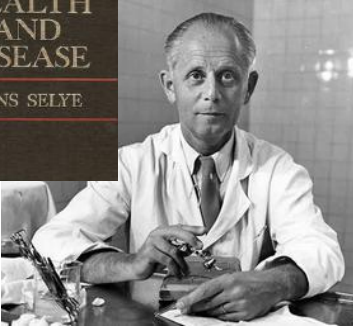
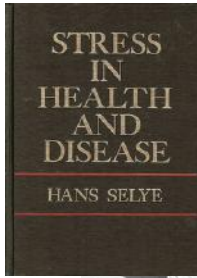
It's a **signal, a response**, and sometimes, a **motivator**.

But when unmanaged, it can rob us of **joy, health, and focus**, making our goals feel further **out of reach**.

To thrive, we must first understand stress and how to harness it.

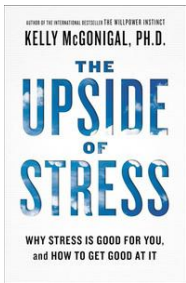


Insights from Research on Stress



THE STRESS RESPONSE IS ADAPTIVE—UNTIL IT'S NOT

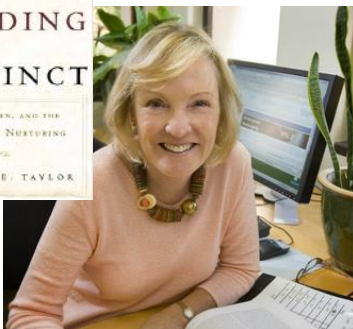
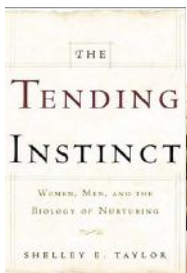
Dr. Hans Selye, known as the father of stress research, described stress as the body's **general adaptation to demands**. Stress prepares us to act, but when prolonged, it **transitions from being adaptive to damaging**. Chronic stress **impairs immune function, disrupts sleep, and undermines decision-making**.



MINDSET MATTERS

Psychologist **Dr. Kelly McGonigal's** research reveals that how we **perceive stress** significantly impacts its **effect**. When we view stress as a **challenge rather than a threat, our body's response shifts**. Instead of harmful cortisol spikes, we experience a surge of hormones like **DHEA, which promote resilience**.

Key Takeaway: **Reframe stress**. When you feel it rising, tell yourself, **"This is my body preparing me to rise to the challenge."**



THE ROLE OF SOCIAL CONNECTION

Dr. Shelley Taylor's research on the "tend-and-befriend" response highlights that during stressful times, **reaching out to others activates the release of oxytocin**, a hormone that calms the nervous system and strengthens bonds. **Social connection isn't just nice—it's biologically protective**.

Key Takeaway: **Don't isolate**. Build and rely on a structured support network for both small and big challenges.

Practical Steps to Manage and *Harness* Stress

IDENTIFY AND ADDRESS STRESSORS

01

Use a **stress inventory** to map out the areas of your life causing stress. Ask:

- “Is this stress within my control?”
- “If not, can I change how I respond?” Neuroscientist Dr. Robert Sapolsky’s work emphasizes the importance of distinguishing between **controllable** and **uncontrollable stress**. Focusing energy only on what you can influence reduces mental strain.

CREATE REALISTIC EXPECTATIONS

02

Most stress stems from **unmet** or **unrealistic expectations**. You expected one thing and got another. It’s the mismatch that leads to frustration. To counter this:

- Before starting a goal or project, ask: “**What would I like to experience? How would I like this to go?**” Having this clarity helps reduce disappointment.
- Incorporate conversations about **expectations into your daily life**. For example, on Sunday, sit down with your kids and discuss the week ahead: “Here’s what we’ve got going on. What do you hope for? What are your expectations for this event?”

Practical Steps to Manage and *Harness* Stress

RELEASE ACCUMULATED STRESS

03

Stress is **cumulative**—it builds up throughout the day. Your 3 PM overwhelm is not just about 3 PM; it's the weight of everything that came before it. To combat this:

- Release Meditation Technique (RMT):

Several times a day, take 2-5 minutes to reset.

- Close your eyes.
- Release the tension in your body, starting from your feet and moving upward.
- Let go of your thoughts. Repeat the mantra “**release**” with intention.

This practice isn't a luxury—it's essential. By consistently releasing stress, you stop it from building up to a breaking point.

BREAK THE "SOLO MINDSET"

04

Stress often feels heavier when we think we're in this **alone**. One of the biggest **lies we tell** ourselves is that we have to figure everything out **without help**.

But here's the truth: **We need support—and we need to structure it.**

When pursuing your biggest goals or tackling a daunting challenge, build a support system:

- Identify friends, mentors, or groups that can help.
- Actively involve others in your plans.
- Make collaboration a habit, not a last resort.

in summary...

Wellness isn't about being *perfect* or *stress-free*—it's about learning how to *manage stress, release it,* and build the kind of support network that *empowers you.*

With these practices, you can *transform* stress from an obstacle into a *tool* that *sharpens your focus* and *strengthens your resolve.*

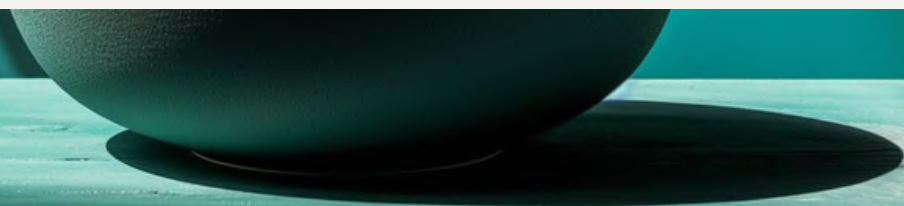
PART 2

JOY: THE ULTIMATE OUTCOME OF WELLNESS

Joy isn't something we stumble upon; it's something we can cultivate, amplify, and share.

*Wellness isn't just
about REDUCING
STRESS or,
MAINTAINING
BALANCE.*

*It's about creating a
life infused with JOY,
VIBRANCY, and
POSITIVE ENERGY.*



REACTIVE JOY

SOMETIMES, **JOY HAPPENS TO US**. IT'S SPONTANEOUS, LIKE THE SOUND OF A BABY'S LAUGHTER OR THE WARMTH OF A SUNNY DAY. **THESE MOMENTS ARE BEAUTIFUL, BUT THEY'RE UNPREDICTABLE**. SURROUNDING YOURSELF WITH POSITIVE, UPLIFTING PEOPLE AND ENVIRONMENTS MAKES THESE EXPERIENCES MORE LIKELY, BUT THEY'RE STILL **OUTSIDE YOUR CONTROL**.

STRATEGIC JOY

THIS IS THE JOY WE CAN **CREATE INTENTIONALLY**. LIKE A POWER PLANT THAT GENERATES ENERGY, WE HAVE THE CAPACITY TO TAKE THE ENERGY AROUND US, TRANSFORM IT, AND RELEASE IT BACK INTO THE WORLD AS **POSITIVITY AND JOY**.

GENERATING JOY

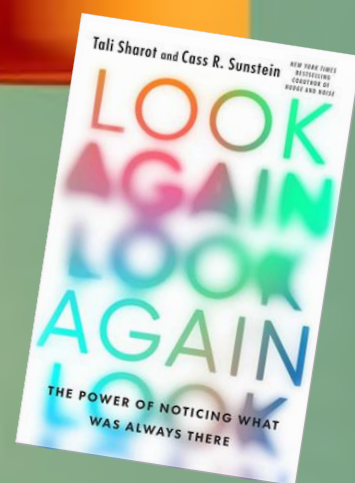
01 Daily Joy Rituals. Every morning, ask yourself: “What can I do today that will bring me joy?”

02 Surprise Someone. Joy multiplies when shared. Think about who you could surprise today. Acts of kindness ripple, bring joy to both you and the recipient.

03 Practice Daily Appreciation. Many of us lack joy because we’ve forgotten to pause and appreciate what we have and who we are.

04 Plan Long-Term Anticipation. Our brains **love** anticipation. Plan at least **two special events each year**, like a trip or a celebration with loved ones.

05 Reflect on Beautiful Moments. Once a week or month, scroll through your photos. Create folders like “Funny Moments” or “Beautiful Memories.”



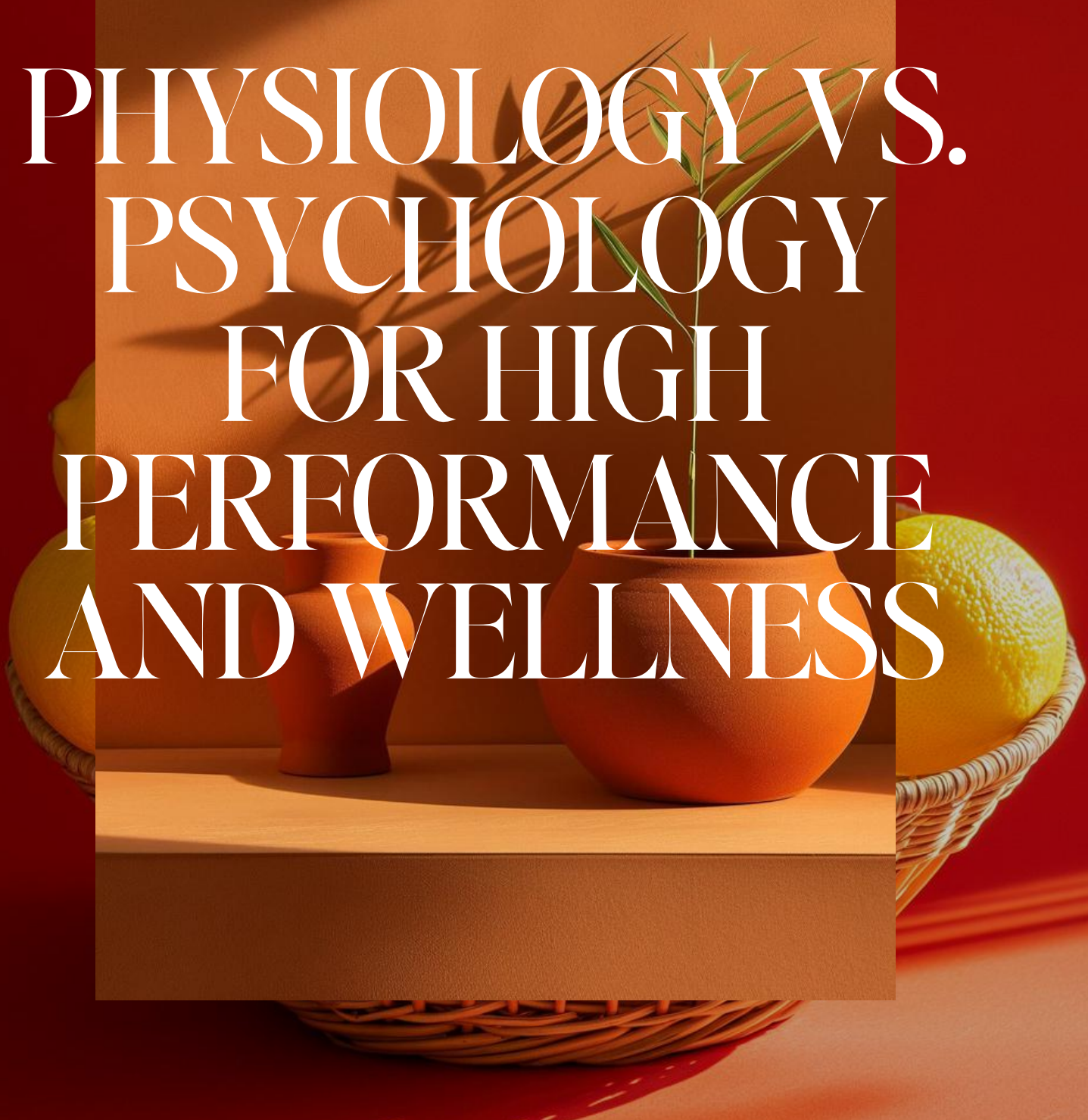
↗
*great book
that talks
about this idea
beautifully.*

CONSIDER THIS

What will you do
TODAY to bring
more JOY into
your life—and
the lives of
OTHERS?

PART 3

PHYSIOLOGY VS. PSYCHOLOGY FOR HIGH PERFORMANCE AND WELLNESS

A still life composition featuring two terracotta vases, lemons, and a palm frond against a warm orange background. The scene is set on a light-colored wooden surface. A large, round terracotta vase sits on the right, with a smaller, more slender one to its left. A woven basket containing lemons is partially visible on the right. A palm frond is positioned behind the vases, casting shadows. The background is a solid, warm orange color, and the lighting creates soft shadows on the surface.

Think *of these* Interconnected Components



PSYCHOLOGY: OUR
MINDSET AND
EMOTIONAL
STATE, WHICH
DRIVE OUR
BEHAVIORS.

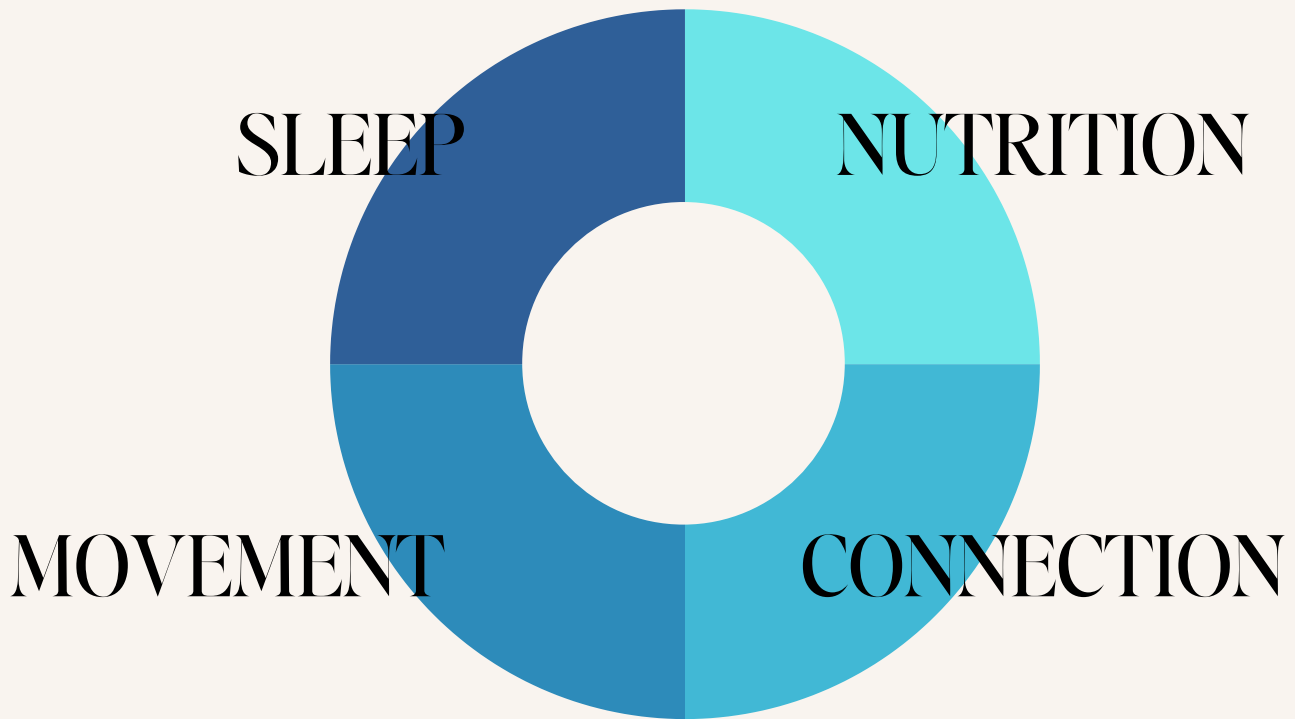


PHYSIOLOGY: OUR
PHYSICAL
PRACTICES, WHICH
FUEL OUR ABILITY
TO PERFORM AND
FEEL WELL.

WHEN OUR **PSYCHOLOGY** SUFFERS, WE MAKE
POOR CHOICES. WHEN OUR **PHYSIOLOGY**
SUFFERS, WE LACK THE **ENERGY** AND
RESILIENCE TO MAKE **GOOD DECISIONS**.

TOGETHER, THEY FORM A FOUNDATION OF
WELLNESS.

THE FOUR PILLARS OF PHYSIOLOGY



1

Stop thinking of sleep as REST. Think of it as **RECOVERY**.
(dishwasher cleaning debris of the day)

2

Regular movement accelerates your heart rate, boosts energy, and helps you **feel alive**.

3

Nutrition directly affects your **energy, mood**, and ability to **perform**. Identify allergies, deficiencies, and dietary needs.

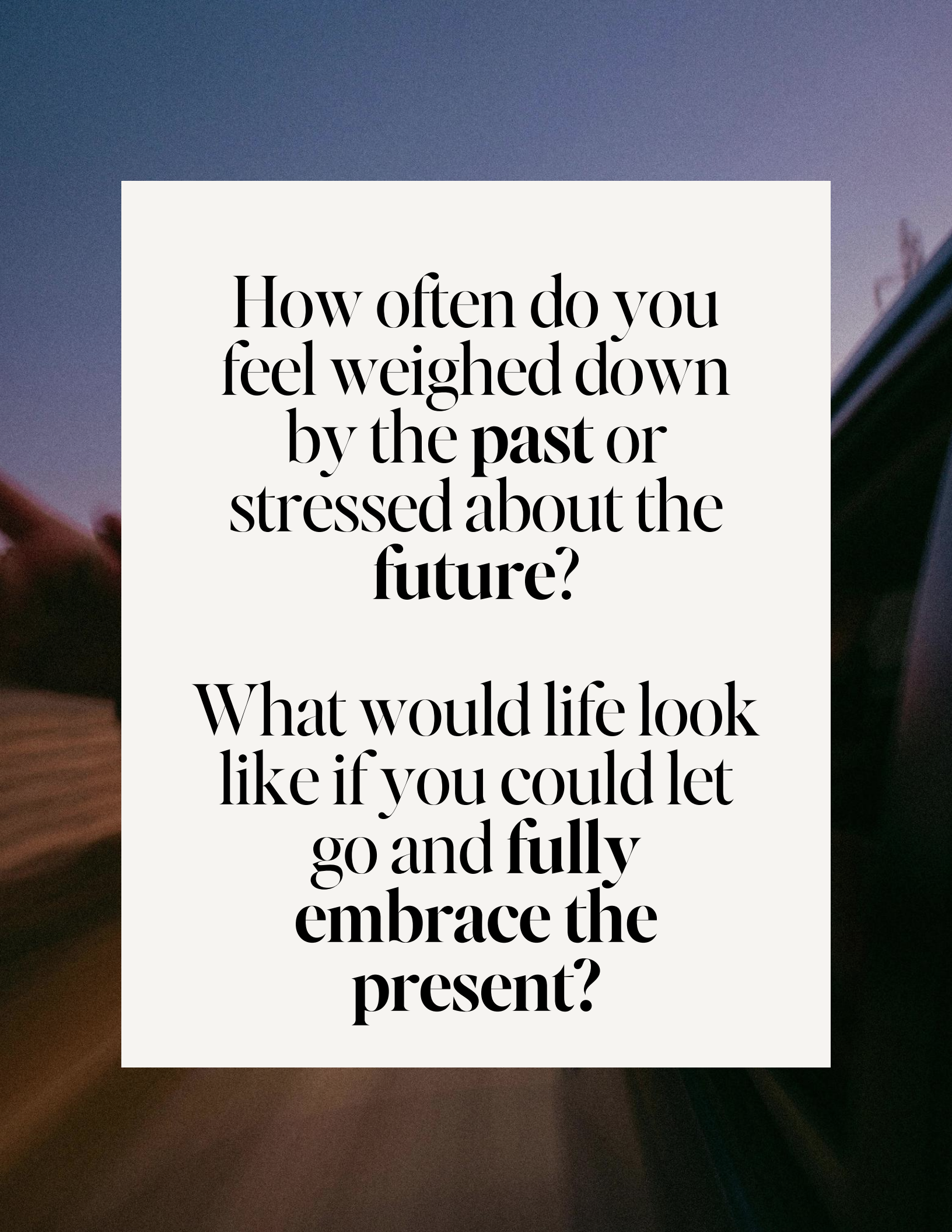
4

Many of us live in **reaction** mode, disconnected from our physical selves. **Connection also involves being connected to your own body.**

A hand holding a glass of orange juice is positioned on the right side of the frame. Below the hand, a pool of water reflects light, creating a shimmering effect. In the water, an open book and a white envelope are visible. The book's pages show a photograph of people on a beach and some text. The envelope has the words "COLUMBIA" and "HII" printed on it. The overall scene suggests a moment of reflection or a connection between the physical world and the digital or literary world.

PART 4

BEING PRESENT: THE ART OF LETTING GO



How often do you
feel weighed down
by the **past** or
stressed about the
future?

What would life look
like if you could let
go and **fully**
embrace the
present?

The 3 Dimensions Of Letting Go



RELEASING THE PAST

The Problem: Carrying the emotional baggage of past traumas, regrets, or dissatisfaction keeps us stuck. The

Solution: Ask “What good came from that experience? Who or what guided me here?”



MANAGING ANTICIPATION STRESS

The Problem: Worrying about the future steals joy from the present. Anticipation stress poisons our day with problems that haven't yet happened. **Solution:** Replace worry with strategic thinking. Focus on action steps without emotional baggage.



FINDING SATISFACTION IN THE PRESENT

The Problem: When we carry dissatisfaction or the story of “not fair,” we project neediness and resentment into the present. This creates a barrier to joy and connection. **Solution:** Shift your mindset to gratitude and satisfaction.

A Few ACTIVITIES

THE WORRY AUDIT

Column 1: Write down **current worries**.

Column 2: For each worry, ask:

“Is this a future problem?”

“What action can I take to address it?”

“Can I release this and focus on the present?”

THE GRATITUDE LENS

Reflect on your **past** for 3 minutes and identify:

One challenging moment that led to growth.

One **person** who supported you during a difficult time.

One **beautiful** moment you cherish.

THE PRESENT PAUSE:

Close your eyes, take three deep breaths, and say silently: “**Thank you for this moment of freedom.**”

Ask yourself: “**How can I be fully here, right now?**”

WHAT'S ONE THING YOU CAN DO TODAY TO DIRECT YOUR ENERGY TOWARD CREATING YOUR IDEAL FUTURE?

SHIFT FROM WORRY TO ACTION?

You can't spend your **energy on worry** and **create the future you desire** at the **same time**.

Every time you release worry, **you reclaim energy for what truly matters**—your joy, your growth, and your vision for the life you want to build.

Choose wisely, because your energy is your power.





PART 5

PURPOSE

CONNECTING TO

SOMETHING

LARGER THAN

YOURSELF

CONSIDER

Have you ever felt **capable**
but **lost**? You're doing all
the right things, but
something still feels
missing.

That's often a signal that
we've **lost connection** with
our purpose.

A white ceramic bowl is positioned on a white surface, likely a shelf or table, in the lower right corner of the image. Behind the bowl is a large, thick red book with a textured cover. The lighting is soft, creating gentle shadows.

3 hints to discover purpose.

You Are Unique.



OUT OF 7 BILLION PEOPLE, THERE'S **NO ONE ELSE LIKE YOU**. THE WAY YOU THINK, INTERACT, AND SHOW UP IN THE WORLD IS ENTIRELY UNIQUE. THIS **ISN'T A COINCIDENCE**—IT'S A CLUE.

Own your uniqueness. Stop apologizing for it or minimizing yourself to fit in.

Celebrate the things that make you different, and ask: *"How can I live more authentically as myself?"*

Connection is Essential



HUMANS ARE WIRED FOR **CONNECTION**. WHEN WE'RE DISCONNECTED, WE SUFFER. PURPOSE OFTEN LIES NOT IN YOUR CAREER OR ACHIEVEMENTS BUT IN THE **PEOPLE RIGHT IN FRONT OF YOU**.

Focus on authentic **relationships**. Deepen your connections with family, friends, and community.

Ask: *"How can I celebrate and care for the people in my life today?"*

Service Creates Meaning



EVERYONE HAS **PROBLEMS**, BUT PURPOSE EMERGES WHEN WE FIND WAYS TO ADD VALUE TO OTHERS. SERVING OTHERS **CONNECTS** US TO SOMETHING GREATER **THAN OURSELVES**.

Challenge yourself to **find meaning** in what you do.

Ask: *"Why is what I'm doing important? How is it helping others?"*

Shift your mindset from *"I have to do this"* to *"I get to contribute."*

FINDING PURPOSE IN PAIN

When horrible things happen, it's natural to ask, "*Why did this happen to me?*" **But this question often leads to despair.**

ASK A BETTER QUESTION:

THE SOLUTION

Instead of "Why?" ask: "***Because of what happened, how can I use this to create light in the world?***"

WHAT THIS COULD LOOK LIKE:

Reflect on a difficult experience in your life. Ask:

"How can I use this to be a better person?"

"What lesson or strength did this experience give me that I can share with others?"



REMEMBER:

Purpose isn't something we find—it's something we create by aligning our uniqueness, connections, and service to others.

Purpose gives us energy, and where we direct that energy shapes our lives.

A photograph of a white ceramic coffee cup filled with a dark liquid, sitting on a matching white saucer. The cup and saucer are placed on a light-colored, textured surface. The background is a warm, golden-brown color with soft, out-of-focus light patterns, creating a cozy and inviting atmosphere.

IN SUMMARY

WELLNESS AND GOAL ACTUALIZATION

LAST CLASS WE LEARNED THAT to achieve our dreams, we need to sustain high levels of **energy** and **motivation**. These are outcomes of how well we manage our physical and emotional well-being. We need to feel **congruence, connection** and **contribution** to feel **WELL**.

Clarity of Purpose: Successful people are clear about who they want to be, how they want to show up, and the skills they need to create meaningful lives.

And today...

STRESS: UNDERSTANDING AND MANAGING ITS ROLE IN WELLNESS

JOY: CULTIVATING HAPPINESS AS A STRATEGIC PRACTICE

PHYSIOLOGY VS. PSYCHOLOGY: BUILDING ENERGY FOR PERFORMANCE

BEING PRESENT: LETTING GO OF THE PAST AND FUTURE

PURPOSE: CONNECTING TO SOMETHING LARGER THAN YOURSELF

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