

Flour·ish

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verb

verb: **flourish**; 3rd person present: **flourishes**; past tense: **flourished**; past participle: **flourished**; gerund or present participle: **flourishing**

1.

(of a person, animal, or other living organism) grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.

Health and wellness can seem *overwhelming, contradictory, confusing and complicated*. My mission is to make it as easy and simple as possible. I want everyone to be able to be the best version of themselves, at all times, and realize how easily achievable this can be through **4 weekly goals**.

Mental

It's Okay To Say No

If you are a people pleaser this one's for you. If you're not sure, consider these questions...

1. Do you frequently do things for others that you really don't want to do?
2. Do you feel like you have no time for yourself?
3. When you say yes to something do you feel fulfilled after doing it or stressed because you could've been doing something else?

If you are someone who say's no to everything this one is not for you.

It is okay to say no, it's okay to spend the money and time on yourself. Throughout life you are going to meet so many people, experience so many things and create so many memories but the key to happiness is doing what is best for you.

Sometimes saying no means extra money to treat yourself to a much needed massage, buying a new outfit that you feel good in or taking a day trip to that place you've always wanted to. Sometimes saying no creates space to say yes to all of those other things on your own personal wish list or to do list.

When saying yes to please others results in stress on yourself don't be afraid to say no.

Internal

Buffalo Brussels Sprouts

Have fun with cooking! Set a goal to try a new recipe once a week. Our days are all full but creating space to put a little extra love into what is going into our body is a necessity. Here is a super yummy

and nourishing recipe from the Institute for Integrative Nutrition's Recipe Blog, created by IIN graduate, Maria Marlow.

<https://www.integrativenutrition.com/blog/2018/04/recipe-buffalo-brussels-sprouts>

Physical

Push yourself

If you want to look and feel like you never have before, you must do the things you have never done before.

You can plan the most perfect exercise routine, follow the most fit and healthy individuals and read all the latest research on how to be healthy, strong and limber but if you don't push yourself to places you've never gone before, you will never get to the place you want to go.

Here are 5 ideas to help push yourself

1. Create a BOMB playlist where each song makes you feel like you could conquer the world
2. Do a group training class
3. Purchase a heart rate monitor to see exactly how hard you're working
4. Find a phrase, or a few phrases that inspire you so when you're feeling low you can use them to bring you back up
5. After each workout write how you feel, if you are impressed by what you accomplished or if you feel like you could've done more to figure out what your true limit really is

Social

Meetup.com

This website is awesome for getting out in the community! This is a free site where you can explore various interest groups and events in your community. The groups range from accessible wine tastings like the [OpenBottleapp](#), to recreational sports, book clubs, healing groups etc., if you have the interest there is a group somewhere in your town.

Check it out and try to go to at least 2 this month.

Hope you enjoyed this week's Flourish! I will be writing one of these every Sunday evening to give simple advice to bring little doses of health and wellness into your life.

With lots of love,

Dr. Taylor Kunkle, PT, DPT