



Living the Boss Life

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Agenda

Defining Wellness, Peace, & Happiness
Boss Health Exam
Boss Life Tips



What do you hope for?



Wellness

- Social
- Psychological
- Physical



Peace

Happiness





How is your
boss health?

Boss Life Check-Up

I've been feeling optimistic about the future

I've been feeling useful

I've been feeling relaxed

I've been feeling interested in other people

I've had energy to spare

I've been dealing with problems well

I've been thinking clearly

1

2

3

4

5

None of the time

Rarely

Sometimes

Often

All the time

Boss Life Check-Up

I've been feeling good about myself

I've been feeling close to other people

I've been feeling confident

I've been able to make up my own mind about things

I've been feeling loved

I've been interested in new things

I've been feeling cheerful

1

2

3

4

5

None of the time

Rarely

Sometimes

Often

All the time



Scores can range from a minimum of 14 to a maximum of 70 points.

Higher scores are associated with higher levels of mental well-being.

Boss Life RX

- Live your truth
- Decreasing technology
- Prioritizing
- Connection





- Take off your cape
- Get away
- Exercise
- Eat healthy





Questions



final
thoughts



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