HIERARCHY OF NEEDS



					PEAK H & Wel		THIS IS WHER E	e your long- Example, yol Ev	TERM GOAL I Contribut Erything B	S LIE. THIS IS WH Te positively to Elow this point	ERE YOU ARE LIVII Your Environme ' on the pyramid	ng in an optin Ent, and you , Is required i	IAL STATE AN Are happy bi N order to g	ND ARE CONI Ecause of Et here; No	Fident in WH. The Hard Wo) Shortcuts	AT YOU DO. YOU LEAD Irk you do.) BY
				SUSTAIN & Long		discip owne	Line & Th Rship	IESE ARE THE Ne of this is And our ci	PRINCIPLES Realistic F Rcumstani	THAT YOU ARE W Or the things li Ces. This will cf	/ORKING TOWARD: IFE THROWS AT US Reate a sustain/	S TO ACHIEVE S. IT IS UP TO U Able lifestyl	THE LIFE YOU S to build dis E that we c/	DESIRE. WIT Scipline an An Maintai	THOUT SOME [Id to take 0] N over a lon	DEGREE OF FLEXIBILIT WNERSHIP OF OUR LIV NG PERIOD OF TIME.	TY, /ES
Ment Spirit Heal				TUAL	Phys Perfor		DIETARY CHO	ICES	THES	WE	E AREAS OF OUR L Cannot Ignore (Must be taken i	ONE AND EXPE	CT TO THRIVE	E IN THE OTH	IERS.		
	REGULATE Caffeine intake			VISUALIZATION		Journ/ Refle Da	CTING SA	AUNA & COLD Exposure	These A He	ALTH AND WELLN	EVEL STEPS WE C Iess. These are n Onsistently exe	IOT THE #1 PR	IORITY. AND S	HOULD NOT	BE A PRIORIT	GOAL OF PEAK OVERA Y UNLESS YOU ARE	F PEAK OVERALL SS YOU ARE
	INCORPORATE MOBILITY WORK			AL PREP HIT M. Go <i>r</i>			MICRONUTRIENT		D DAILY	WELCOME TO R This 1	I TIER 3. ONCE YOL Eally start han TIER IS Really co	I REACH THIS F Mmering Awa Re to the Lon	point, you ha Y at your go Igevity & sus	AVE MASTEF Dals at thi Stainabilit	RED THE BASIC E TOP OF THE Y PORTION OF	CS AND ARE READY TO Pyramid. - Your Goals.	0
STRENGTH Training F					YOUR PRAY / P Ie goal gratitui) ELECTROLYTES) Your Water	NIGH	IING & ONC ITIME ALMO TINES TH	e you have the F Ist daily) action Ie pyramid. Thes	BASICS OF TIEF Is that you c E are not as	TIER 1 DOWN, YOU CAN Du can take to move As foundational as 		MOVE UP TO TIER 2. THESE ARE DAI Ou closer to your goals at thi Ier 1, but are also very import		LY (OR Top of Ant.
MOVE YOUR BODY PRIORITIZE Daily protein intak			FUEL WITH WHOLE FOODS		DRINK ≥ 100 OZ of water daily		SLEEP ≥ Hours Per Ni		utdoors Aily	LIMIT USE OF Alcohol, Tobacco, & Nicotine	THESE PILLA	RS IN OUR DAI D: IT ALL STAR	LY LIVES IN OF TS HERE. DO I	RDER TO AC Not move t	HIEVE THE GO	E DESIRE. WE MUST M. IALS AT THE TOP OF TI FIER UNTIL YOU CAN IRS.	ake He