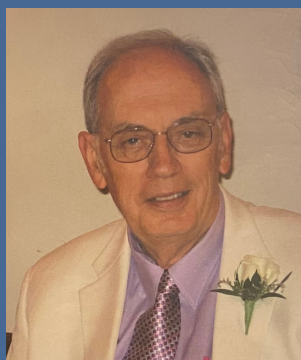


Join us!



Medical Prescription Form

R_x

Patient Information
Patient name
Patient address

Directions:
"Keep your
chin up
and your
knees bent"

The O.G. Doc Pratt

Signature
Date

DocPrattMinistries.org

Doc Pratt Ministries

faith-based educational 501c3 nonprofit

*"Building Community
Pursuing Excellence"*

Doc Pratt Ministries Divisions

COACH AMY PRATT

Individual, Professional,
Corporate Coaching

Empowering clients in Pursuing Excellence by defining where they are, where they want to go, set steps to get there, and take those steps together.

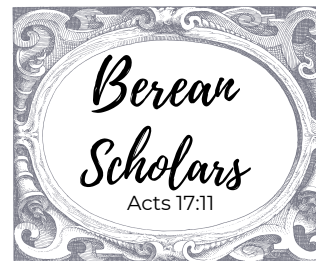
The Six Dimensions of Health & Wellness



Doc Pratt Ministries' original curriculum presented through classes, individual sessions, and printed materials. (See the separate page for more info.)



Weekly livestream podcast, Daily Brew inspiration shorts, and blogs to reach and encourage a broad audience with resources for confidence and success in life and money.



Pursuing Excellence through book clubs, discipleship classes, and access to leading educational content and current social psychology research.



In-person events designed to generate joy, a sense of belonging, cultivate relationships, opportunities for service, and to celebrate holidays together.

For more information
or to support
Doc Pratt Ministries:



Doc Pratt Ministries & the Neurobiology of Transformation

Neurobiology reveals our brain's right hemisphere, which governs relationships and emotional processing, is actually the driver of lasting character change and personal growth, not the left hemisphere's rational knowledge and willpower.

A "full-brained" approach that integrates both relational and rational approaches is necessary for authentic and lasting transformation.

The right hemisphere literally shapes who we become through attachment relationships. In other words, the community of who we identify as "our people" shapes who we become.

For "our people" to have a positive impact on who we become, four ingredients must be present in that relationship-based community: **emotional connection, belonging, shared purpose, and supportive accountability.**

When communities lack these "relational nutrients," they create what researchers call "depleted soil" where narcissism flourishes and personal growth stagnates. However, **when the four essential ingredients are present in that community, positive transformation naturally occurs.**

Doc Pratt Ministries addresses this neurobiological reality with our comprehensive social psychology approach by providing a culture in which people experience genuine belonging and develop secure attachments, creating the relational foundation that makes holistic, lasting transformation neurobiologically possible.

Right-Hemisphere Relational Community.

Emotional Connection: Through our Doc's Place gatherings, we create face-to-face interactions that generate the joy our brains need to fuel transformation.

Belonging: DPM cultivates a community based on a sense of belonging, with a "we/us" mentality rather than the more common practice of "you/them."

Positive Shared Purpose: DPM's mission is "Pursuing Excellence through continual, incremental, intentional improvement in all of The Six Dimensions of Health & Wellness within ourselves first to strengthen and inspire others through service and servant leadership."

Supportive Accountability: DPM's community of belonging reminds its members regularly of our positive shared purpose and reinforces connection which organically transform each member into a healthier individual, with a strong sense of identity and purpose.

Left-Hemisphere Cognitive Learning.

Focusing on developing a Relational Community first, DPM then applies structured learning by using our original curriculum, **The Six Dimensions of Health & Wellness**, through our **Berean Scholars** book clubs and **Coach Amy's** individualized guidance. This creates the "full-brained" approach that neuroscience proves is necessary for lasting change and in turn, thriving human communities.

THE SIX DIMENSIONS OF HEALTH & WELLNESS

Doc Pratt Ministries' original curriculum, *The Six Dimensions of Health & Wellness*, leverages the neurobiology of transformation through community-based engagement. This comprehensive framework guides participants to discover their unique identity and calling while evaluating each dimension for healing, repair, or growth. By integrating emotional, mental, physical, vocational, social, and financial wellness through DPM's relational community—**Coach Amy's** sessions, **Inspirational Influencers** content, **Berean Scholars** book clubs, and **Doc's Place** gatherings—participants align their passions, gifts, and values with their ultimate life goals. This neurobiologically-informed, “full-brained” approach fosters confidence, balance, and deep purpose, creating sustainable pathways toward clearly defined goals.

Life is always changing. Staying engaged with the DPM community and T6DH&W helps you stay on track, adapt, and keep thriving no matter what comes your way.



Stages of Health & Wellness

- 1- Desert: Extremely lacking, requiring immediate attention and effort
- 2- Overgrown/Malnourished/Neglected: Some pruning needed, some intentional care needed
- 3- Surviving: Doing well enough but could do better
- 4- Thriving: No room for improvement here and is using a reliable plan for maintenance.

1

Emotional Wellness

- A. Identity
- B. Emotion recognition & definition
- C. Spiritual Wellness

2

Mental Health & Habits

- A. Choosing a Life of Inspirational Influence
- B. Atomic Habits (Clear, 2018)
- C. Cognitive Health

3

Physical Health

- A. Nutrition
- B. Exercise
- C. Medical

4

Vocational Wellness

- A. Calling
- B. Career
- C. Seasons

5

Social Wellness

- A. Three intimacy levels
- B. Communication skills
- C. Seasons

6

Financial Wellness

- A. Money plan
- B. Visualizing your horizon
- C. Planning for Retirement in ALL the ways