



*Edit your life with*

*my*  
HEADLINES  
TO LIVE BY

CASEY BEROS

**YOUR HEALTH IS YOUR MOST  
IMPORTANT ASSET**



**YOUR HEALTH IS YOUR MOST  
IMPORTANT ASSET**

**TIME IS YOUR MOST PRECIOUS  
COMMODITY**

**WHAT DOES IT MEAN  
TO BE 'HEALTHY' ?**

**YOUR HEALTH IS YOUR MOST  
IMPORTANT ASSET**

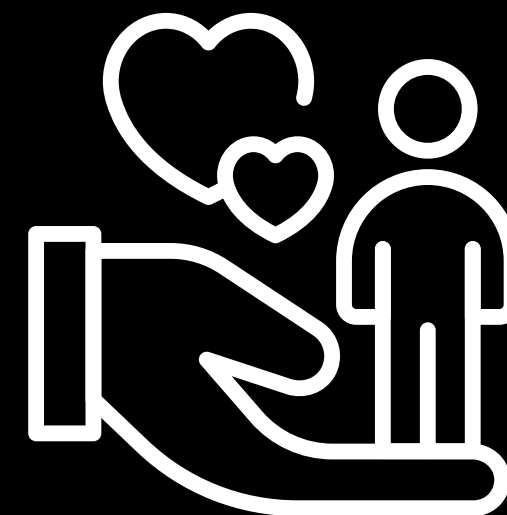


**MOST OF US WILL  
DIE FROM A  
PREVENTABLE DISEASE**



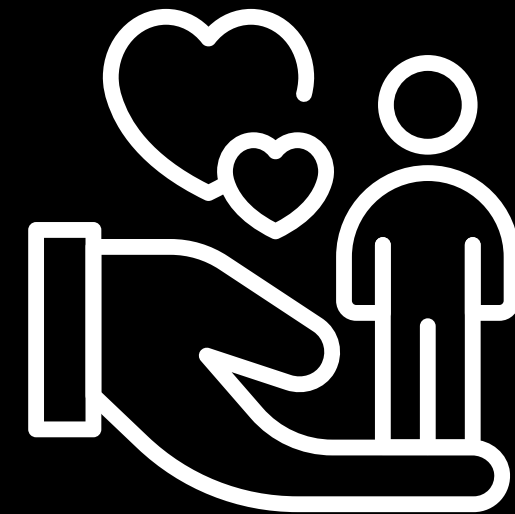
HOW DO WE IMPROVE YOUR  
CHANCES OF **NOT** BEING ONE OF  
THEM?

# BIO-PSYCHO-SOCIAL

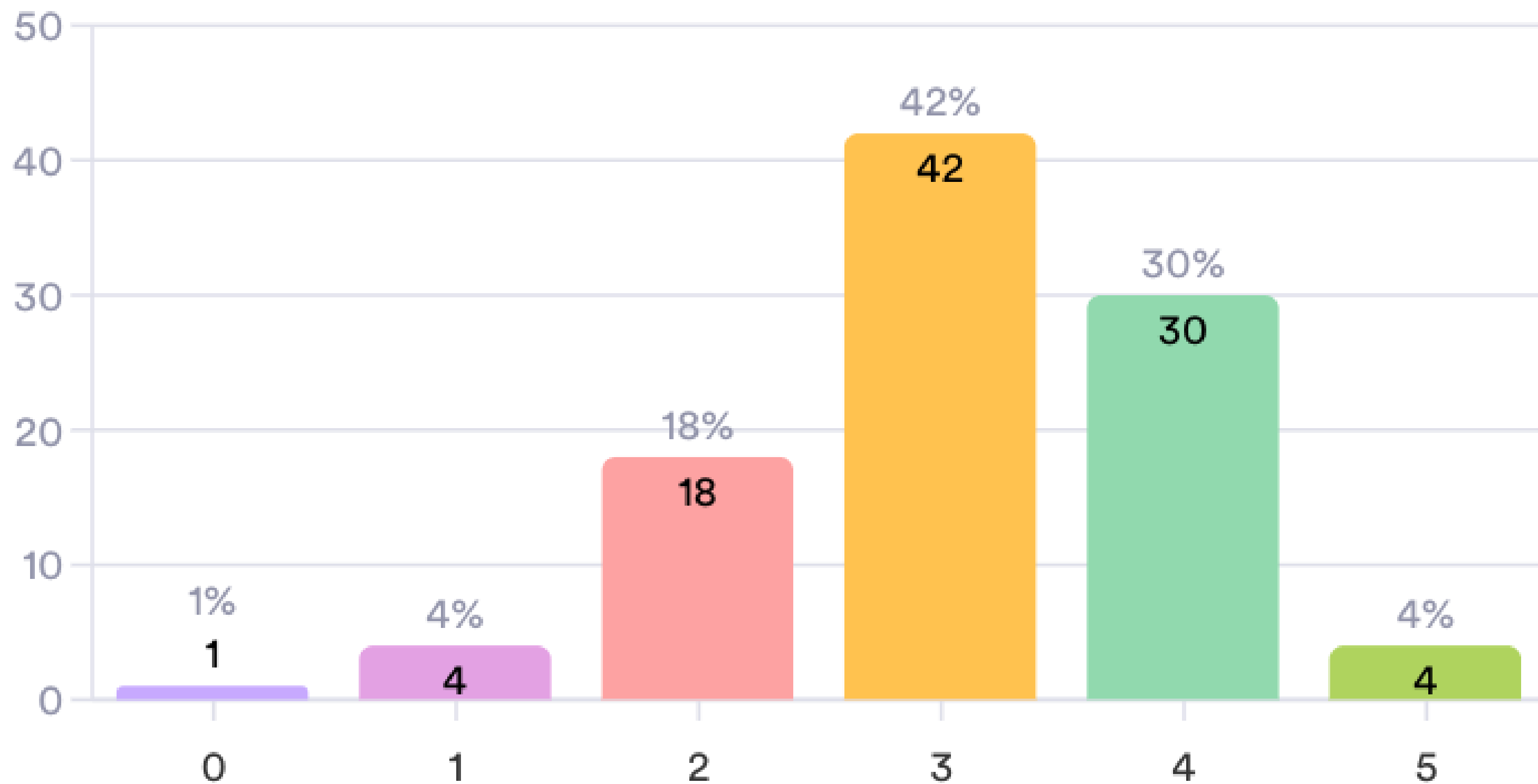




# BIO-PSYCHO-SOCIAL

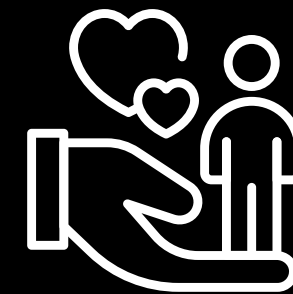


## How would you rate your PHYSICAL health?





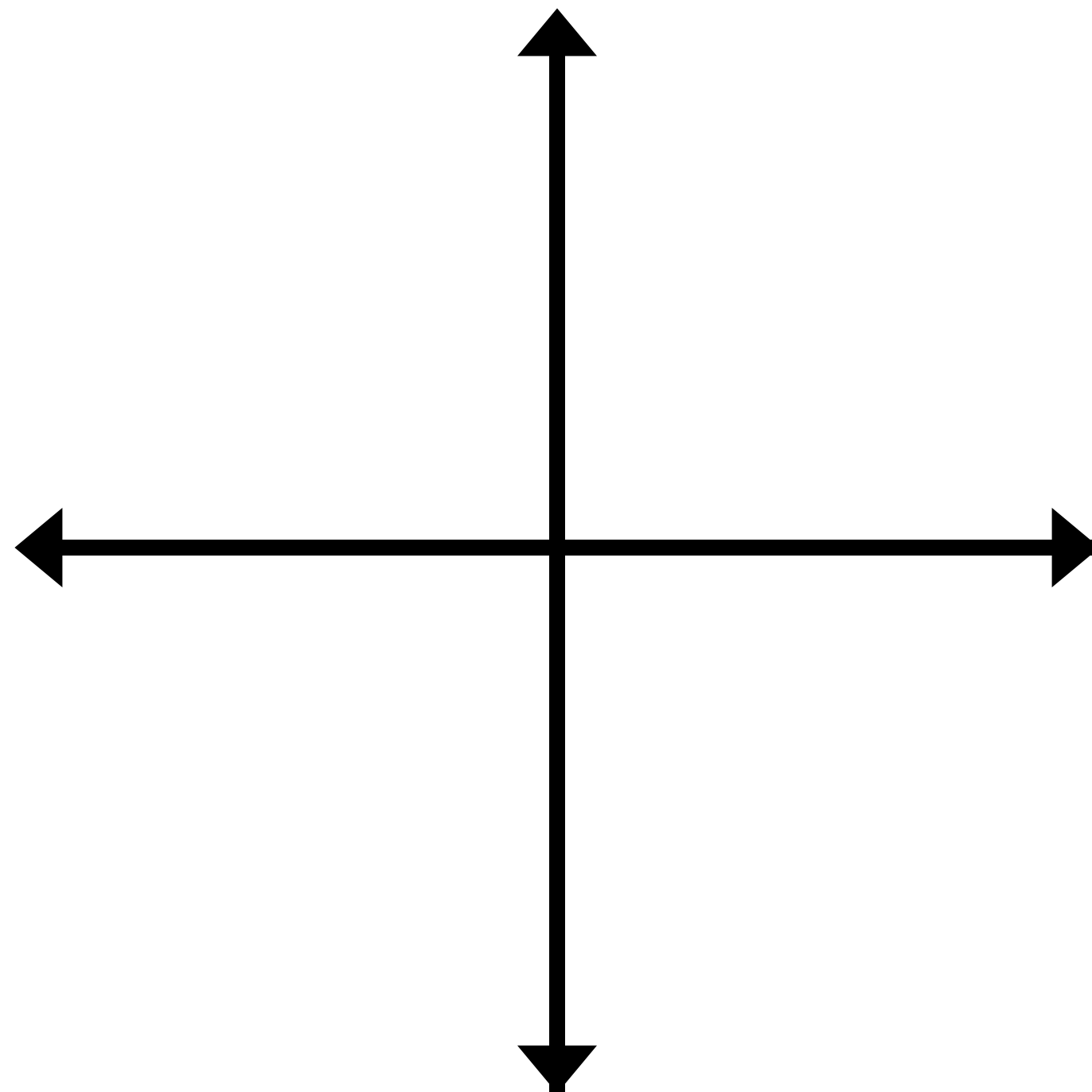
**EXERCISE IS THE MOST  
POWERFUL MEDICINE WE'VE GOT**



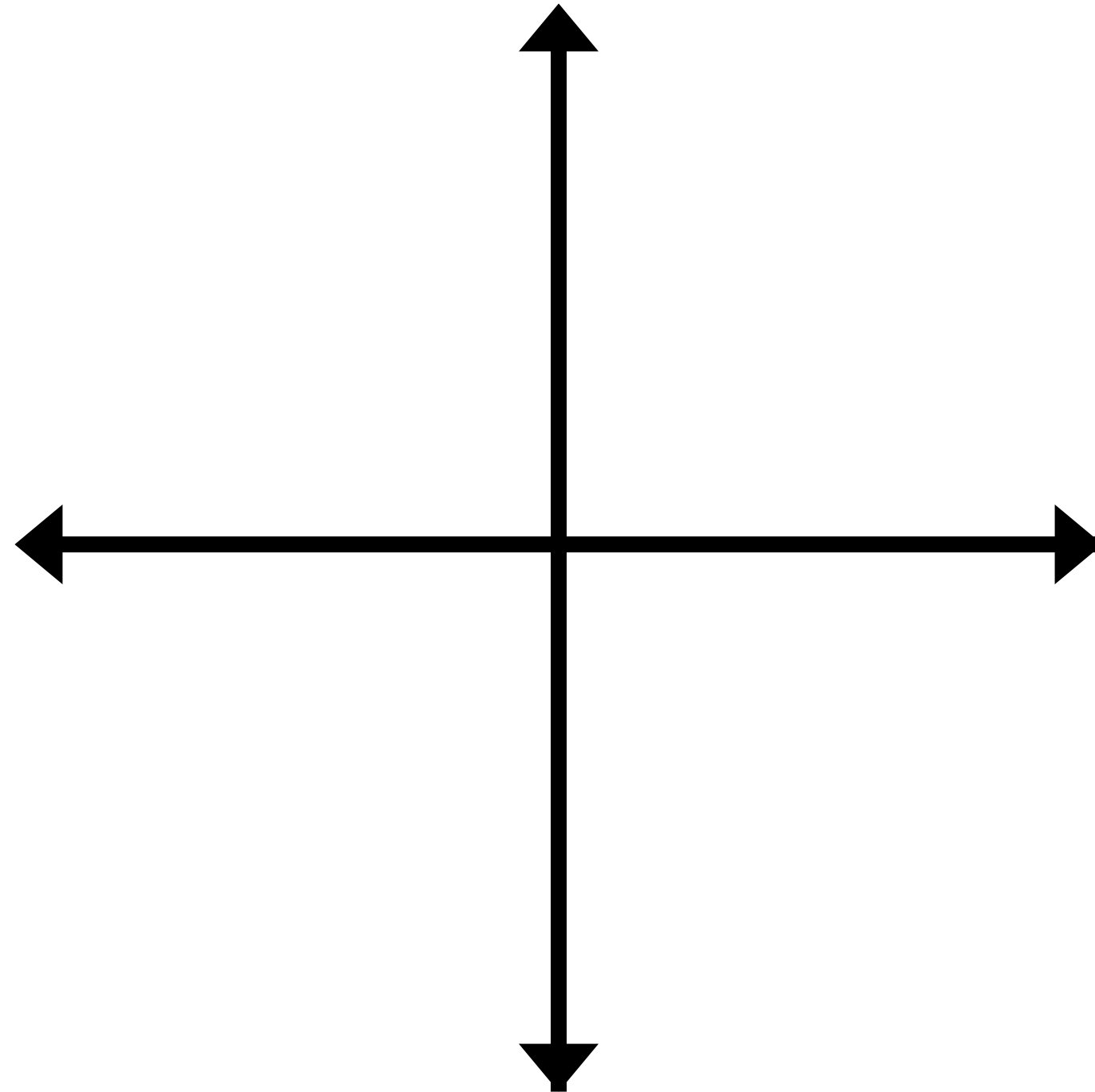
INTRODUCING...

THE *Life* EDIT

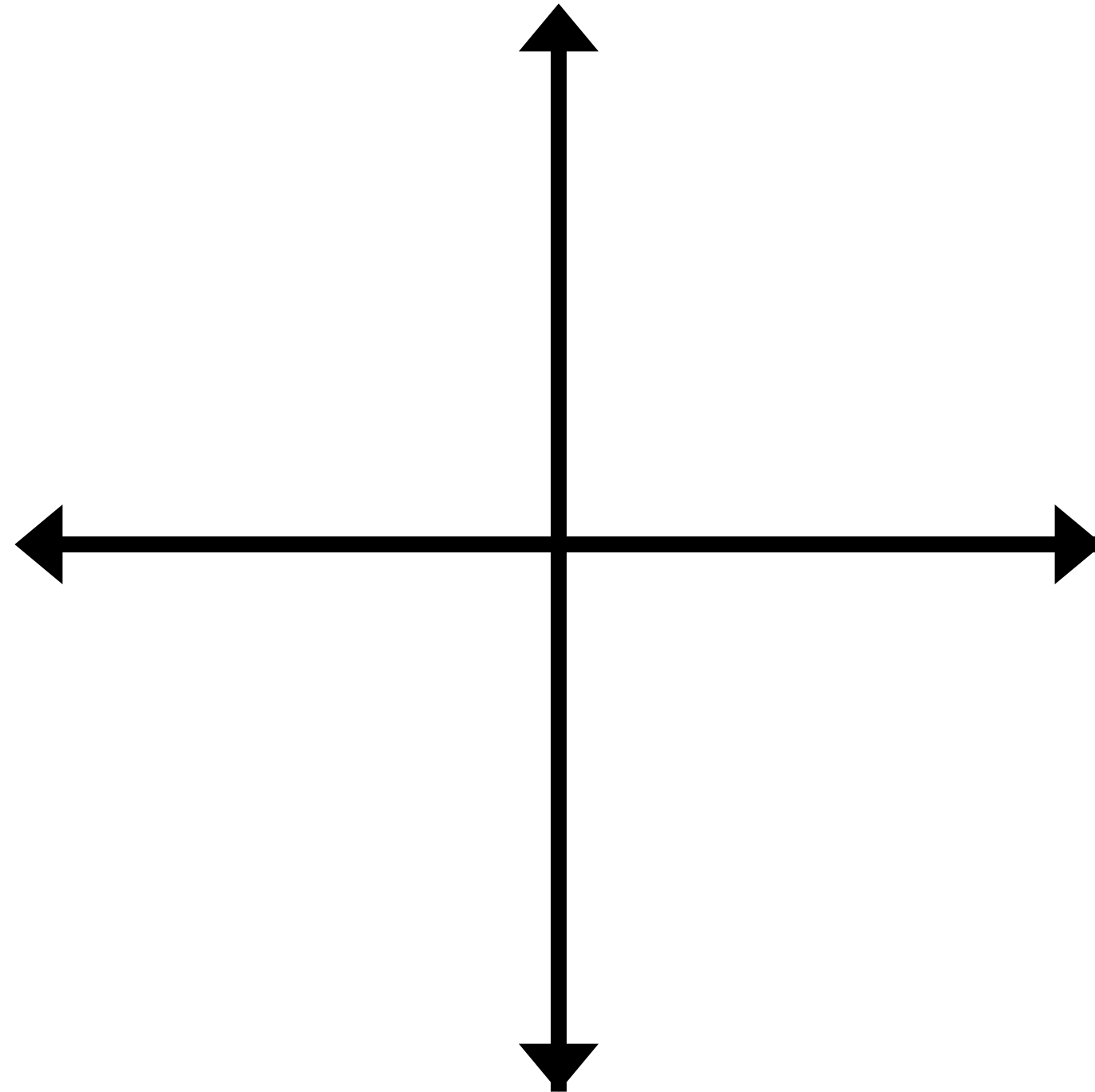




What is **working**?



What is **working**?

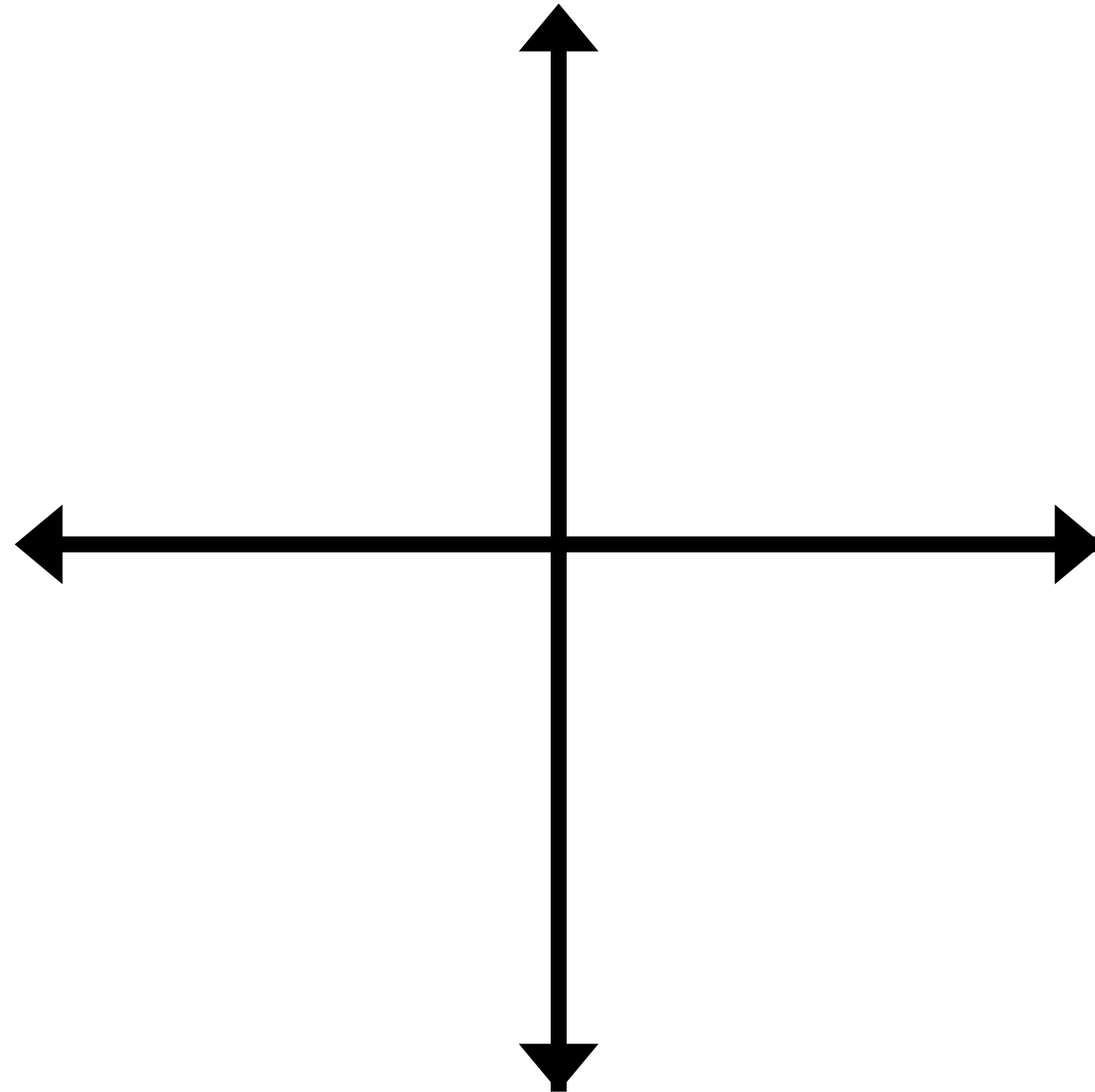


What **isn't** working?



What is **working**?

In my \_\_\_\_\_, how do I want  
to **feel**?

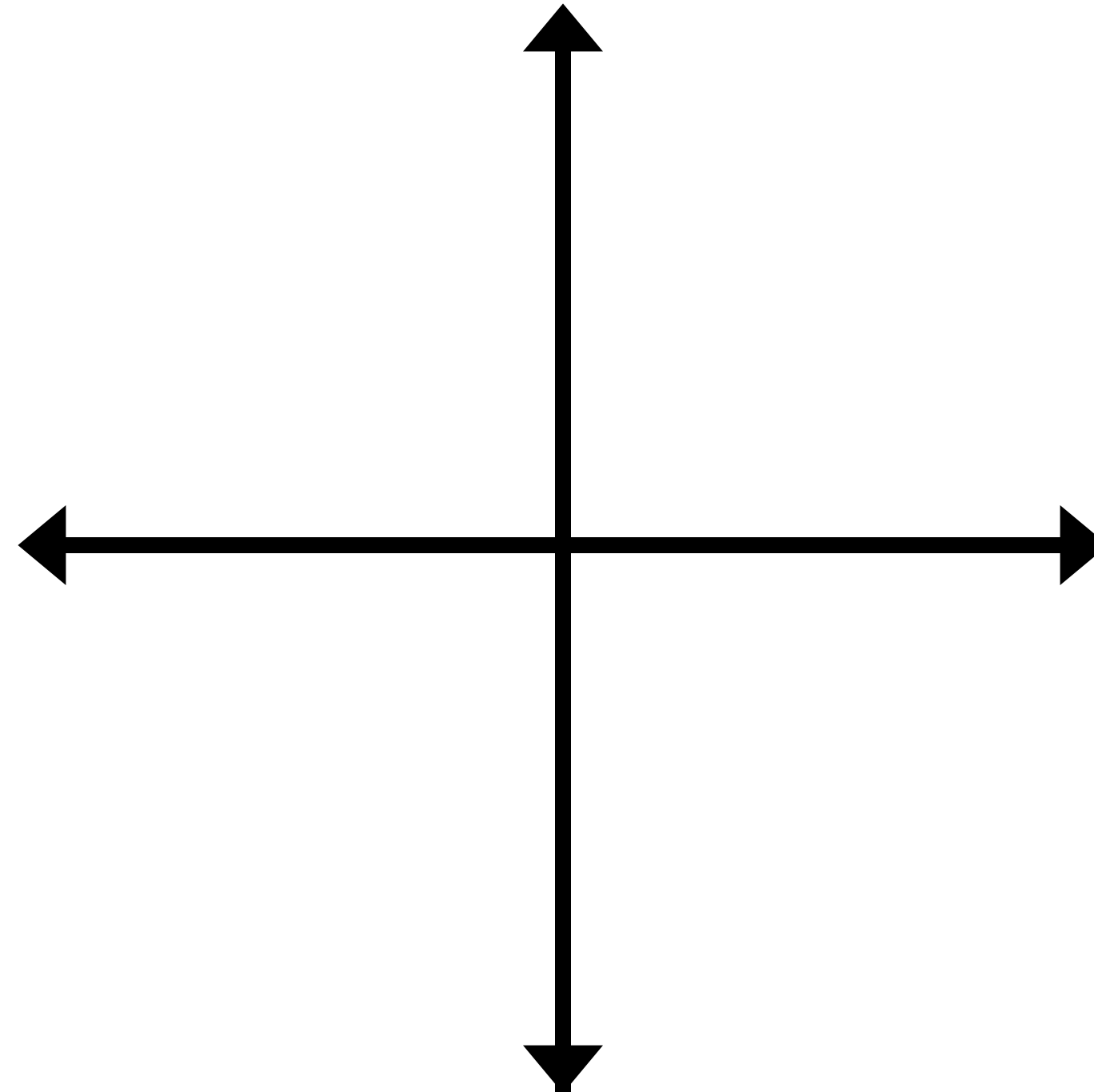


What **isn't** working?



What is **working**?

In my **body**, how do I want  
to **feel**?

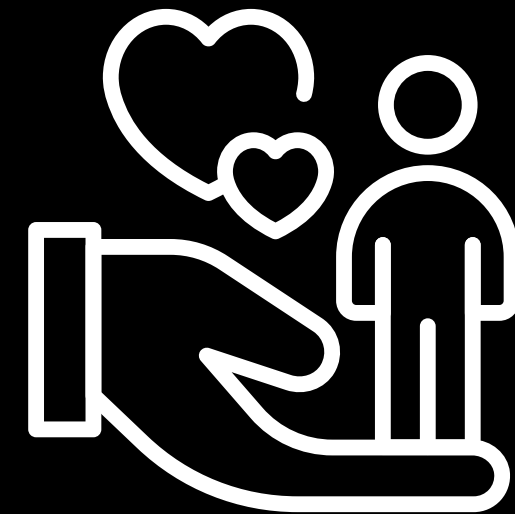


What's **one thing** I can do to  
feel like that?

What **isn't** working?

**EXERCISE MVI: 45 SECONDS**

# BIO-PSYCHO-SOCIAL





**Overwhelmed**

**Tired**

**Stable**

**Happy**

**Chaotic**

**Good**

**Relaxed**

**Calm**

**Optimistic**

**Anxious**

**Positive**

**Buoyant**

**Frustrated**

**Delicate**

**Burned out**

**Stressed**

**Dejection**

**Fabulous**

**Need a breather**

**Blah**

**Grateful and positive**

**Low but managing**

**Serene**

**Conflicted**

**Drained**

**In control**

**Mediocre**

**Foggy**

**Flat**

**Fatigued**

**Open**

**Like an orange traffic light**

**Fantastic**

**Average**

**Surviving**

**Coping**

**Full**

**Torn**

**Rollercoaster**

**Ever-changing**

**Packed**

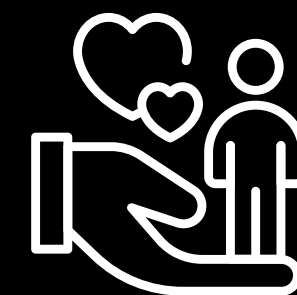
**Medicated**

**Busy**

**Fluctuating**



# WE NEED TO CUT OURSELVES SOME MAJOR SLACK

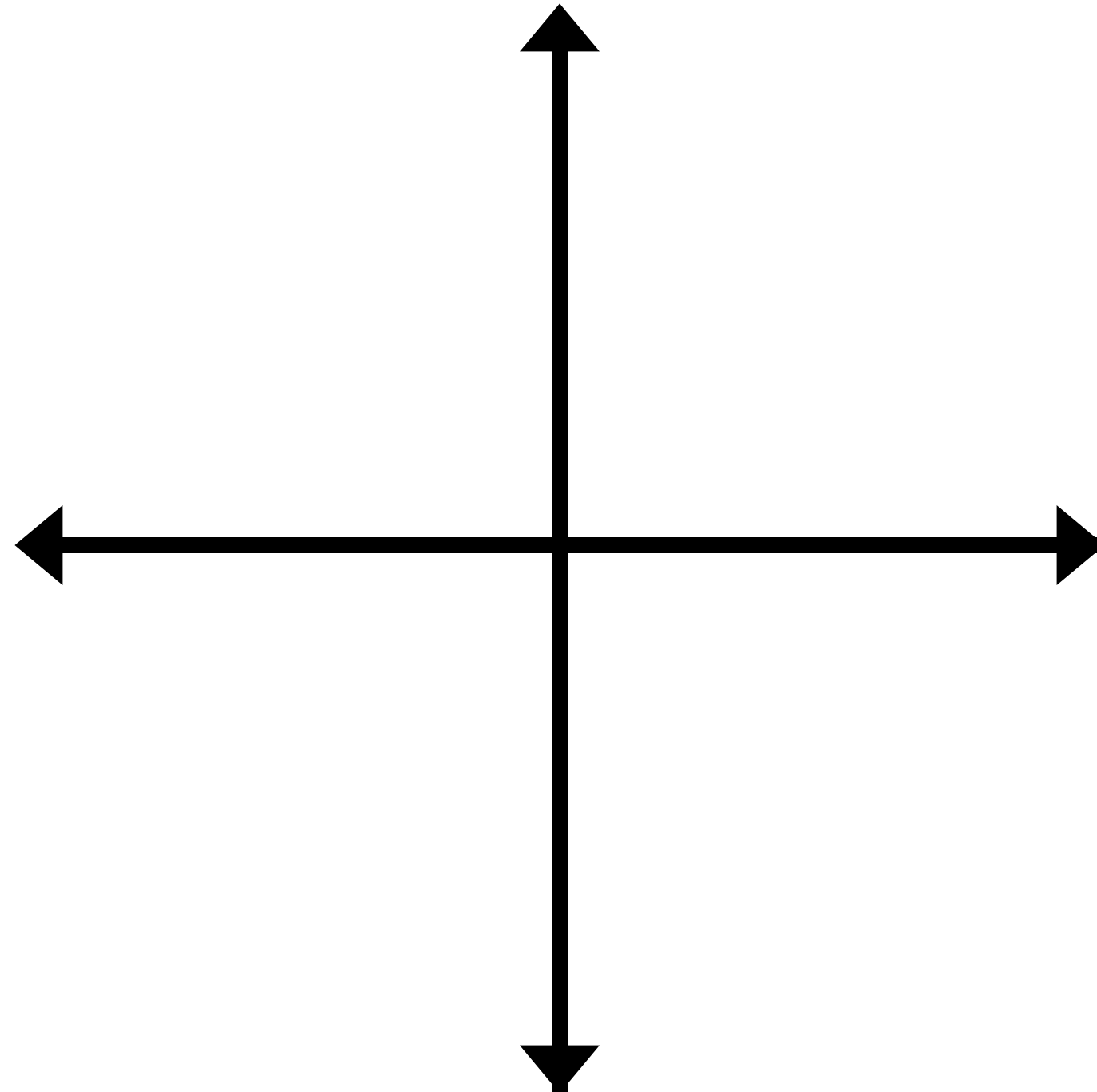






What is **working**?

In my **mind**, how do I want  
to **feel**?



What's **one thing** I can do to  
feel like that?

What **isn't** working?



# **BREAK IT DOWN**

# **MINDFULNESS IDEAS**

# BIO-PSYCHO-SOCIAL



YOU ONLY NEED A **SMALL NUMBER** OF  
DEEP, STRONG AND SATISFYING  
**RELATIONSHIPS**





# THE DAY MAKER



*I love you*

*Missing you, hope you're well*

*Thinking about you. Hope you're having a wonderful day*

*Lucky to have you in my life! Thanks for being a giant legend*

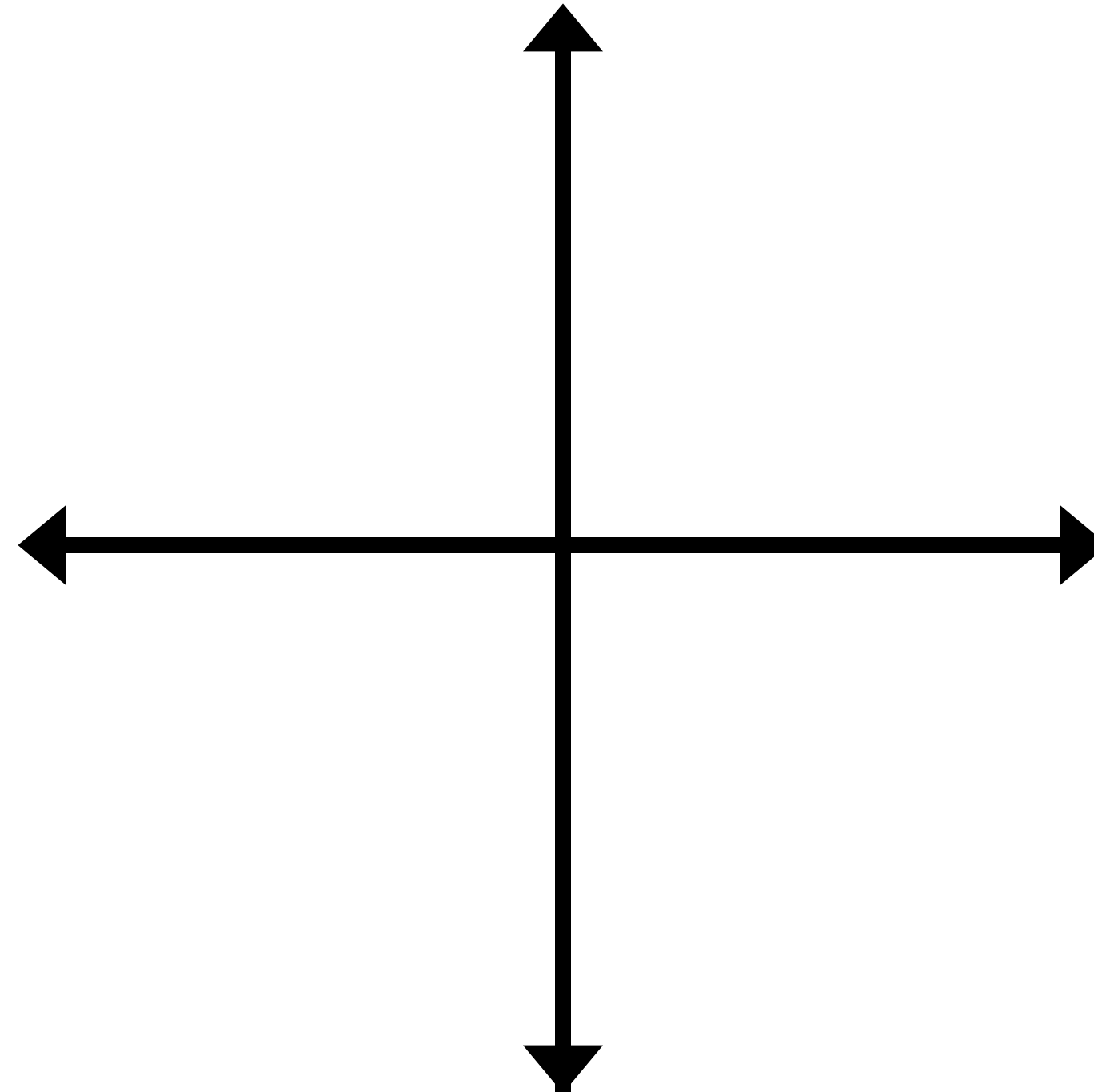
*The world is better with you in it*





What is **working**?

In my **relationships**, how do I  
want to **feel**?



What's **one thing** I can do to  
feel like that?

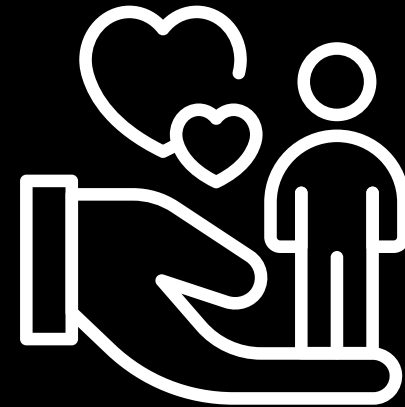
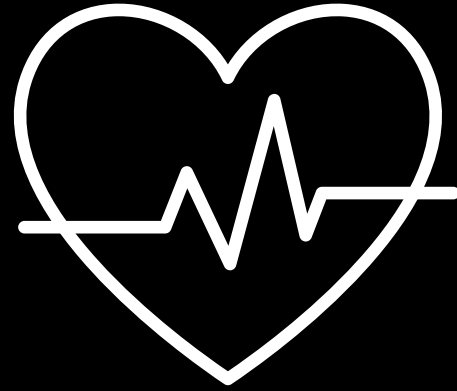
What **isn't** working?



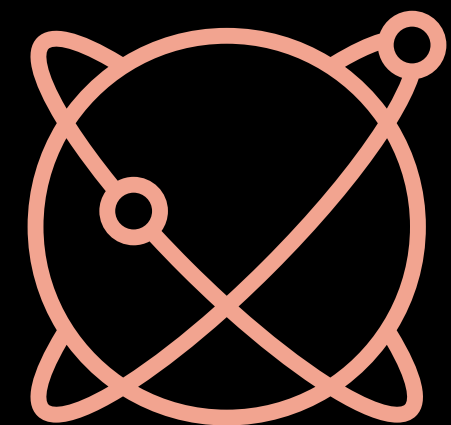
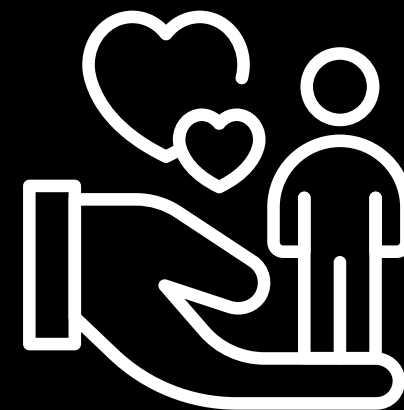


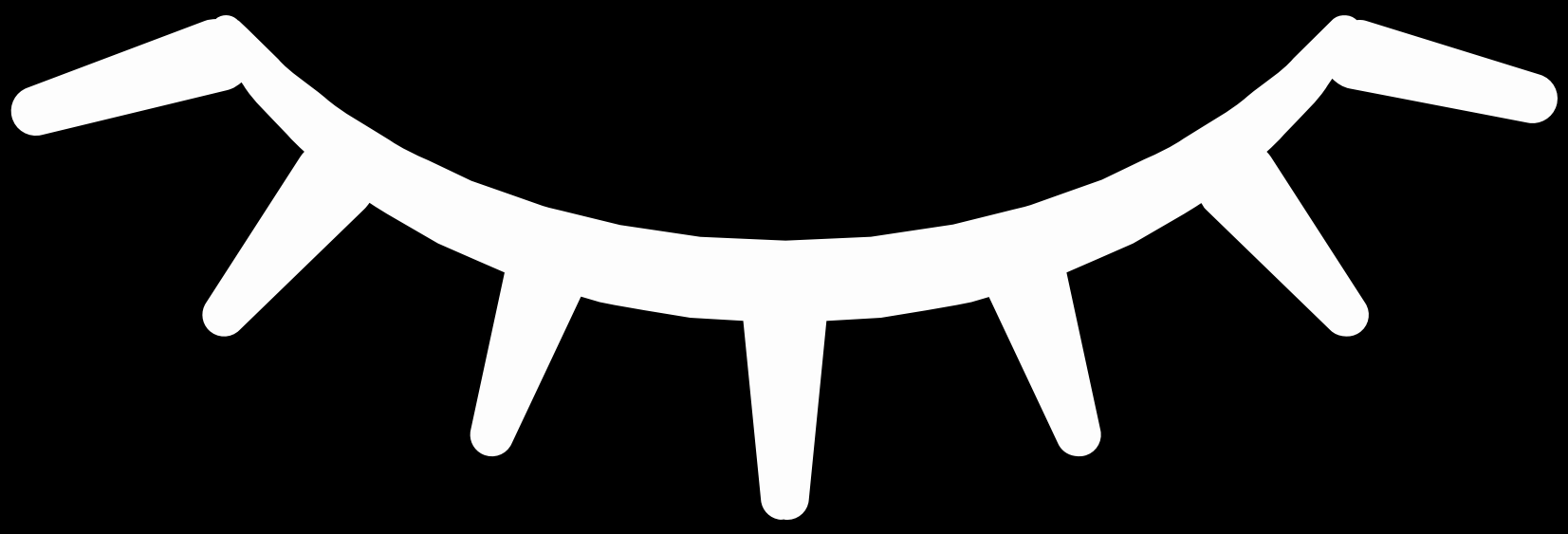
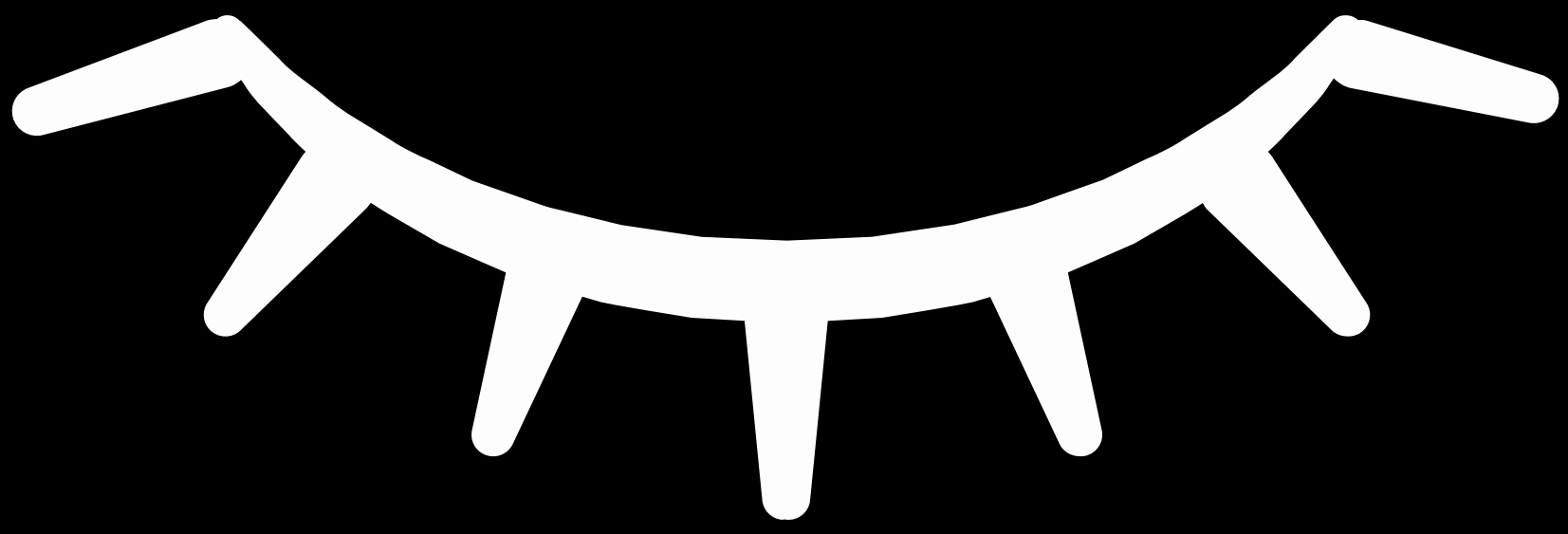
**TIME IS YOUR MOST PRECIOUS  
COMMODITY**

# BIO-PSYCHO-SOCIAL



# BIO-PSYCHO-SOCIO-SPIRITUAL







## YEARS

WEEKS

|    |    |    |    |    |    |    |    |    |    |    |   |   |   |
|----|----|----|----|----|----|----|----|----|----|----|---|---|---|
| 52 | 49 | 45 | 41 | 37 | 33 | 29 | 25 | 21 | 17 | 13 | 9 | 5 | 1 |
|----|----|----|----|----|----|----|----|----|----|----|---|---|---|





## YEARS

WEEKS

|    |    |    |    |    |    |    |    |    |    |    |   |   |   |
|----|----|----|----|----|----|----|----|----|----|----|---|---|---|
| 52 | 49 | 45 | 41 | 37 | 33 | 29 | 25 | 21 | 17 | 13 | 9 | 5 | 1 |
|----|----|----|----|----|----|----|----|----|----|----|---|---|---|



## YEARS

WEEKS

|    |    |    |    |    |    |    |    |    |    |    |   |   |   |
|----|----|----|----|----|----|----|----|----|----|----|---|---|---|
| 52 | 49 | 45 | 41 | 37 | 33 | 29 | 25 | 21 | 17 | 13 | 9 | 5 | 1 |
|----|----|----|----|----|----|----|----|----|----|----|---|---|---|



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WEEKS

1

6

11

16

21

26

31

36

41

46

51

56

61

56

7

76

1

5

5

9

13

17

21

29

29

32

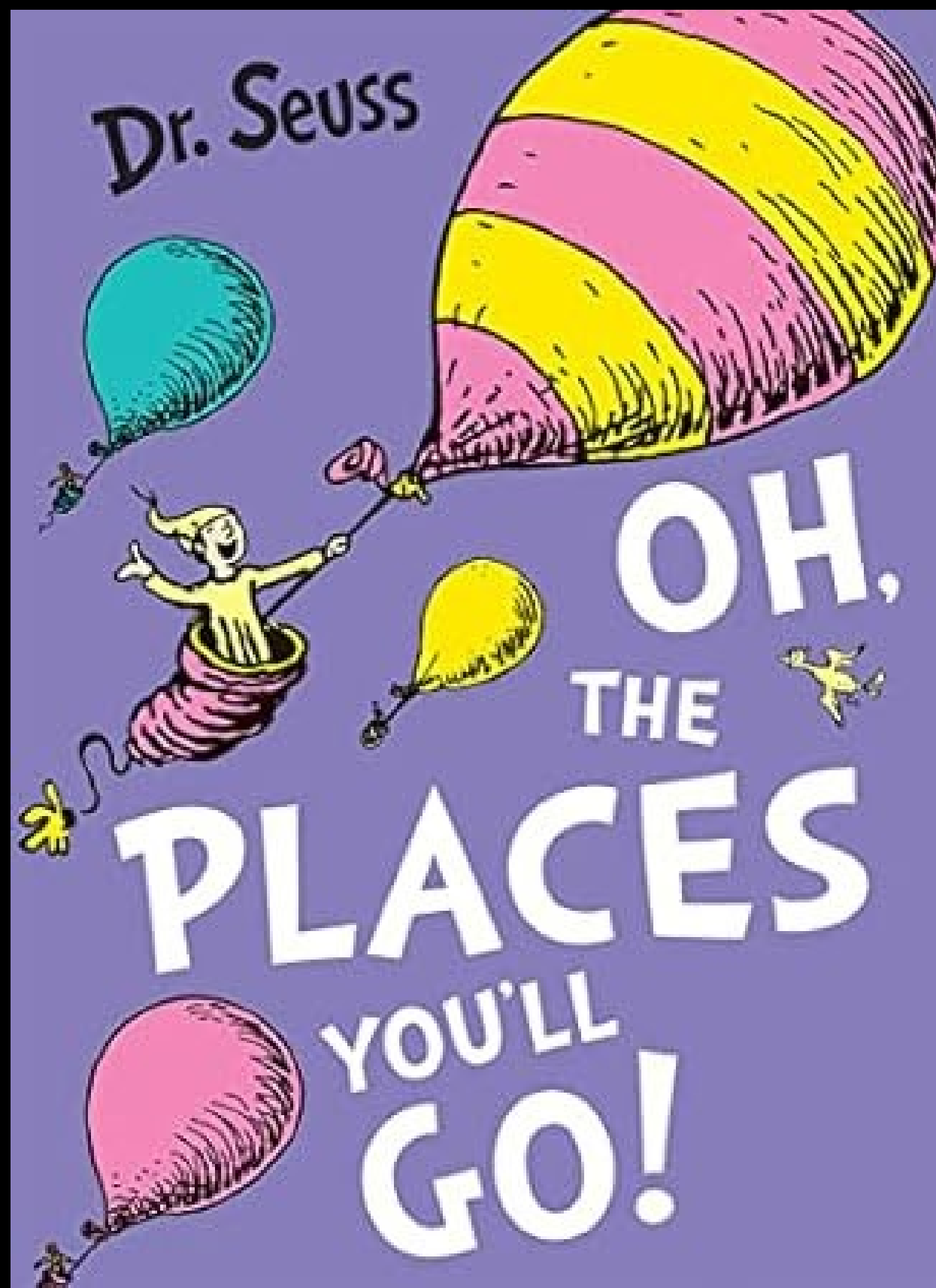
37

41

45

49

52







# 1883

A YELLOWSTONE ORIGIN STORY



"TAYLOR SHERIDAN MAKES TELEVISION  
FEEL EVEN BIGGER THAN THE MOVIES"

— JUSTIN KIRKLAND, ESQUIRE





**PLEASE DON'T WAIT**



# GET IN MY NOOK!



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Kin newsletter



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