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Feel your best to be your best

Feeling your best involves maintaining good health habits such as proper sleep, nutrition, and regular exercise. These practices are vital for optimal performance and well-being.



Advance Leadership Skills

METADATA

Self-Awareness and
Self-Control

Self-Care

Stress and Burnout

Time and Resource
Management

Decision Making and
Problem Solving

Top 10 Teaching Points

01

Optimize your health by proactively creating a sleep routine with consistent nighttime rituals.

02

Sleep deprivation can have a profound impact on your mental and physical health.

03

Avoid screens, junk food, and confrontational conversations at least an hour before bed.

04

Focus on nutrient-dense whole foods and limit processed and junk foods.

05

Learn to cook easy, healthy, cost-effective meals using simple, affordable, healthy ingredients.

06

Drink mostly water and herbal teas and limit soft drinks and alcohol.

07

Proactively plan healthy snacks and meals in advance.

08

Follow a simple 1-minute guided meditation to calm your "Monkey Mind."

09

Take short breaks from work or screens to walk outside at least once every hour.

10

Aim to move your body for at least 30 minutes each day.

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01

What steps have you incorporated into your nightly routine to enhance your sleep quality? How have these changes impacted your overall well-being?

02

Reflect on your current diet, how do you balance convenience and nutrition, and what role do simple, nutritious meals play in your daily life?

03

As someone potentially new to meditation, how do you approach integrating this practice into your daily routine? What benefits have you noticed from calming your "Monkey Mind"?

04

With sedentary lifestyles becoming more common, what strategies do you use to ensure you incorporate movement into your day, especially if you have a desk job?

05

How do you plan and prepare your meals and physical activities to align with your health goals? Can you share how these preparations help maintain your physical self-care regime?

Questions to Ask for Dialogue

Key Takeaways

01

Nutritional choices

02

Sleep hygiene practices

04

Proactive health management

03

Incorporating daily movement

05

Meditation and mental clarity