

Living With The “F Words” In Your Life

Probus Club of Applewood Mississauga
September 14, 2023



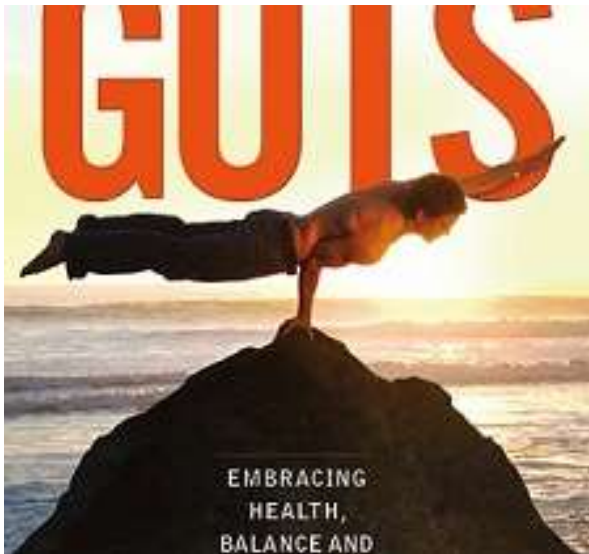
Life Explained

by

Paulo Coelho







- Workshops, Retreats
- Presentations / Talks
- Book
- Coaching / Mentoring
- Online course
- Research

During Our Time Together

Embracing Wellbeing, Resilience, and
Mental Fitness



The Art and
Science



The “**F Words**”

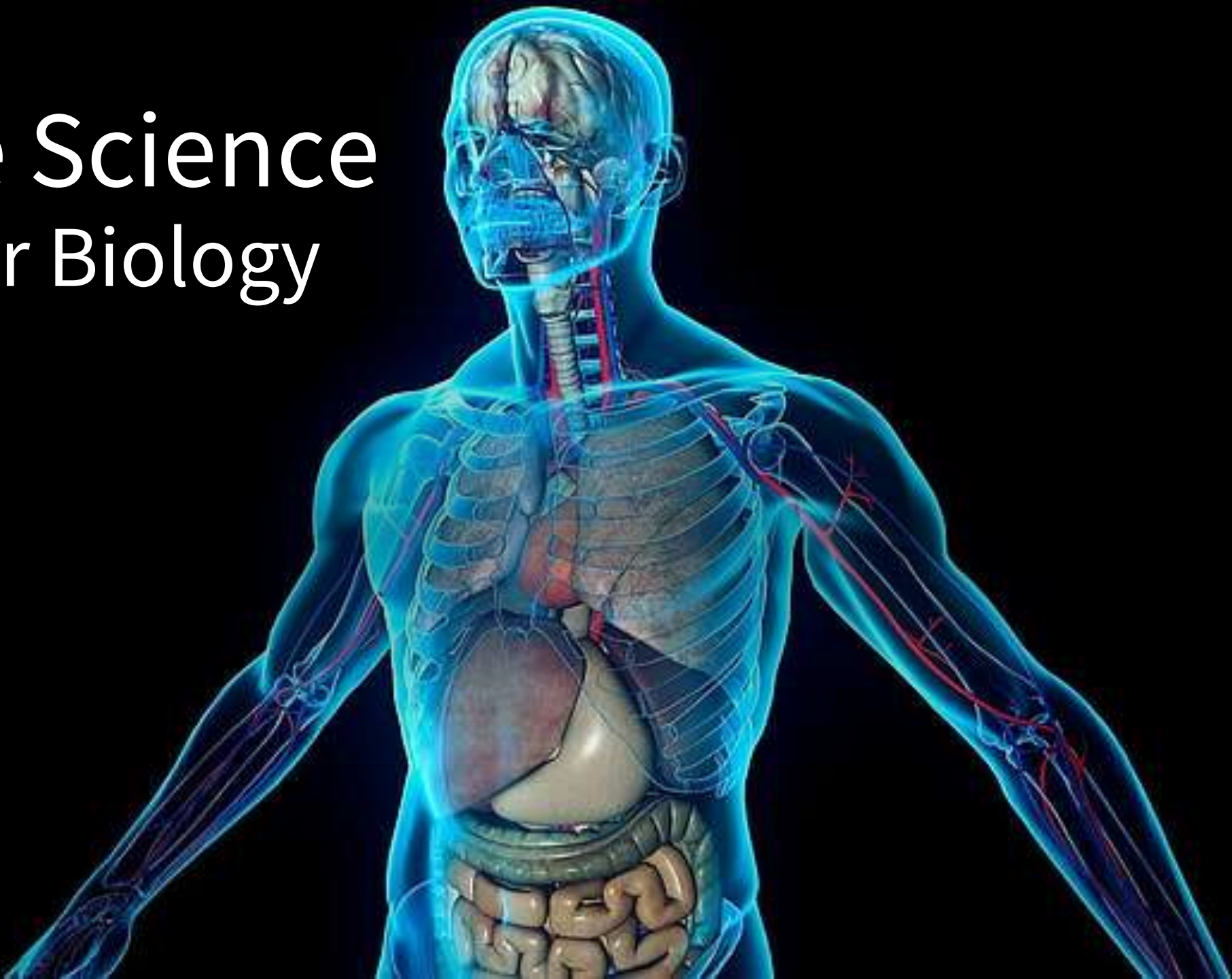


Three **TIPS**

The Art and Science of Life and Wellbeing

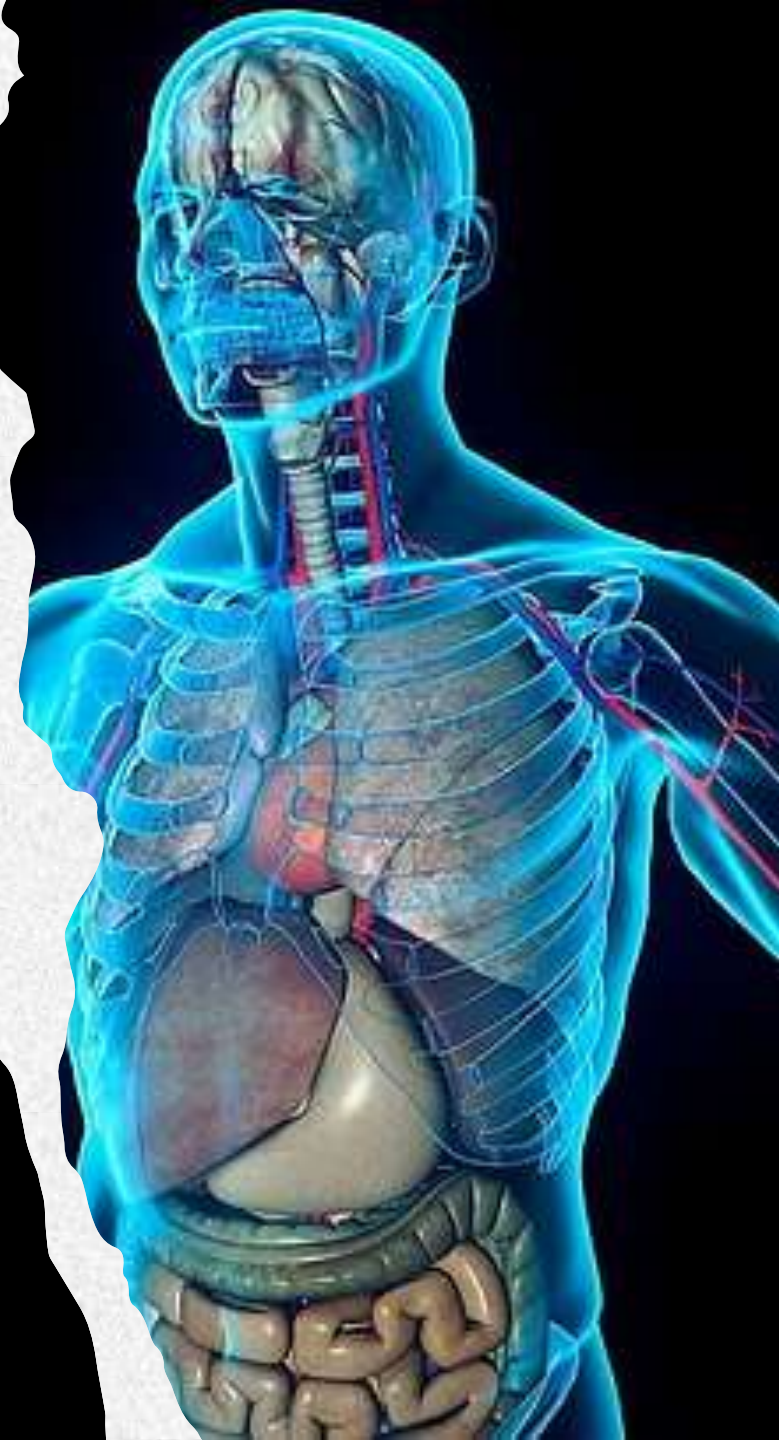


The Science Our Biology





Impressively
Made





Unique and
Extremely Rare

10 in 2 trillion
chance of another you

A 3D rendered scene depicting a race. In the foreground, a large, stylized yellow figure is shown in a celebratory pose, arms raised, holding a long red ribbon that trails behind it. In the background, several smaller, grey, stylized human figures are running towards the right, following the path of the yellow figure. The background is a simple gradient from light to dark grey.

Exceptional and Accomplished
You Won the Race



Extraordinary Value



Blending the Science with the Art



The Art Our Biography



Travelling On The Road of Life

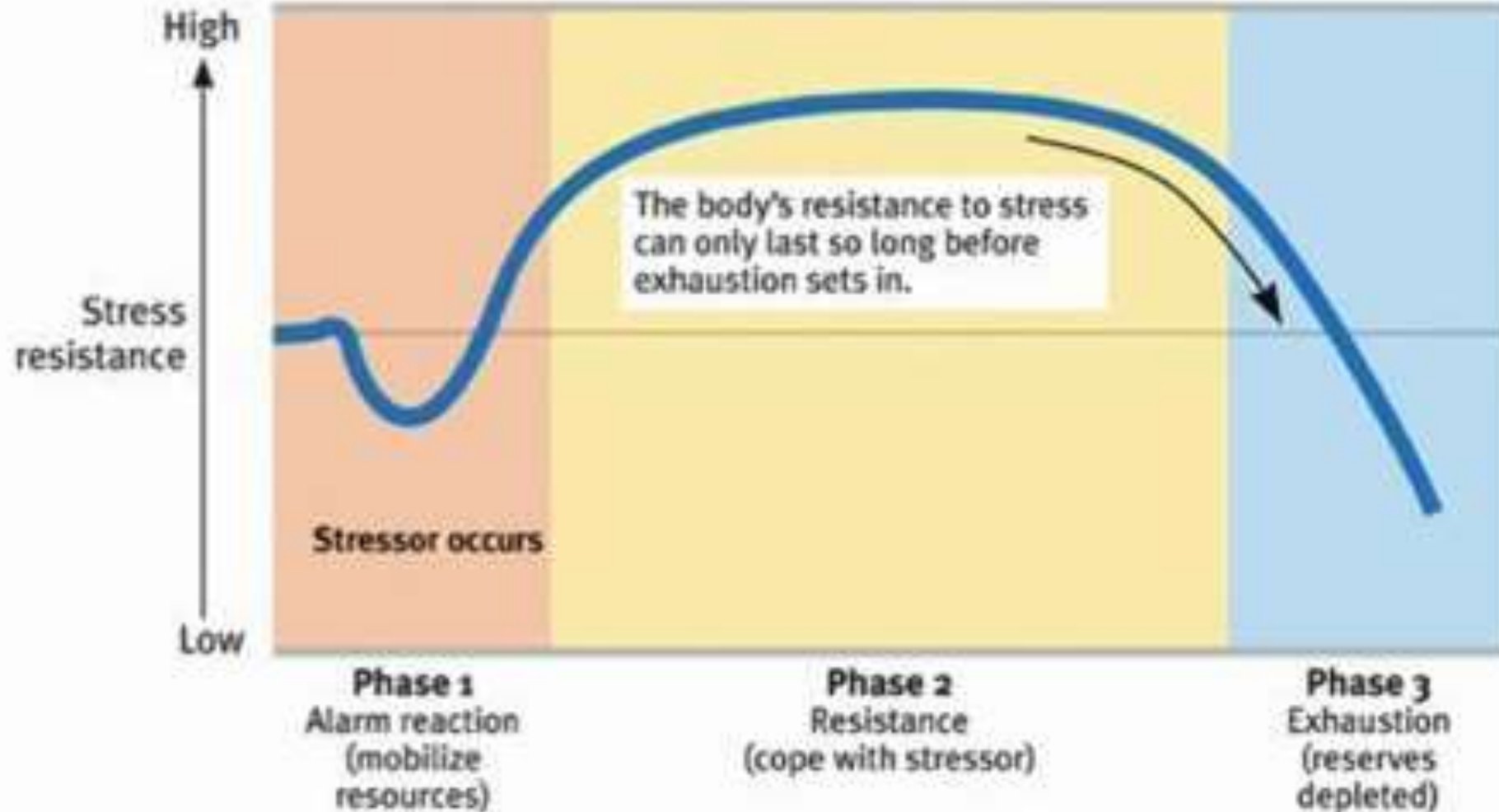


Stress

- Fuel – Chemical cocktail
- Instability - No homeostasis
- Affects us:
 - Physically
 - Mentally
 - Emotionally
- Weakens immune system



GAS - General Adaptation Syndrome













Our Biography Becomes Our Biology

The Art of Living Our Life
Impacts

The Science of Our Body

*Our bodies break
down to give us a
message.
Often, it's a message
we've been ignoring.*

Dr. Bernie Siegel



“Why do you need this illness?”

“What benefits do you derive from it?”



How can an illness or disease be a gift?



Back to the Basics

Consider how the art of living impacts
the science of health and wellbeing

Health and Wellbeing

A state of complete physical, mental, and social wellbeing, and not merely in a state that is absence of disease or infirmity.

True health and wellbeing enables us to cope with the stresses of life, realize our abilities, learn well, work well, and contribute to our community.



Health and Wellbeing

*It's more than physical.
It's about balance within
A number of areas in our life.*

*We are well when we have peace of mind with
Ourselves, our family, and our finances.*

*We are well when we are able to pursue
What matters most in our life,
And when we can lend a hand to others.*



Our Basic Human Needs

Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

Our human need for..

BPLUSS

Belong

Purpose

Love

Understanding

Significance

Security

—

Meeting our needs through the “**F Words**”



A close-up photograph of a car's front wheel and tire. The silver alloy wheel hub is prominent on the left, with a red 'V' logo visible. The black tire has a distinct tread pattern. The car's white body is visible in the upper left, and the dark undercarriage is seen in the background. The ground is a dark, flat surface.

How well does your wheel roll?









How will you pump up your wheel?

Integrate the “F Words”



FAMILY



FITNESS



FRIENDS



FINANCE



FUN



FAITH

*Begin with the
end in mind.*

Stephen R. Covey





35% Buried



65% Cremated



60% will end life in a hospital



40% will die in a care facility







*If we wish to die well,
we must learn how
to live well.*

The Dalai Lama

*As long as you live,
Keep learning how to live.*

Lucius Seneca the Younger



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*Death is very likely
the single best
invention of life.
It's life's change agent.*

Steve Jobs

*If you reach the age of 105 and continue to live your life,
and order your time the way you are right now,
what regrets do you think you will have?*

Begin your answer with, “I wish I had”

Do not include things from the past. Only include what you will regret if you continue your exact present path.

Are You Still with Me?

- The Science – Our biology
- The Art – Our biography or life story
- Our Basic Human Needs – **BPLUS**
- Meeting Our Needs – The **F Words**
- Begin with The End In Mind – Our passing, our death





CAR
INSURANCE

Three **TIP**s For The Road
To Improve Performance

A close-up photograph of a hand holding a black gas pump nozzle, which is inserted into the fuel tank of a silver car. The car's red taillight and dual round taillights are visible on the right side of the frame. The background is a soft-focus green field.

The **GAS** you use to
protect your
vehicle and keep it
functioning well.



TIP # 1

Build Your Resistance

Universal Prescription

*The best six medicines anywhere
And no one can deny it, are*

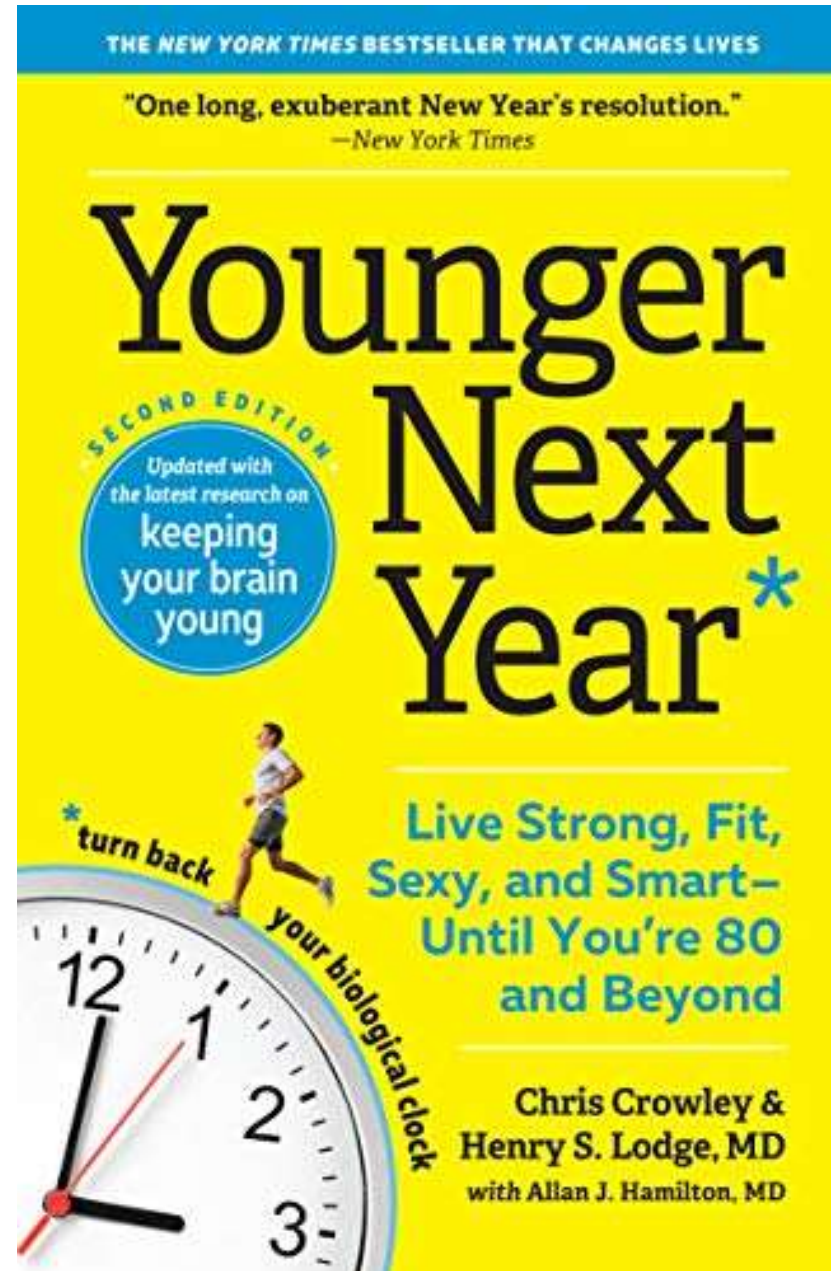
Sunshine, Water,

Rest and Air,

Exercise and Diet.

*These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.*

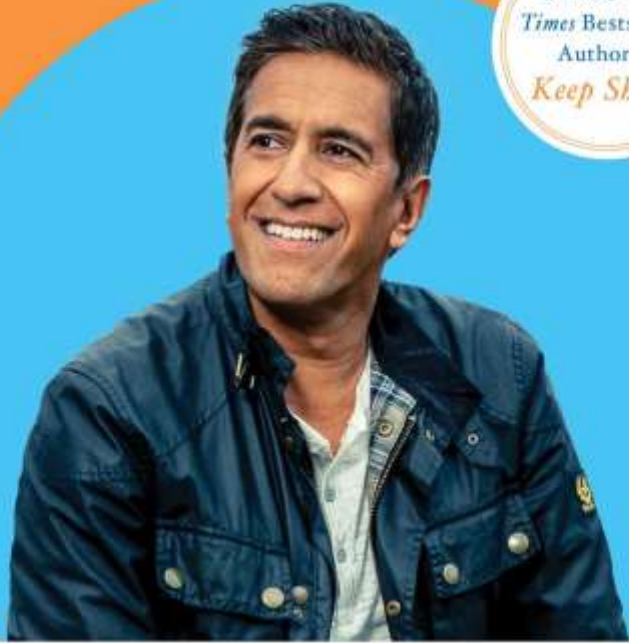




CNN CHIEF MEDICAL CORRESPONDENT

Sanjay Gupta, MD

#1 New York
Times Bestselling
Author of
Keep Sharp



12 WEEKS *to a* SHARPER YOU

— *A Guided Program* —

Build a Better Brain at Any Age

-
- Feel less anxious
 - Sleep better
 - Improve energy
 - Think more clearly
 - Be more resilient to stress

TIP #2

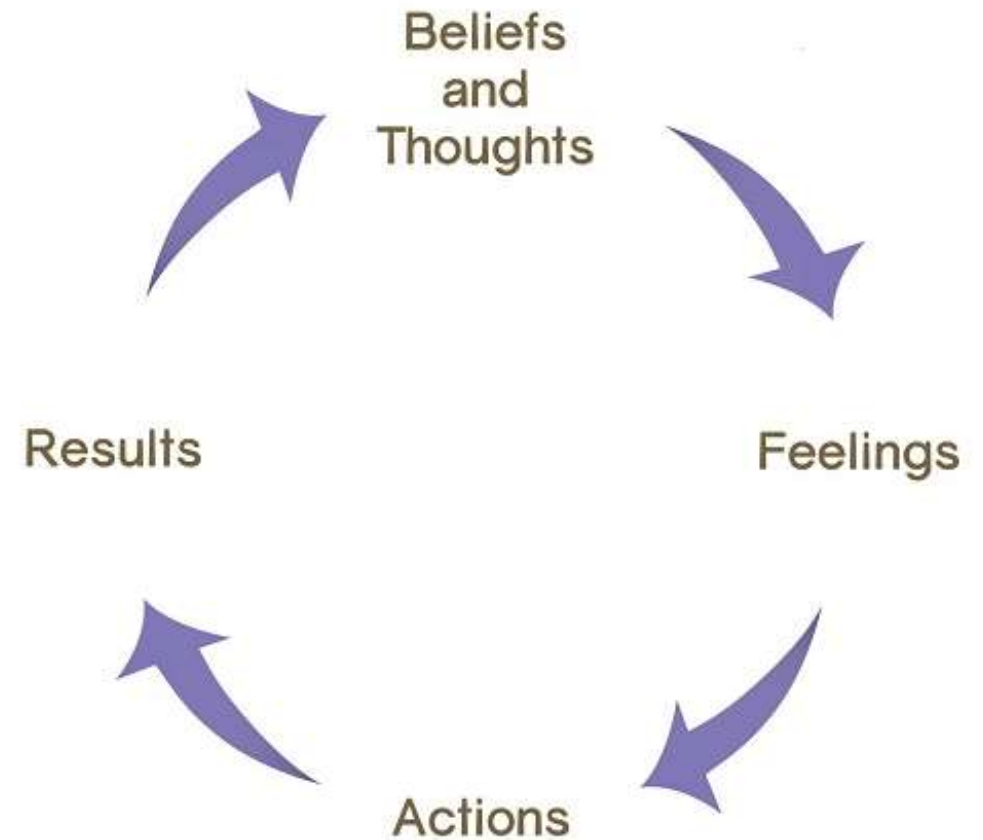
Grow Your Mental Fitness Muscles

Strong mental fitness enhances:

- Performance
- Relationships
- Peace of mind and wellness



What You Think Matters





It's a Battlefield

What's the voice in your head saying?



FAMILY



FITNESS



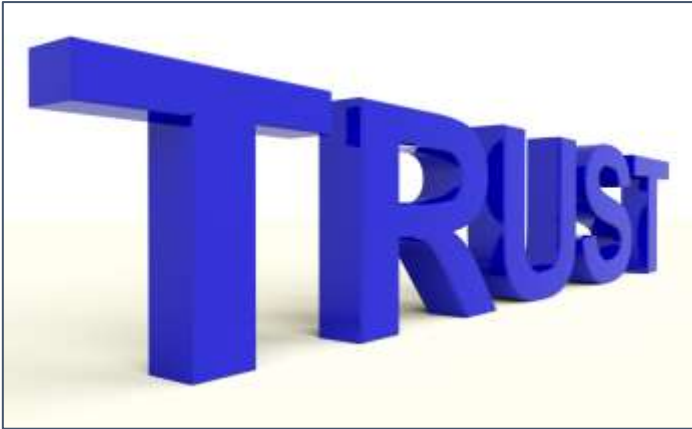
FRIENDS



FINANCE



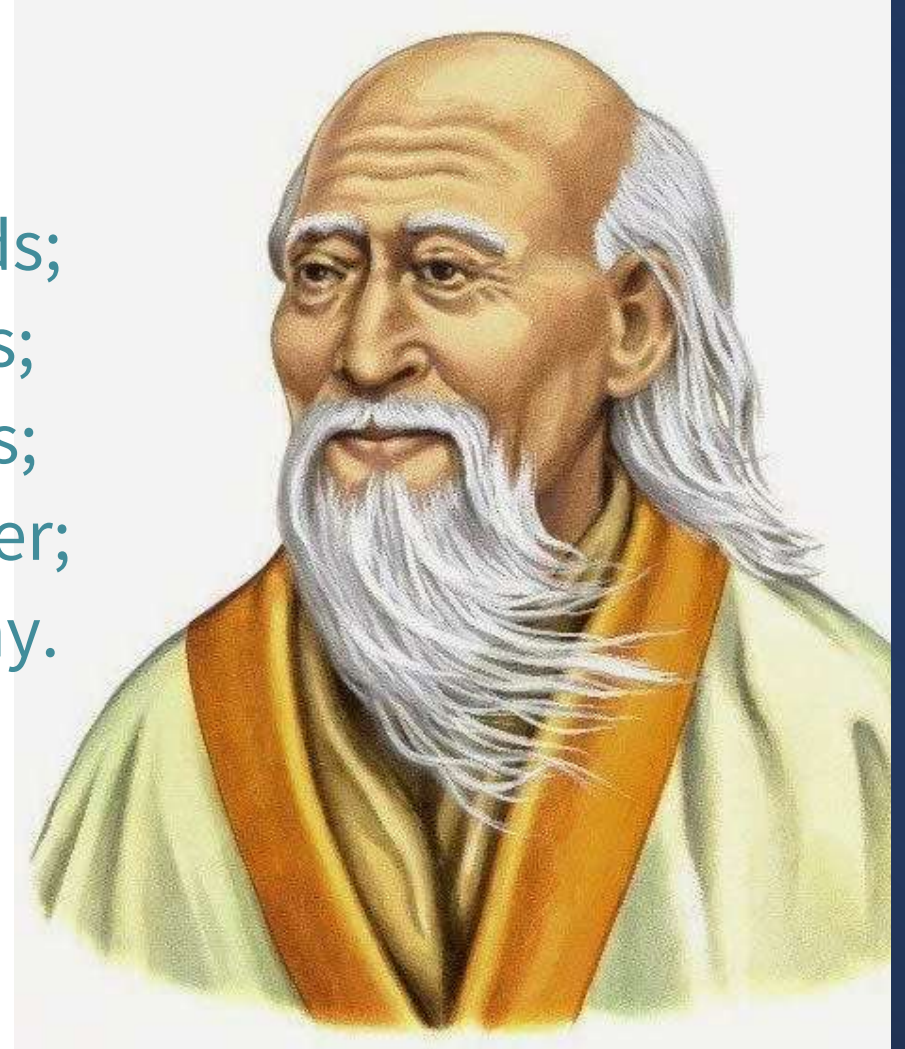
FUN



FAITH

Watch your thoughts, they become your words;
Watch your words, they become your actions;
Watch your actions, they become your habits;
Watch your habits, they become your character;
Watch your character, it becomes your destiny.

Lao Tzu





What To Think About

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—
the best, not the worst;
the beautiful, not the ugly;
things to praise, not things to curse.

Philippians 4:8, Message Bible



TIP #3

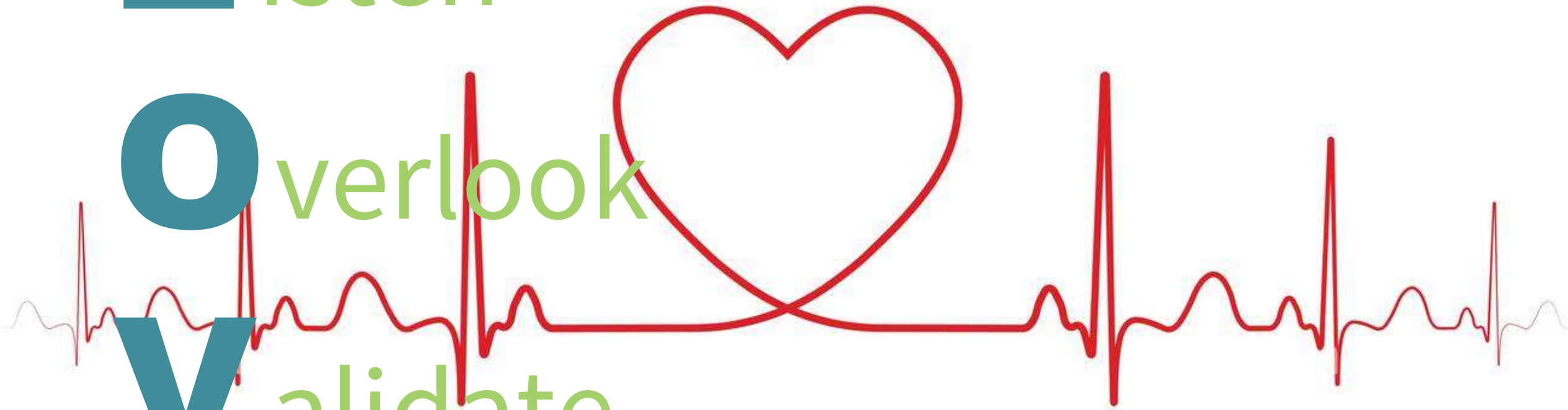
Enhance Your
Spiritual Pulse

Listen

Overlook

Validate

Effort



FORGIVENESS



Three **TIPS** To Improve Performance



Build Your
Resistance



Grow Your Mental
Fitness Muscles



Enhance Your
Spiritual Pulse

GET

UNCOMFORTABLE

TO

SUCCESS

Fulfillment

Find your magnificence

Uplift others

N'joy the journey

In Closing

Embracing Wellbeing, Resilience, and
Mental Fitness



The Art and
Science



The “**F Words**”



Three **TIPs**

Keep Your
Wheel of Life
Well Inflated!



Enjoy Your Travels



Thank You!

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May love and laughter light your days and warm your heart and home.

May good and faithful friends be yours, wherever you may roam.

May peace and plenty bless your world with joy that long endures.

May all life's passing seasons bring the best to you and yours!