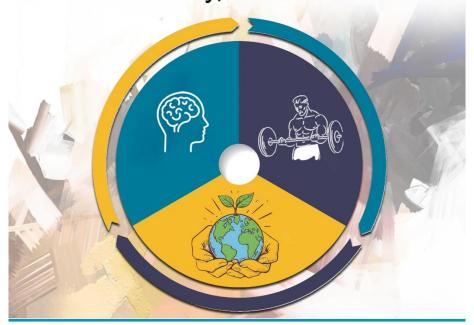
Companion Worksheets For

ONE SINGLE PUSHUP

Lift Up Your Mind, Body, & Soul



BRADLEY C. BERTONIERE

Your "Who Am I" Exercise
Category: Mind 1. Focused Mindset /10 Why that score?
2. Emotional Health /10 Why that score?
3. Intellectually Challenged /10 Why that score?
4. Creatively Expressed/10 Why that score?

Category: Body
1. Potential Energy/Diet/10
Why that score?
2. Kinetic Energy/Exercise/Movement/10 Why that score?
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3. Sleep/Rest /10 Why that score?

Category: Soul 1. Spirituality/Mindfulness/10
Why that score?
2. Human Connection/Love/10
Why that score?
3. Soul Integrity /10
Why that score?

Category: Putting It All Together 1. Financial Well Being /10 Why that score?
2. Professional Development/10 Why that score?
3. Sense of Adventure /10 Why that score?
4. Character /10 Why that score?
5. Legacy/10 Why that score?

Your "What Do Others See?" Exercise

Read the following paragraph and then close your eyes and think about it.

If I close my eyes and imagine my soul leaving my body and floating above me a few yards away and looking down at myself, what would I see? Take your time and analyze as many details as you can. The details can include anything that catches your eye. Examples: What are you wearing? Are your clothes comfortable? Do they fit properly? What is your race/ethnicity? How are you sitting? Does it look natural? Are you overweight? Can you tell your profession from this vantage point? Do you need a haircut? Shave? Now think about how others might view your accomplishments and achievements. How does your partner view you? What does your best friend see? What does your Mom or Dad see? What personas do you encompass, depending on what situation you are in?

Your Answer:		
-	 	

Ideal		
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Exercise 1

Think about it for a few minutes and then begin writing it down. You can describe a summary of your ideal life or write about your ideal day in your ideal life like I did. This is a great exercise to	
magine who you would like to become.	

Exercise 2

Another exercise to envision your ideal life is to use the Mind, Body, Soul framework from Chapter 1. Choose the top 3 subcategories you would like to change and write about what your ideal life would look in relation to those three subcategories. This is a great exercise to imagine who you would like to become and can help determine what actions you must take in the present in order to get there.

Mind:

- 1. Focused Mindset
- 2. Emotional Health
- 3. Intellectually Challenged
- 4. Creatively Expressed

Body:

- 1. Potential Energy/Diet
- 2. Kinetic Energy/Exercise/Movement
- 3. Sleep/Rest

Ideal Life
(Cont.) Exercise 2
Soul:
1. Spirituality/Mindfulness
2. Human Connection/Love
3. Soul Integrity
Putting Them All Together:
1. Financial Well-Being
2. Professional Development
3. Sense of Adventure
4. Character
5. Legacy
Subcategory 2:
Subcategory 3:

Great Job!

Mind Self-Assessment

Let's spend a little time measuring how you are doing in the categories that make up your mindset. If you already looked at this in your initial self-assessment, let's dig a little deeper into each category and try to find ways to improve your mind.

Focused Mindset: Your ability to focus on controlling your choices and

Mind Self-Assessment:

actions. Do you spend more time on autopilot when it comes to consuming,
or are you making choices on purpose and within the confines of the habits
you are striving to develop or remove?
/10
Why?
What action will you take to improve this? (Track habits, Read Atomic Habits,
etc.)

How will you track your progress? (Download app, notes app, excel, etc.)
Emotional Health:
Your ability to take a deep breath and not instantly lash out with raw
emotions when something happens that you don't like (I.e., emotional intelligence). Do you feel a balance of all emotions humans feel (happiness, sadness, anger, etc.)? Do you talk to others about what's going on in your
mind and your feelings, or do you keep it bottled up inside? Is there Trauma
that's still holding you back?
/10
Why?
What action will you take to improve this? (Take deep breaths before speaking, reduce social media usage, seek psychological help from a professional, etc.)

How will you track your progress? (Download app, notes app, excel, etc.)
Intellectually Challenged:
Do you have a learning mindset? Are you curious? Are you bored at work?
Are you learning something new? Are you currently earning but not learning at your current job? Do you have a hobby? Are you friends with people that don't share the same religion or politics as yourself on social media, or have you crafted a safe bubble with those that agree with you?
/10
Why?
What action will you take to improve this? (Gratitude journal, meditation, etc.)

How will you track your progress? (Download app, notes app, excel, etc.)

Creatively Expressed:
Do you create? Do you paint, draw, write, record, garden, sew, play music, etc.? Do you express your ideas in meetings?
/10
Why?
What action will you take to improve this? (Read a book about woodworking, take a painting class, take music lessons, start a journal, etc.)
How will you track your progress? (Download app, notes app, excel, etc.)

Body Self-Assessment

Let's spend a little time measuring how you are doing in the three pillars of taking care of your body. If you already looked at this in your initial self-assessment, let's dig a little deeper into each category and try to find ways to improve your body.

Body Self-Assessment:

Potential Energy/Diet-

Are you tracking your calories? Are you eating enough protein, carbs, and fats? Are you taking care of your gut bacteria? Are you hydrated enough. Are you preparing your own meals more frequently, or do you have an annual pass for Door Dash?

/10
Why?
What action will you take to improve this? (Track calories, cook your own meal, etc.)

How will you track your progress? (Download app, notes app, excel, etc.)
Kinetic Energy/Exercise/Movement: Are you exercising regularly? Are you tracking your daily steps? If so, are you achieving more than 5,000 steps per day? 10,000? 15,000? Are you practicing progressive overload? Are you comparing yourself to who you were yesterday and doing more than that person?
/10
Why?
What action will you take to improve this? (Buy Apple Watch, go for a walk today, etc.)
How will you track your progress? (Download app, notes app, excel, etc.)

Rest/Sleep- Are you getting 8 hours of sleep each night? Do you have consistent sleep times? Are you in sync with circadian rhythms? Are you waking up feeling well-rested and refreshed? Are your muscles sore several days after working out?
/10
Why?
What action will you take to improve this? (Track sleep, start going to bed a the same time daily, etc.)
How will you track your progress? (Download app, notes app, excel etc.)

Soul Self-Assessment

Let's spend a little time evaluating the well-being of your soul. If you already looked at this in your initial self-assessment, let's dig a little deeper into each category and try to find ways to improve or free your soul.

Soul Self-Assessment:

Spirituality/Mindfulness:

Do you feel connected to a higher power? Are you present in the moment or always stressing about the future? Do you feel the energy that connects all living things together? Are you able to mentally remove yourself from the chaos around you and see clarity and direction? Do you pray or meditate?

/10
Why?
What action will you take to improve this? (Go to church, pray, meditate etc.)

How will you track your progress? (Download app, notes app, excel, etc.)

Human Connection/Love: Are you in a long term, committed relationship with another human? Short term? Contractual? Do you feel the love expressed by others towards you?
term? Contractual? Do you feel the love expressed by others towards you? Do you openly express your love to others? Do you spend time with those that you love without being distracted by devices or worrying about the future?
/10
Why?
What action will you take to improve this? (Call your mom, take a coworker to lunch, etc.)
How will you track your progress? (Download app, notes app, excel, etc.)

Soul Integrity:
Are you pretending to be someone you are not? Do you go against what you stand for in exchange for something else? Do you listen to your gut?
/10
Why?
What action will you take to improve this? (Stop pretending to be someone you're not, listen for signs from your gut, etc.)
How will you track your progress? (Download app, notes app, excel, etc.)