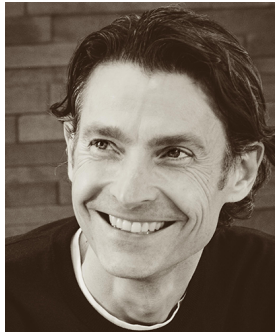


The Simple Six

Practical Actions for a More Fulfilling and Mindful Life



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CAPITALISM
Reimagined

Virtual Event // Real Engagement

the
Great Game
of Business

Conference

Busy Lives?

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A blurred image of a man and a woman running, suggesting a sense of urgency or a chase. The man in the foreground is wearing a dark blue long-sleeved shirt and blue jeans, with a dark jacket slung over his shoulder. He is holding a small object in his right hand. The woman behind him is wearing a dark blue long-sleeved shirt and blue jeans. The background is heavily blurred with horizontal streaks of blue, green, and orange, indicating rapid movement.

What's going on out there?



Wake Up!

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CAPITALISM
Reimagined



MEDITATION

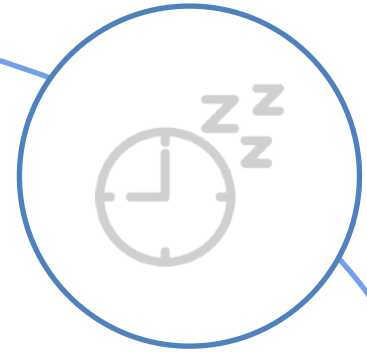
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MEDITATION

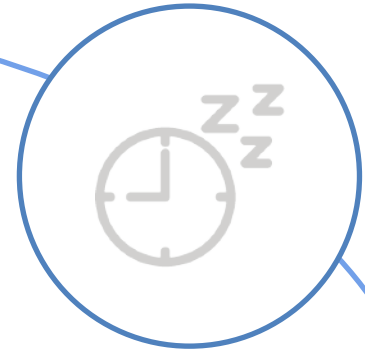


SLEEP

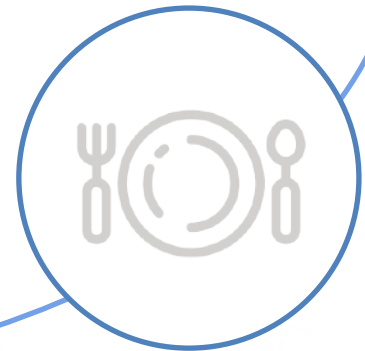
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MEDITATION



SLEEP



NUTRITION

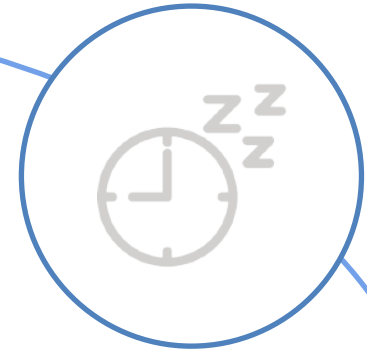
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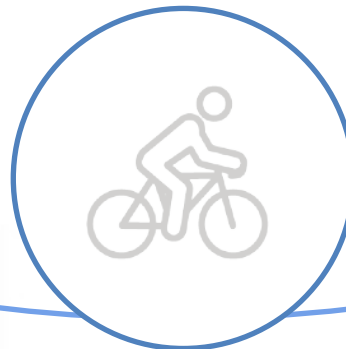
MEDITATION



SLEEP



NUTRITION

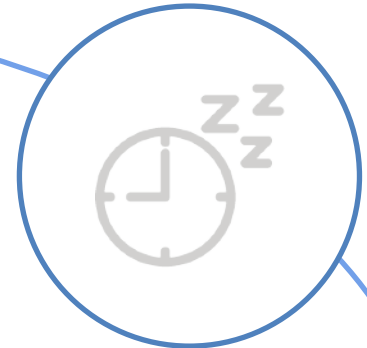


MOVEMENT

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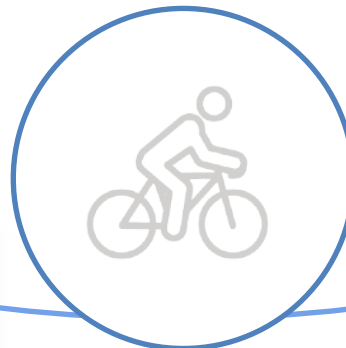
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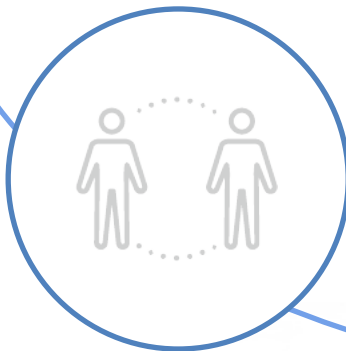
SLEEP



NUTRITION

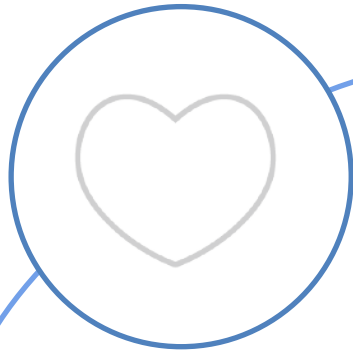


MOVEMENT



CONNECTION

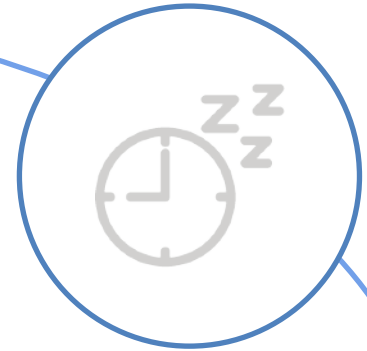
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GRATITUDE



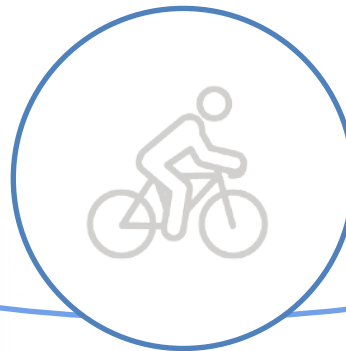
MEDITATION



SLEEP



NUTRITION



MOVEMENT



CONNECTION

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Meditation

What is it?

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What happens when you meditate?

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Why do we do it?

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Self-Assessment

1 2 3 4 **5** 6 7 8 9 **10**

I'm rarely in
the present
moment

Sometimes I'm
in the present
moment

I am fully awake
and in the present
moment at all
times

What makes it so difficult?

Example: I don't have time.

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Let's Try It!

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Dedicate time each day.

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Practice proper posture.

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Sleep

Self-Assessment

1 2 3 4 **5** 6 7 8 9 **10**

I don't make
sleep a priority

I periodically
make sleep a
priority

I consistently
make sleep a
priority

What makes it so difficult?

Example: I love late night TV.

Avoid technology.

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Try a body scan.

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Nutrition

Self-Assessment

1 2 3 4 **5** 6 7 8 9 **10**

I don't make
nutrition a
priority

I periodically
make nutrition a
priority

I consistently
make nutrition a
priority

What makes it so difficult?

Example: I don't like to cook.

Stock and organize
your fridge and pantry.

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*“Real food does not have
a nutrition label.”*



Movement

Self-Assessment

1 2 3 4 **5** 6 7 8 9 **10**

I don't make
movement a
priority

I periodically
make movement
a priority

I consistently
make movement a
priority

What makes it so difficult?

Example: I can't afford a gym.

A brisk walk is underrated.

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Break up your body patterns
and positions during the day.

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Connection

Self-Assessment

1 2 3 4 **5** 6 7 8 9 **10**

I don't make
connection a
priority

I periodically
make connection a
priority

I consistently
make connection a
priority

What makes it so difficult?

Example: I don't like to socialize.

Make a stranger's day
with a compliment.

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Write a note to someone.

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A close-up photograph of a light-colored, heart-shaped rock resting on a dark, textured surface. The rock has a rough, weathered texture with several small, bright green moss patches growing on its surface. The background is blurred, showing more of the dark surface and some green moss. The word "Gratitude" is written in a bold, white, sans-serif font in the bottom right corner of the image.

Gratitude

“Gratitude is turning your attention to the goodness that is already in your life. When you view your world through a thankful lens, more good things start to happen. It’s a simple, but powerful way to reframe your perspective on life.”

– Frank Lipman, M.D.

Self-Assessment

1 2 3 4 **5** 6 7 8 9 **10**

I do not make
expressing
gratitude a priority

I periodically make
expressing
gratitude a priority

I consistently
make expressing
gratitude a
priority

What makes it so difficult?

Example: I just forget.

Find satisfaction with what
you have and avoid longing for
what you don't.

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Write gratitude notes or journals.

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