

A Stronger You[©]

Flexing Your Future

Sean Foy, MA

Founder, STRONGER U Academy









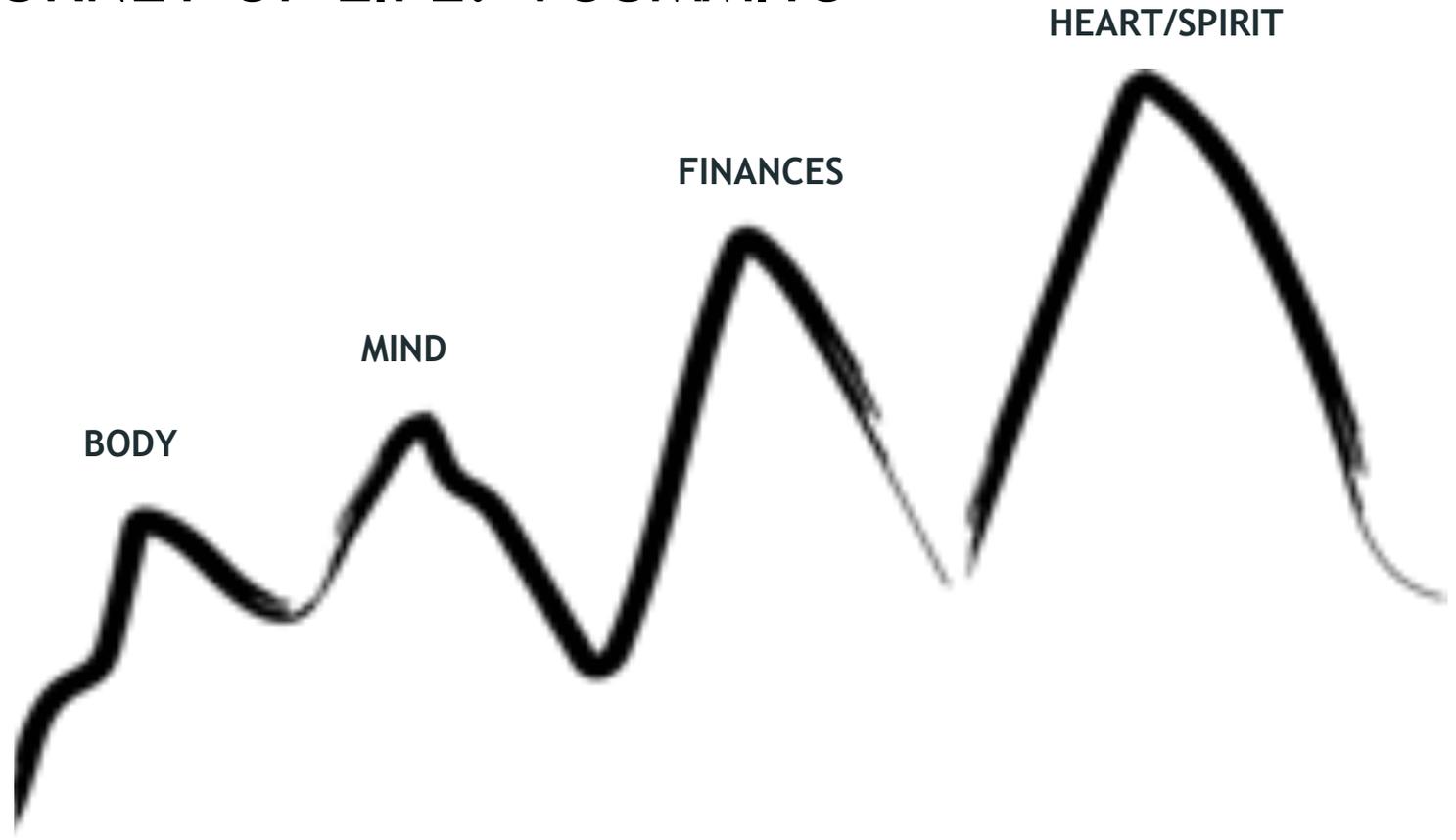
A STRONGER YOU

1. **Physically**
2. **Emotionally**
3. **Financially**
4. **Relationally & Spiritually**

A YOUNGER YOU



THE JOURNEY OF LIFE: 4 SUMMITS



3 Steps to Flex Your Future:

1. **DISCOVER:** Aging Mastery-The Habits of Happiness
2. **DREAM BIG:** & Unleash Your Super Powers
3. **DEVELOP:** Your Life Vision Map



Aging Mastery

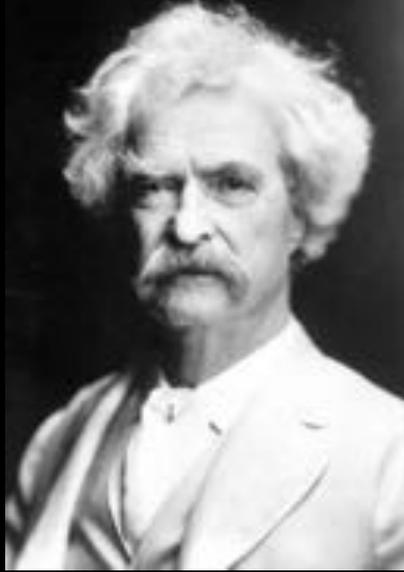


BECAUSE
STRONG IS
AGELESS



Life Vision Mapping

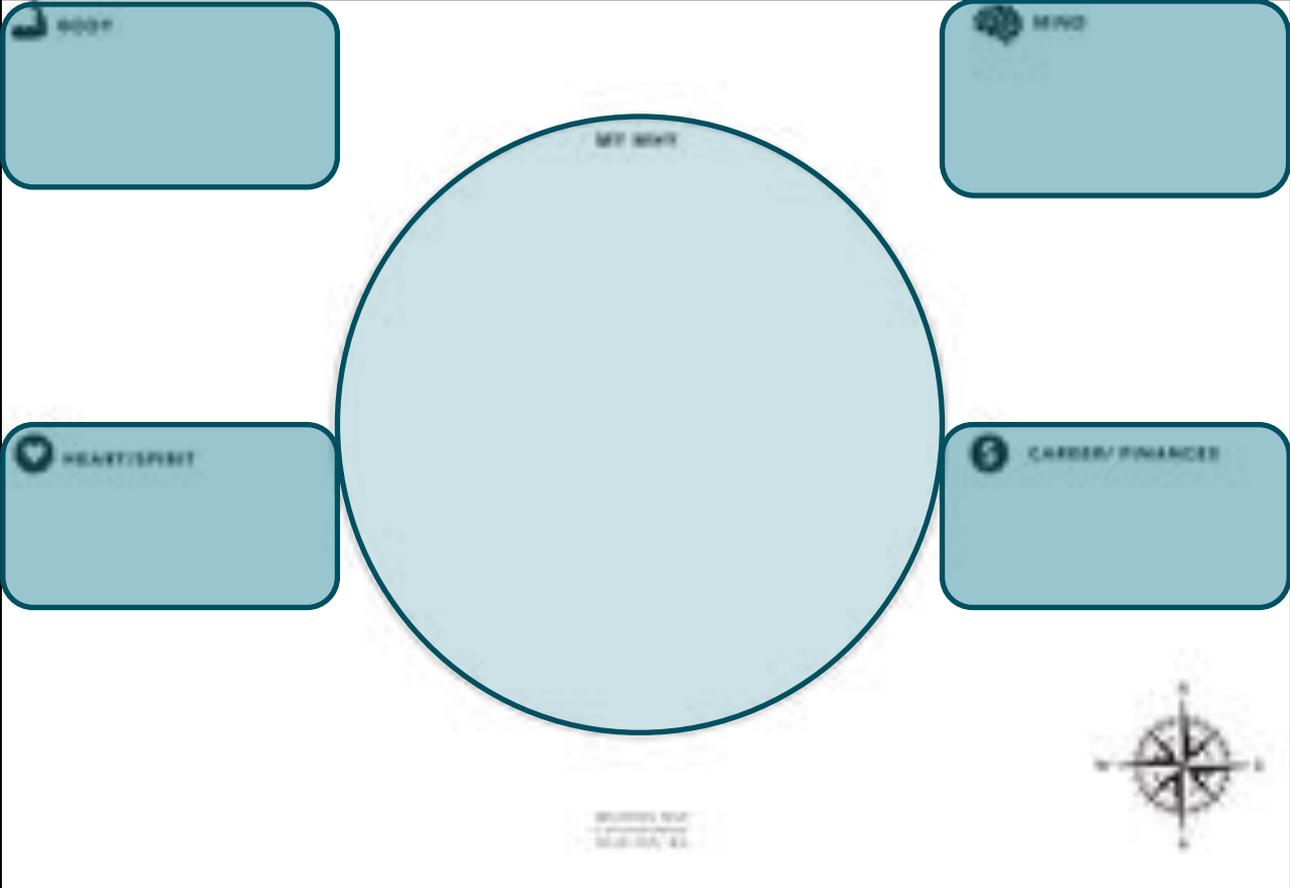
<p>1 FOOT</p> <p>1. What</p> <p>2. What</p> <p>3. Why</p> <p>4. What</p> <p>5. "What" Thing</p>	<p>2 CHARACTER</p>	<p>3 CALLING</p>	<p>4 WISD</p> <p>1. What</p> <p>2. What</p> <p>3. Why</p> <p>4. What</p> <p>5. "What" Thing</p>
<p>6 HEART/SPINE</p> <p>1. What</p> <p>2. What</p> <p>3. Why</p> <p>4. What</p> <p>5. "What" Thing</p>	<p>7 CORE</p> <p></p>		<p>8 CAREER/ FINANCES</p> <p>1. What</p> <p>2. What</p> <p>3. Why</p> <p>4. What</p> <p>5. "What" Thing</p>
<p>9 CREDIT</p>	<p>10 CAUSE</p> <p></p> <p>WILLIAMS BROS. © 2010</p>		



“The two most important days in your life are the day you are born and the day you find out why.”

-Mark Twain

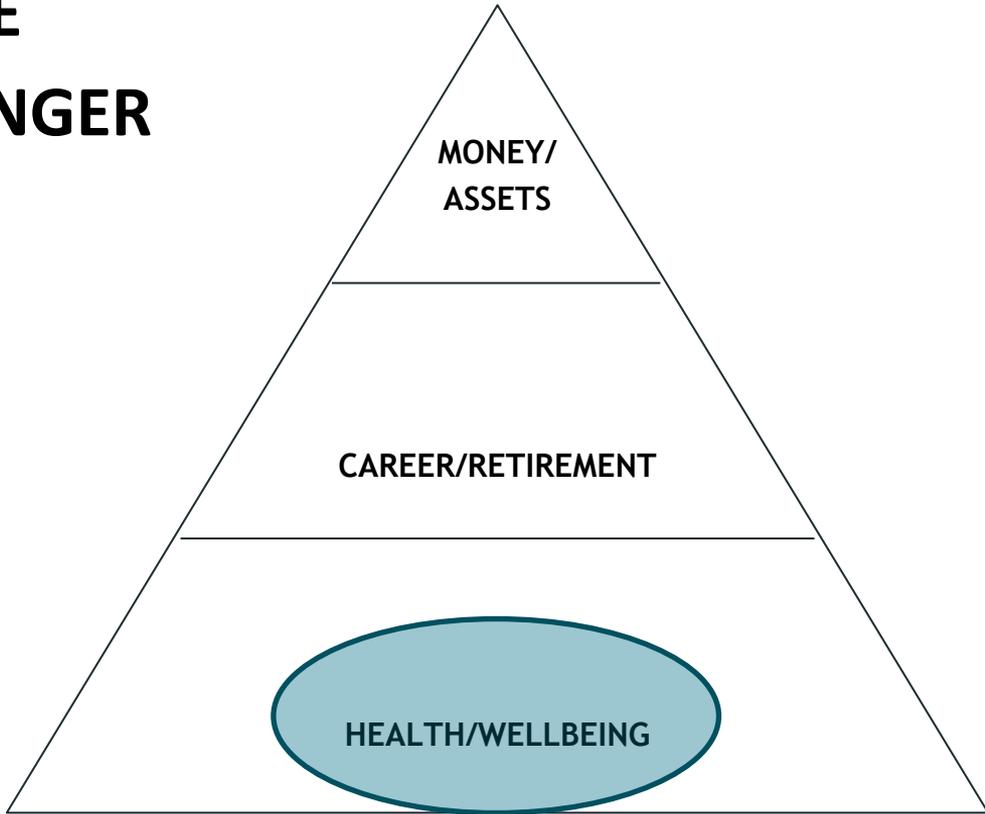
Life Vision Mapping







THE JOURNEY TO BE FINANCIALLY STRONGER

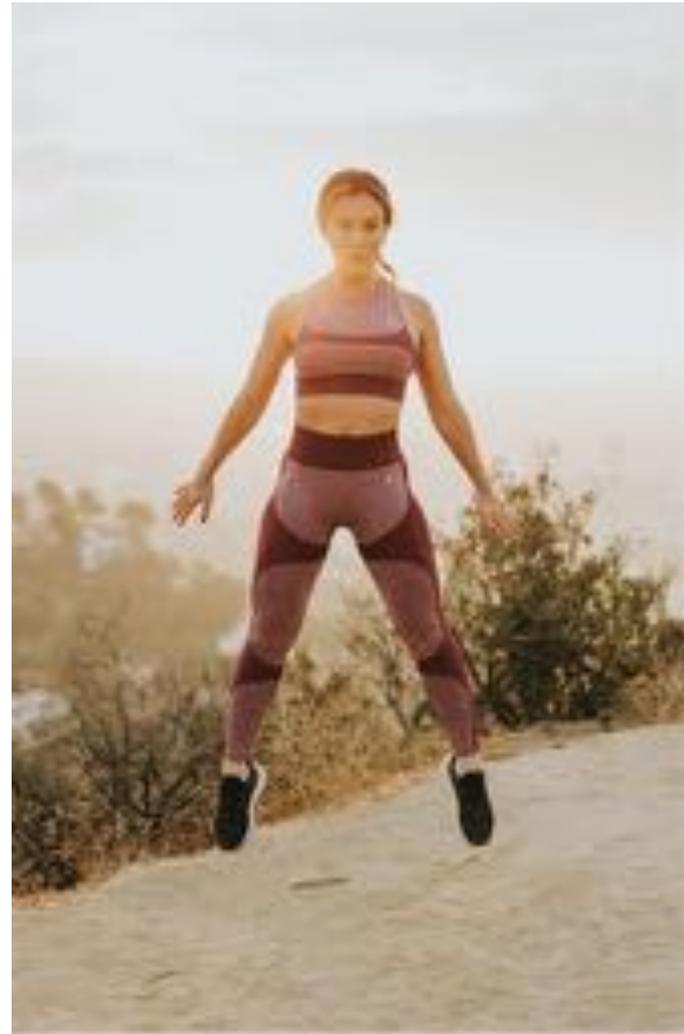


John's Story



WHAT DO YOU THINK OF...

STRONGER



STRONGER

“

Having the power to move heavy weights or perform other physically demanding tasks.

”

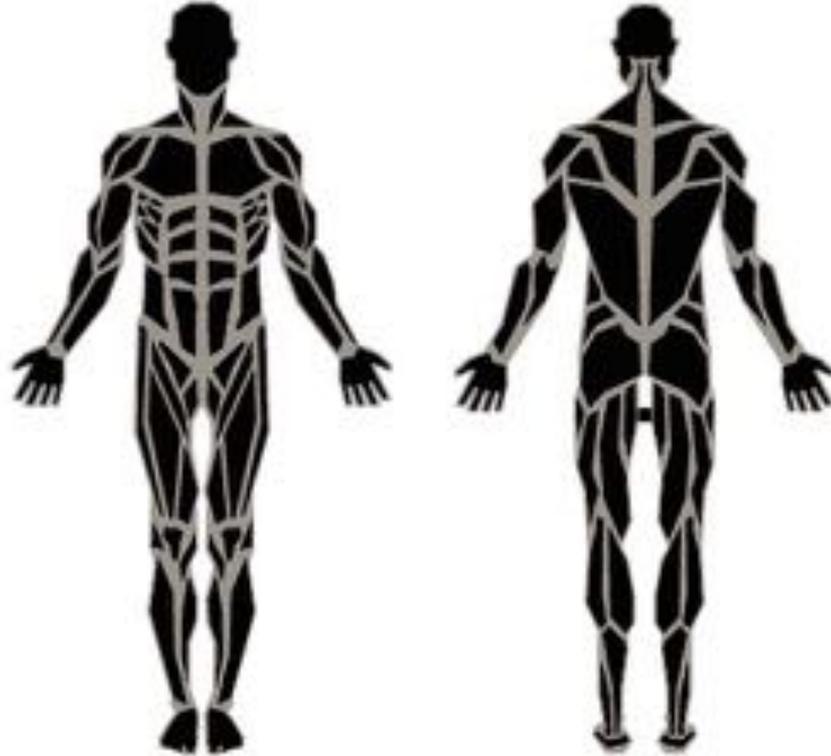
- Webster's Dictionary



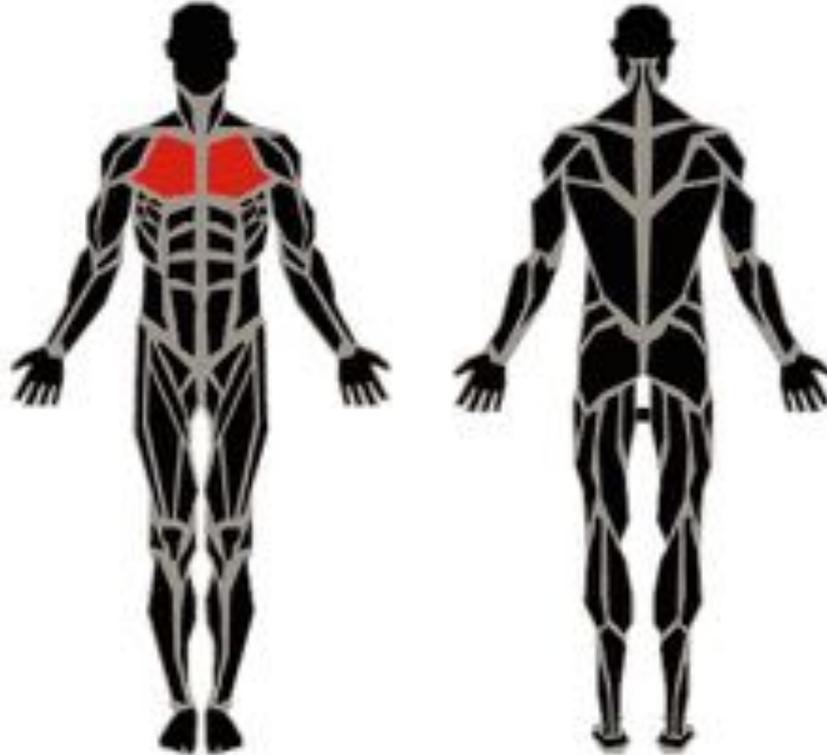
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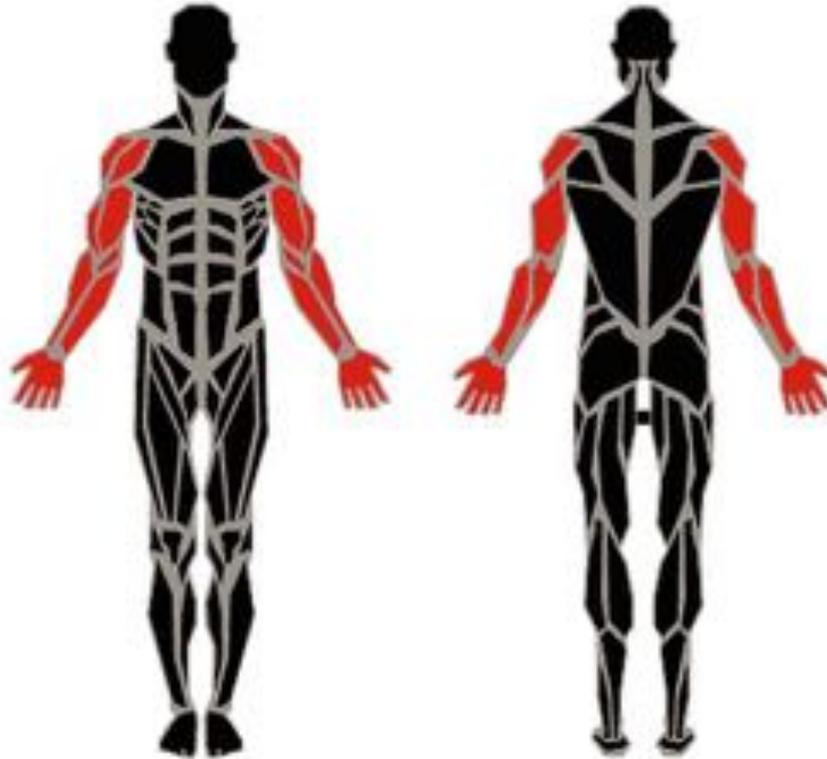
Principles of Strength Training



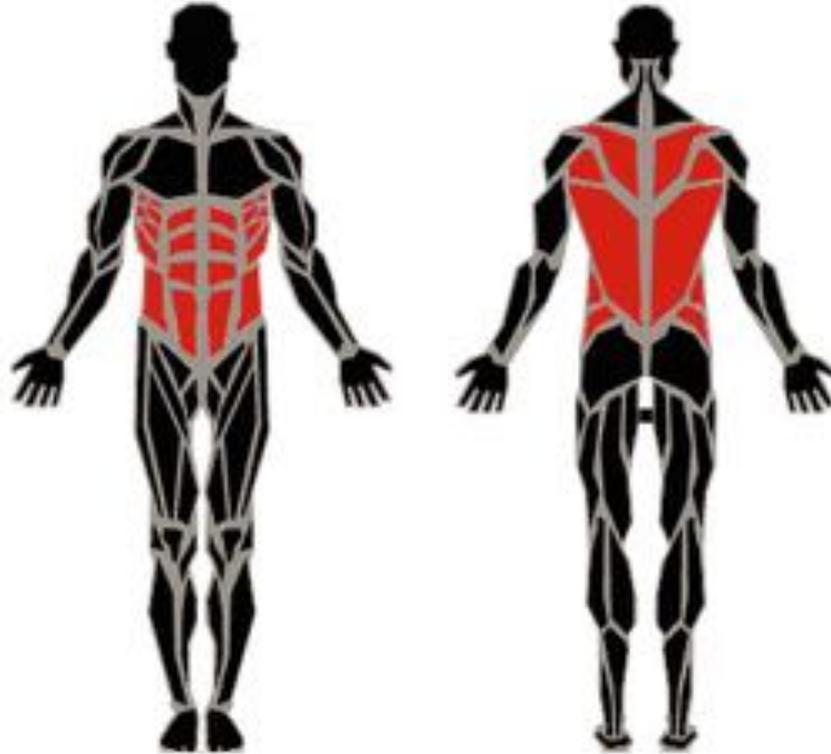
Principles of Strength Training



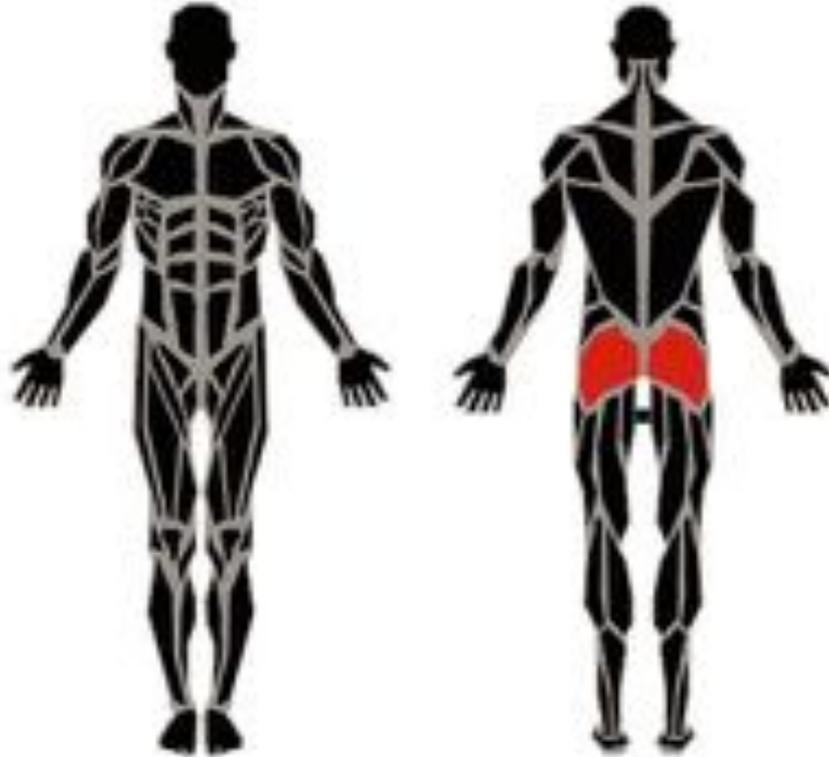
Principles of Strength Training



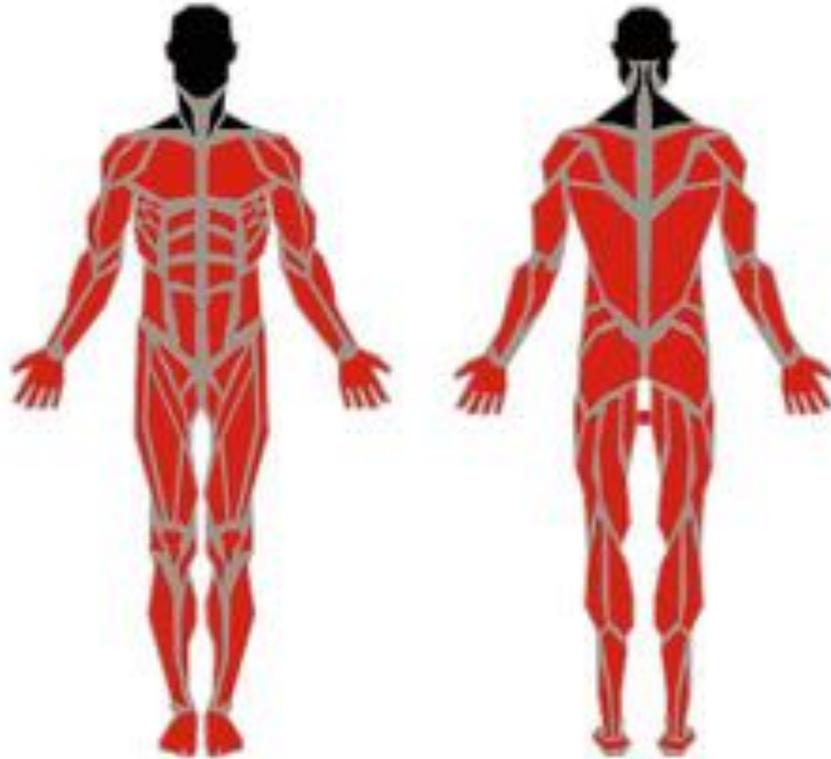
Principles of Strength Training

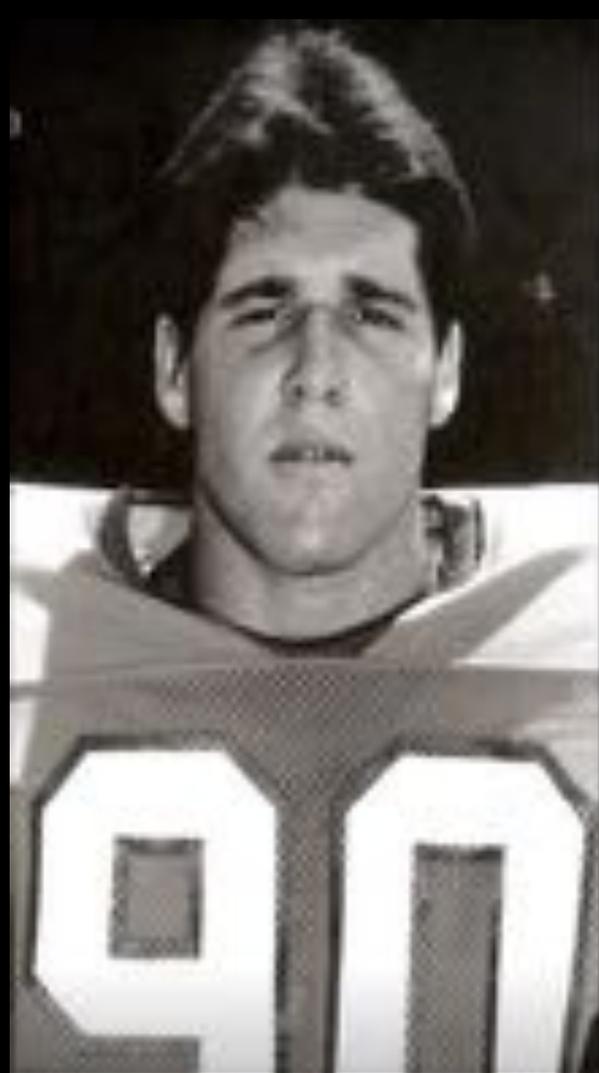


Principles of Strength Training



Principles of Strength Training







HOME STATE





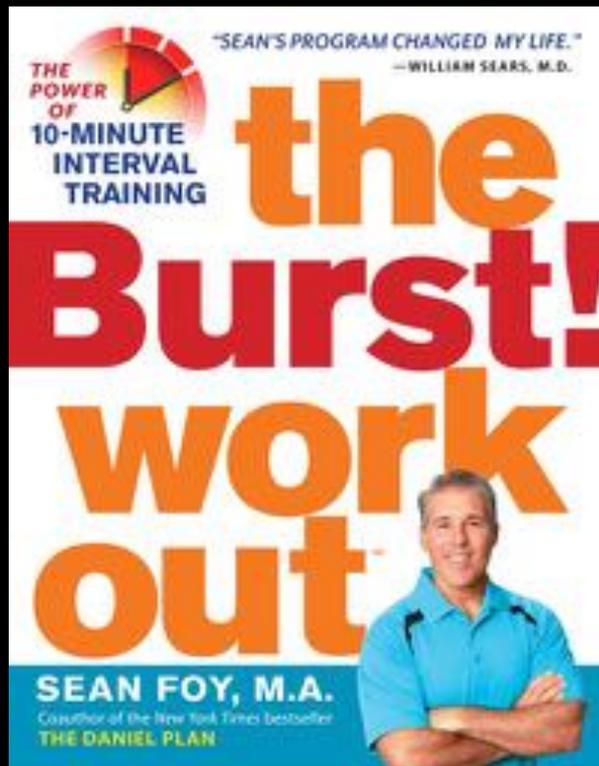




Birth Age

Body Age

STRONGER BALANCE



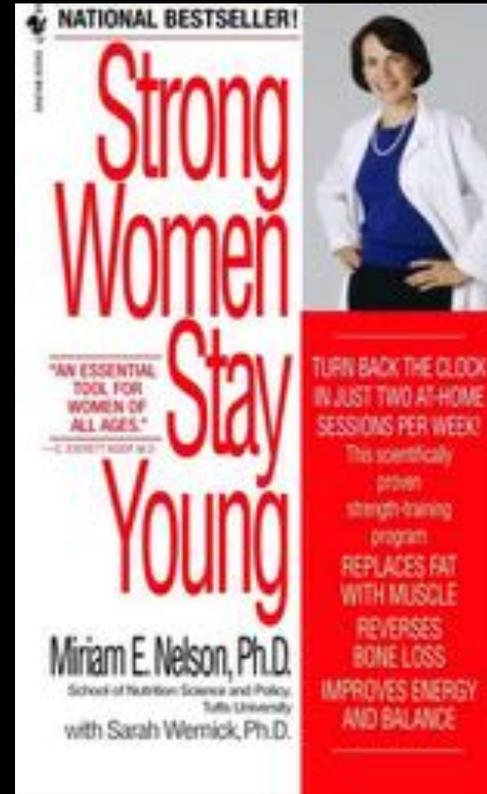
Balance Age

<u>Balance Time</u>	<u>Balance-Real Age</u>
4 seconds	70+ years
5 seconds	65 years
7 seconds	60 years
8 seconds	55 years
9 seconds	50 years
12 seconds	45 years
16 seconds	40 years
22 seconds	30-35 years
28 seconds	25-30 years

Source: Realage.com



STRONG WOMEN STAY YOUNG



“

Studies have shown unequivocally that **strength training** is a **fountain of youth**.

-Miriam Nelson, PhD

”

“

There's no doubt that a woman of any age -- whether she's 45, 65 or 95 -- can really **turn back the biological clock** with strength training.

-Miriam Nelson, PhD

”

Aging Mastery:

**The Habits of Happiness
& Flourishing**

Strength Training





POSITIVE PSYCHOLOGY

The questions that positive psychology aims to answer are:

1. **What are the characteristics** of the people that experience high levels of happiness?
2. **What are the qualities** of the people that overcome their troubles so effectively?

Or, in other words, **what strengths** do these people possess?



POSSIBILITY



POSSIBILITY







HABITS OF HIGHLY HAPPY PEOPLE

1. SACRED- Faith, Meaning/
Purpose

Dr. Martin Seligman, "Father of Positive Psychology"



HABITS OF HIGHLY HAPPY PEOPLE

2. Cultivate Kindness

Dr. Martin Seligman, "Father of Positive Psychology"



HABITS OF HIGHLY HAPPY PEOPLE

3. Nurture Relationships

Dr. Martin Seligman, “Father of Positive Psychology”



HABITS OF HIGHLY HAPPY PEOPLE

4. Focus on Strengths/ Virtues & Flow

Dr. Martin Seligman, "Father of Positive Psychology"



HABITS OF HIGHLY HAPPY PEOPLE

5. Grateful & Optimistic



Dr. Martin Seligman, "Father of Positive Psychology"

Flexing Your Future

Research has shown that, through practice, people can learn to be **more curious, more grateful, or more optimistic**

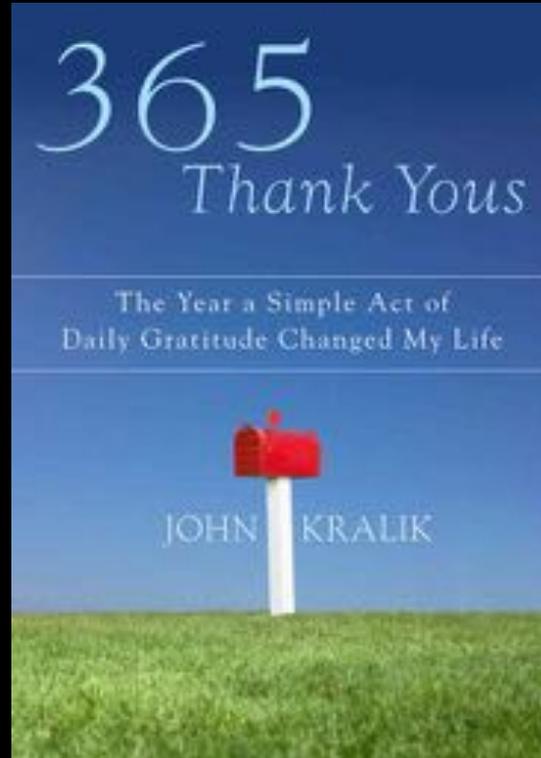


(Emmons, & McCullough, 2003; Sheldon, & Lyubomirsky, 2006; Meevissen, Peters, & Alberts, 2011; Smeets, Neff, Alberts & Peters, 2014).

John's Story



John's Story



John's Story



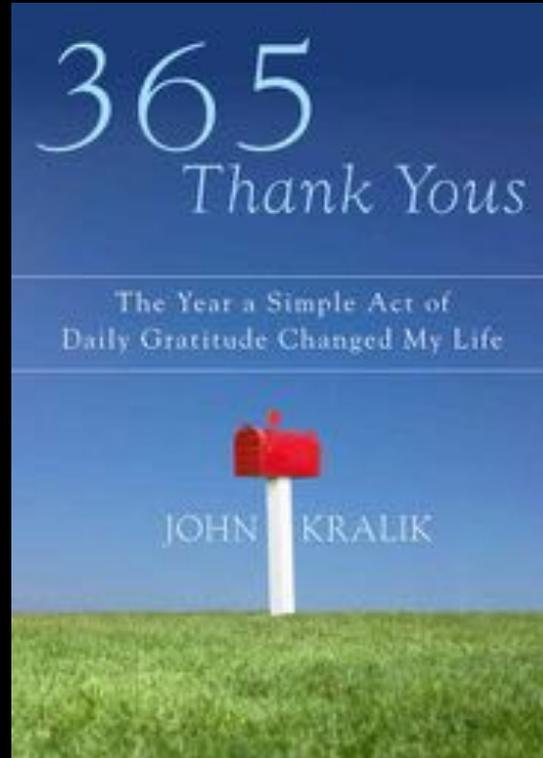
Before



After



John's Story



“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”

-Randy Pausch



1. A Grateful Heart
2. Recalling Turning Points
3. The Basics: Pen & Paper



1. Who has impacted your life?
2. What are you thankful for?
3. Express it in 300 words or less
4. Deliver it in person



1. How did you feel as you wrote this letter?
2. How do you think the other person will react?
3. How do you think you'll be effected by their reaction?

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

-William Arthur Ward

30 Years of RESEARCH ON STRENGTHS

KEY TO HAPPINESS:

“Knowing your Strengths and
using them often.”

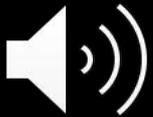
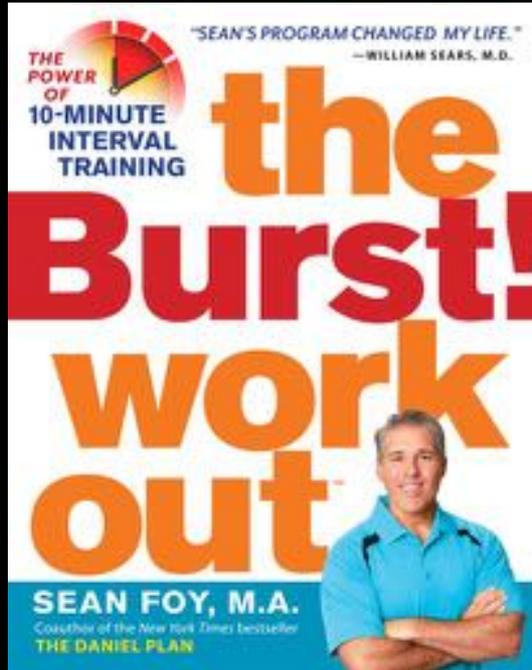


Aging Mastery

1. Exercise & You
2. Sleep
3. Healthy Eating & Hydration
4. Financial Fitness
5. Medication Management
6. Advance Planning
7. Healthy Relationships
8. Falls Prevention

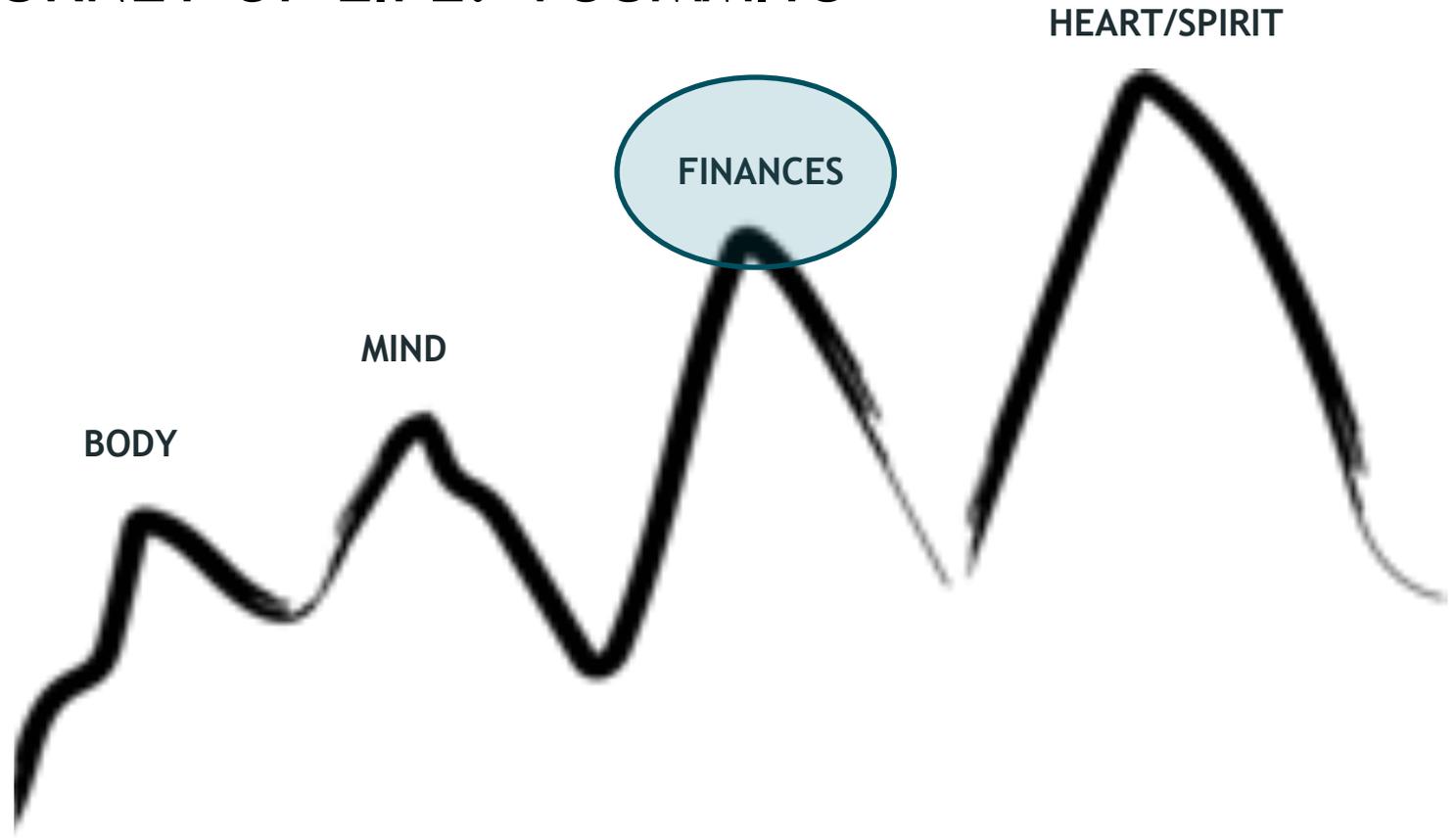


STRONGER KISSES





THE JOURNEY OF LIFE: 4 SUMMITS



Life Vision Mapping

<p>1 BODY</p> <p>1. What</p> <p>2. What</p> <p>3. Why</p> <p>4. What</p> <p>5. "What" Thing</p>	<p>2 HEART CHARACTER</p>	<p>3 MIND CALLING</p>	<p>4 WISDOM</p> <p>1. What</p> <p>2. What</p> <p>3. Why</p> <p>4. What</p> <p>5. "What" Thing</p>
<p>6 HOLY SPIRIT</p> <p>1. What</p> <p>2. What</p> <p>3. Why</p> <p>4. What</p> <p>5. "What" Thing</p>	<p>7 CORE</p>		<p>8 CAREER/ FINANCES</p> <p>1. What</p> <p>2. What</p> <p>3. Why</p> <p>4. What</p> <p>5. "What" Thing</p>
<p>9 CREDO</p>	<p>10 CAUSE</p> 		



BOOK

1. What

2. What

3. Why

--	--	--

I ♥ CHARACTER

CALLING

WIND

1. What

2. What

3. Why

--	--	--

4. What

5. "What" thing

CORE



4. What

5. "What" thing

HEALTH/SPORT

1. What

2. What

3. Why

--	--	--

4. What

5. "What" thing

CREDIT

CAUSE



CAREER/FINANCES

1. What

2. What

3. Why

--	--	--

4. What

5. "What" thing



Where are you?

1-10



BOOK

1. What

2. What

3. Why

--	--	--

I ♥ CHARACTER

CALLING

WEEK

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" thing

CORE



4. What

5. "Why" thing

HEALTH/SPORT

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" thing

CREDIT

CAUSE



5 CAREER/FINANCES **2**

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" thing



Wish?





Imagine



Debt Free

BOOK

1. What

2. What

3. Why

--	--	--

4. What

I ♥ CHARACTER

CALLING

WEEK

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" Things

HEALTH/SPORT

1. What

2. What

3. Why

--	--	--

4. What

CORE



5. "What" Things

5 CAREER/FINANCES 2

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" Things

CREDIT

1. What

2. What

3. Why

--	--	--

4. What

CAUSE



5. "What" Things



BOOK

1. What

2. What

3. Why

--	--	--

4. What

I ♥ CHARACTER

CALLING

WIND

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" Things

CORE



5. "What" Things

HEALTH/SPORT

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" Things

CREDIT

CAUSE



5 CAREER/FINANCES 2

1. What **Debt Free**

2. What

3. Why

--	--	--

4. What

5. "What" Things

What?



BOOK

1. What

2. What

3. Why

--	--	--

I ♥ CHARACTER

CALLING

WIND

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" thing

CORE



4. What

5. "Why" thing

HEART/SPINE

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" thing

CREDO

CAUSE



5 CAREER/ FINANCES 2

1. What **Debt Free**

2. What

3. Why

--	--	--

4. What

5. "Why" thing







DONATION







college
fund

BOOK

1. What

2. What

3. Why

--	--	--

4. What

I ♥ CHARACTER

CALLING

WIND

1. What

2. What

3. Why

--	--	--

4. What

CORE



5. "Why" Things

HEALTH/SPORT

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" Things

CREDIT

CAUSE



6. "What" Things

5 CAREER/ FINANCES 2

1. What **Debt Free**

2. What **Fund Grandkids College Fund**

3. Why

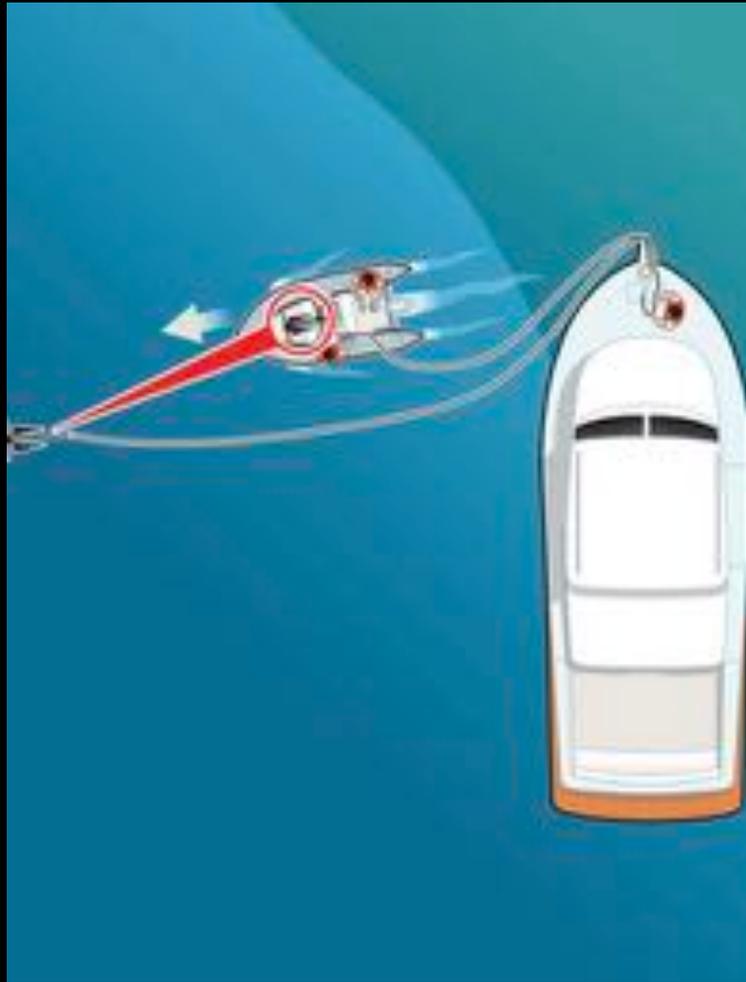
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4. What

5. "Why" Things



Kedging



Kedging



Kedging



BOOK

1. What

2. What

3. Why

--	--	--

4. What

I ♥ CHARACTER

CALLING

WIND

1. What

2. What

3. Why

--	--	--

4. What

5. "Why" thing

HEART/SPORT

1. What

2. What

3. Why

--	--	--

4. What

CORE



5. "What" thing

5 CAREER/ FINANCES 2

1. What **Debt Free**

2. What **Fund Grandkids College Fund**

3. Why

--	--	--

4. What

5. "Why" thing

CREDIT

1. Why

--	--	--

2. What

CAUSE

CAUSE



5. "What" thing



A wooden signpost is mounted on a vertical wooden post. The signpost is a horizontal wooden arrow pointing to the right. The word "TRAIL" is written in bold, black, uppercase letters on the signpost. The background is a blurred natural setting with green foliage and a light sky.

TRAIL

BOOK

1. What:

2. What:

3. Why:

4. What:

5. "What" thing:

I ♥ CHARACTER

CALLING

CORE



WIND

1. What:

2. What:

3. Why:

4. What:

5. "What" thing:

HEALTH/SPORT

1. What:

2. What:

3. Why:

4. What:

5. "What" thing:

CREDIT

CAUSE



5 CAREER/ FINANCES 2

1. What: **Debt Free**

2. What: **Fund Grandkids College Fund**

3. Why: **\$300** ← **\$200** ← **\$100**

4. What:

5. "What" thing:

Word?



BOOK

1. What:

2. What:

3. Why:

--	--	--

4. What:

I ♥ CHARACTER

CALLING

WIND

1. What:

2. What:

3. Why:

--	--	--

4. What:

5. "Why" Things:

HEALTH/SPORT

1. What:

2. What:

3. Why:

--	--	--

4. What:

CORE



5. "Why" Things:

5 CAREER/ FINANCES 2

1. What: **Debt Free**

2. What: **Fund Grandkids College Fund**

3. Why:

\$300	\$200	\$100
--------------	--------------	--------------

4. What:

5. "Why" Things:

CREDIT

CAUSE



5. "Why" Things:





A word cloud shaped like the word "Grandpa". The word "Grandpa" is the largest and most prominent, centered in the middle. Surrounding it are various adjectives and nouns in different sizes and colors (including shades of blue, orange, and red). The words include: fun, hugs, kindhearted, creative, loyal, fabulous, sweet, helpful, caring, wise, funny, overjoyed, supportive, kind, loving, smart, strong, patient, giving, generous, creative, mazing, ughtful, and fantasti.



A word cloud shaped like the word "grandfather". The word "grandfather" is the largest and most prominent, centered in the middle. Surrounding it are various adjectives and nouns in different sizes and colors (including shades of blue, orange, and red). The words include: love, trust, educate, believe, appreciate, respect, encourage, guide, protect, help, work hard, nurture, respect, admire, learn, wish, give, balance, discipline, support, grow, shield, understand, laugh with, honor, show, taken, sympathize, and lead.

BOOK

1. What:

2. What:

3. Why:

--	--	--

4. What:

I ♥ CHARACTER

CALLING

WIND

1. What:

2. What:

3. Why:

--	--	--

4. What:

5. "Why" thing:

HEALTH/SPORT

1. What:

2. What:

3. Why:

--	--	--

4. What:

CORE



5. "Why" thing:

5 CAREER/ FINANCES 2

1. What: **Debt Free**

2. What: **Fund Grandkids College Fund**

3. Why:

\$300	\$200	\$100
--------------	--------------	--------------

4. What: **My "Hero"**

5. "Why" thing:

CREDIT

CAUSE



5. "Why" thing:



Won Thing?



BOOK

1. What:

2. What:

3. Why:

--	--	--

4. What:

I ♥ CHARACTER

CALLING

WIND

1. What:

2. What:

3. Why:

--	--	--

4. What:

5. "Why" thing:

CORE



5. "What" thing:

HEALTH/SPORT

1. What:

2. What:

CREDO

CAUSE

5 CAREER/ FINANCES 2

1. What: **Debt Free**

2. What: **Fund Grandkids College Fund**

3. Why:

--	--	--

4. What:

CAREER

CAUSE

3. Why:

\$300	\$200	\$100
--------------	--------------	--------------

4. What: **My "Hero"**

5. "Why" thing:



5. "What" thing:



Won Thing

What's **ONE THING** I can do, that I may not be doing now, but if I did it on a regular basis I **KNOW** it would take me to the top of my mountain?



Won Thing

What's **ONE THING** I can do, that I may not be doing now, but if I did it on a regular basis I **KNOW** it would take me to the top of my mountain?

$\$5.00/\text{day} = \$100.00 / \text{month}$



Won Thing

What's **ONE THING** I can do, that I may not be doing now, but if I did it on a regular basis I **KNOW** it would take me to the top of my mountain?

\$25.00/week = \$100.00 /month



BOOK

1. What:

2. What:

3. Why:

--	--	--

4. What:

I ♥ CHARACTER

CALLING

WIND

1. What:

2. What:

3. Why:

--	--	--

4. What:

5. "Why" thing:

HEALTH/SPORT

1. What:

2. What:

3. Why:

--	--	--

4. What:

CORE



5. "What" thing:

5 CAREER/ FINANCES 2

1. What: **Debt Free**

2. What: **Fund Grandkids College Fund**

3. Why:

\$300	\$200	\$100
--------------	--------------	--------------

4. What: **My "Hero"**

5. "Why" thing:

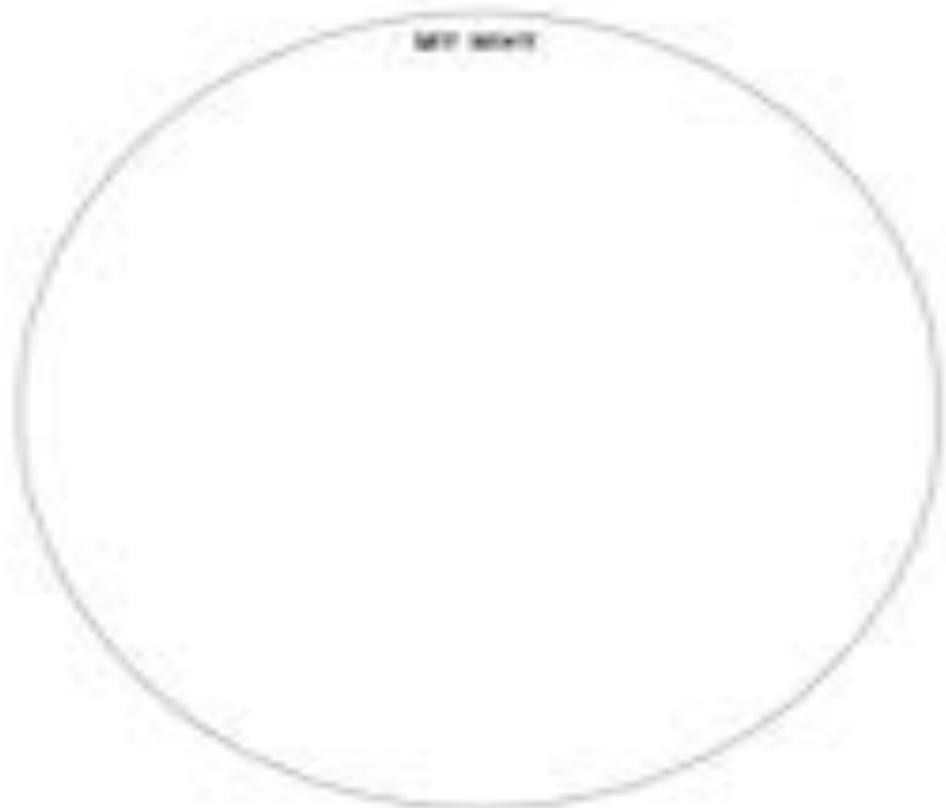
CREDIT

CAUSE



5. "What" thing: **Bring Own Coffee**





LET'S START

HEART/SPIRIT

CAREER/FINANCES

Own Coffee



SOUL



MIND



HEART/SPIRIT



CAREER/FINANCES

Bring Own Coffee

BRUNNEN
MUNICH, GERMANY



BOOK

1. What

2. What

3. What

4. What

5. "What" thing



LOVE CHARACTER

1. What

2. What

3. What

4. What

5. "What" thing



CALLING

1. What

2. What

3. What

4. What

5. "What" thing



WIND

1. What

2. What

3. What

4. What

5. "What" thing



HEALTH/SPORT

1. What

2. What

3. What

4. What

5. "What" thing



CDRS

1. What

2. What

3. What

4. What

5. "What" thing



5 CAREER/ FINANCES 2

1. What **Debt Free**

2. What **Fund Grandkids College Fund**

3. What

4. What

5. "What" thing

CREDO

1. What

2. What

3. What

4. What

5. "What" thing



CAUSE

1. What

2. What

3. What

4. What

5. "What" thing



3. What **\$300** **\$200** **\$100**

4. What **My "Hero"**

5. "What" thing **Bring Own Coffee**



John's Story



Before



After

Aging Mastery Program

5 Weeks

10 Modules

Elysian Park- March 24

Diamond Bar- March 26

Registration: March 4th
(800)779-8328



Space Limited: 50 per venue

Financial Mastery

3 Weeks

Elysian Park- TBD

Diamond Bar- TBD

Registration: TBD



Space Limited: 75 per venue

“

What's within you is **stronger**
than what's in your way.”

-Erik Weihenmayer

”

“ You are
STRONGER
than you
think. ”

-Author Unknown

