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# GUIDEBOOK

CREATE YOUR PERSONAL ACTION PLAN  
FOR LIFE-LONG CHANGE

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**SPINAL  
CORRECTIVE  
CENTER, P.C.**

*Chiropractic for Pediatric  
Development & Adult Health*

**Dr. Eric Plasker**

# Dr. Eric Plasker

*Bestselling Author, Creator of The 100 Year Lifestyle, International Speaker, Chiropractor, Human Potential and Longevity Leader*



Dr. Eric Plasker is the creator and international bestselling author of *The 100 Year Lifestyle*. This innovative model of care, education, and lifestyle management has empowered millions of people worldwide to change their lives to feel younger and healthier, regardless of their age. It has helped over 12,000 doctors enjoy their practices more by delivering high-integrity lifetime care to more people.

The 100 Year Lifestyle was inspired by a 100-year-old patient who changed Dr. Plasker's life, as well as seeing his own family suffer through many health challenges including Alzheimers, heart disease, thyroid disease, cancer, drug reactions, traumatic brain injuries, and more.

Dr. Plasker believes that everyone deserves to be healthy and express their full potential from the time they are born through their last breath of life. He calls this 100:100, or living at 100% for 100 years and beyond. This is a vision that everyone can enjoy and raise their family by, regardless of their current age.

As the 2023 Life University Chiropractor of the Year, Dr. Plasker is more inspired than ever to make a difference.

A relevant and motivating keynote speaker, Dr. Plasker travels the world speaking to companies, organizations, and communities on human potential, leadership, personal and cultural change, as well as the principles of The 100 Year Lifestyle.

He has been a featured guest on traditional media, social media, and podcast interviews worldwide and is available for interviews by contacting [info@100yearlifestyle.com](mailto:info@100yearlifestyle.com).

Dr. Plasker is truly getting younger every year as he enjoys traveling and quality time with his wife of 36 years, Lisa, his three adult children, all chiropractors, and his grandchildren. On retirement, Dr. Plasker says, "The world needs this wisdom more than ever. Truly, we are just getting started."

Dr. Plasker practices in Marietta, GA with his son, [Dr. Cory](#).

*We are the first generation in history who is getting the advanced notice that whether we like or not, want to or not, we will probably live longer than we ever thought. This guidebook will help you get there and enjoy a sensational century!*

— Dr. Eric Plasker - Best Selling Author and Creator of The 100 Year Lifestyle

# 100:100

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100 PERCENT FOR 100 YEARS™

100:0	100:10	100:20	100:30	100:40	100:50	100:60	100:70	100:80	100:90
100:1	100:11	100:21	100:31	100:41	100:51	100:61	100:71	100:81	100:91
100:2	100:12	100:22	100:32	100:42	100:52	100:62	100:72	100:82	100:92
100:3	100:13	100:23	100:33	100:43	100:53	100:63	100:73	100:83	100:93
100:4	100:14	100:24	100:34	100:44	100:54	100:64	100:74	100:84	100:94
100:5	100:15	100:25	100:35	100:45	100:55	100:65	100:75	100:85	100:95
100:6	100:16	100:26	100:36	100:46	100:56	100:66	100:76	100:86	100:96
100:7	100:17	100:27	100:37	100:47	100:57	100:67	100:77	100:87	100:97
100:8	100:18	100:28	100:38	100:48	100:58	100:68	100:78	100:88	100:98
100:9	100:19	100:29	100:39	100:49	100:59	100:69	100:79	100:89	100:99

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## How People Are Benefitting

*The 100 Year Lifestyle principles are changing our community. Our patients are making healthier choices, feeling younger as they age and are embracing their longevity potential. It's great to see them excited about their future and we are honored to be a part of their journey.*

- Drs. Vance and Jill Kirar, [Kirar Superior Healthcare](#)

*People of all ages in our community are realizing the importance of healthy longevity and why starting young really matters. The 100 Year Lifestyle is easy to follow time-tested common sense. Stay on this path and you will be on your way to a sensation century.*

- Dr. Janet Cuhel & Dr. Gene Crestinger, [Spinal Corrective Center](#)

*Aligning your body, mind, and nutrition are essential for a healthy long life. The 100 Year Lifestyle Guidebook will bring you into balance and ensure a healthier quality of life now and as you age. Regardless of your current condition, this guidebook will empower you to get more out of life.*

- Dr. Paul Weeks, [Dothan Spine & Specialty](#)

For local support in living your 100 lifestyle, [find a provider near you.](#)



**StriveLife**  
Superfood System

Fuel your dreams with over 90 organic superfoods supplying over 300 essential nutrients, micronutrients, and microbiome support.

Try StriveLife – Get Your Superfood Starter Kit Today



# Introduction

Welcome to [The 100 Year Lifestyle](#) and congratulations on embracing this opportunity!

If you knew you'd live to 100, how would you change your life today? This is the question that started The 100 Year Lifestyle movement and has been changing peoples' lives for decades. Now it's your turn.

Get ready to make the changes YOU KNOW you need to make so you can benefit from those changes for a lifetime. You will learn to love the things that are good for you and make the most of every day.

## *How to get the most out of your Action Plan...*

- Participate with intention.
- Complete the personal exercises in this *Guidebook* by printing the pages in this eBook or following the links to complete them online.
- Invite family and friends to take this journey with you.
- Go through this *Guidebook*, focusing on the *Action Plan* for each chapter and utilizing the additional support information provided. You can go in chapter order, or skip around to meet your personal needs and interests.
- Use the *Review*, *Reflections*, and *Recommitments* periods provided to write down any additional thoughts, ideas, or insights to further personalize the material. The more you apply this information, the more you'll benefit.
- Refer to the following free resources to fully embrace The 100 Year Lifestyle principles described in this *Guidebook*.
  - [The 100 Year Lifestyle 2nd Edition](#)
  - [The 100 Year Lifestyle Podcast](#)
- Visit [100YearLifestyle.com](http://100YearLifestyle.com) for additional information and supportive content to help you reach your goals.
- Search [The 100 Year Lifestyle Network](#) and schedule an appointment.
- Use the resources that will make the biggest difference for you personally.

A man in a suit stands in front of a large window, holding up the word "VISION" in large, bold, black letters. The window shows a sunset or sunrise with a bright sun and colorful clouds. The man is silhouetted against the bright light. The word "VISION" is the central focus of the image.

# VISION

A Compelling Vision  
For a Sensational  
Century

# THE 100-YEAR LIFESTYLE DEFINED

## WHAT IT IS...

- Living a healthy, passionate prosperous life, every day of your life, for 100 years and beyond
- Great relationships with multiple generations and multiple circles of people
- Lifelong learning, activity, and adventure
- Financial freedom, abundance, and independence
- The perfect balance of exploration, play time, and fun combined with meaningful work
- Maximizing your genetic capabilities and making the most of your time, energy, and talents
- Keeping your original body parts functioning at full capacity
- Stimulating your mind to keep it sharp
- Accepting challenges, embracing change, and adapting to the unexpected
- Balancing the need for immediate gratification and a secure future
- Knowing and trusting yourself
- Yours to customize

## WHAT IT IS NOT...

- Rotting away as a human preservative in a nursing home
- Abusing your body, masking symptoms with drugs, and then continuing to abuse yourself until one organ after the other has to be removed or replaced
- All work and no play
- Abusive relationships and isolation
- Financial survival for 35 years and then barely squeaking by on Social Security and Medicare
- Insignificant retirement where you become a meaningless number in a long line of an outdated system



- Wearing out your body in the first 50 years and then suffering the consequences during the second 50 years
- Accumulating wealth in the first 50 years and destroying relationships along the way, leaving you nobody to share it with
- Creating wealth at the price of your health
- Denying yourself the good things in life

**CALM YOUR MIND**  
AND FOCUS YOUR INTENTION.  
EXPERIENCE THE 100 YEAR  
LIFESTYLE MEDITATION &  
COUNTLESS OTHERS WHEN YOU  
SUBSCRIBE TO BRAINTAP.



# Create a Compelling Vision

1. ***See Where You Currently Stand.*** Take the [100 Year Lifestyle Assessment](#) online and get your score emailed to you immediately. Or, [print out the form below](#) and fill it out manually. Understand your current lifestyle and see what changes you need to make.
2. ***Take Advantage of the Advanced Notice.*** Calculate your M-PYR, [minimum potential years remaining](#), based on your family history and create an exciting life vision for your longevity. Learn from the advanced notice your parents and grandparents are giving you about your longevity potential. Make life choices for the long haul. Start planning your 100 Year Lifestyle today, so you can experience a life of lasting health, wealth, prosperity, partnership, and purpose as you age. [Your minimum potential years remaining are not your maximum.](#)
3. ***Put the Three Life-Changing Principles to Work for You.*** These principles represent the simple truth about personal change that can keep you consistently committed to your ideal life. **Principle #1 (The Magnet Principle)** - Change Is Easy. Thinking about Change Is Hard. **Principle #2 (The Persistence Principle)** - Change happens one choice at a time. Think progress, not perfection. **Principle #3 (The Compelling Principle)** - Approach change with your ideal 100 Year Lifestyle in mind. Begin to formulate a compelling vision for your extended life and beyond.
4. ***Choose Quality-of-Life Motivation—Not Crisis Motivation.*** Allowing crisis to motivate you to change keeps you in your old patterns and perpetuates suffering. Choose quality of life motivation over the crisis approach to change. That way, you'll avoid many painful, unnecessary detours along the way and move towards the quality of life you deserve.
5. ***Choose at Least Three Areas to Change.*** What are the priority areas of your life you want to change? Whether it's your health, your finances, your work, or relationships, choose at least three and start making changes today. Build momentum for lasting change when you commit, persist, and move towards your compelling vision.

6. ***The Midstream Catch.*** Stay conscious throughout each day. Every time you are faced with a choice, challenge yourself to make a 100 Year Lifestyle Choice. If you get off track, stop yourself midstream and make a new decision in the moment. This is the only way to achieve immediate and long-term change.
7. ***Keep Your Eye on the Prize.*** Focus on your compelling vision and stay on track by following the Three Life-Changing Principles. Choose your focus. Your best life choices are ones that will positively impact your life both today and when you are 60, 70, 80, 90, or 100. This focus will give you a foundation of clear and lasting commitment through the ups and the downs of everyday life.

***Your Innate Intelligence will organize around the thoughts you think, the choices you make, and the lifestyle you live. Take action today, and enjoy a sensational century.***

— Dr. Eric Plasker – *The 100 Year Lifestyle*

## Magnesium Via Skin

- ✓ 100% Natural Ingredients
- ✓ Anti inflammatory
- ✓ Support the skin barrier
- ✓ 6 sprays = 300mg magnesium
- ✓ Massage in, relax, recharge, and recover



# The 100 Year Lifestyle Assessment

Whether you like it or not, want to or not, you will probably live longer than you ever thought. Take this Assessment now and make the lifestyle changes that ensure the quality of life you deserve.

Never --- Always

I am excited about the possibility of living to 100.....	1	2	3	4	5
I have many goals that I would like to achieve over my extended life.....	1	2	3	4	5
I am willing to make changes to improve my quality of life as I age.....	1	2	3	4	5
I have youthful energy in spite of my age.....	1	2	3	4	5
I enjoy a full night of restful sleep and feel energized each morning.....	1	2	3	4	5
I can consciously shift my energy whenever I want to.....	1	2	3	4	5
I am aware of the diseases in my family history.....	1	2	3	4	5
I live a lifestyle that counteracts the diseases in my family history.....	1	2	3	4	5
I am motivated by quality of life health goals rather than crisis management.....	1	2	3	4	5
I feel good about my current health condition.....	1	2	3	4	5
I exercise 4 to 5 times a week and am getting the results I want from my fitness routine.....	1	2	3	4	5
I eat healthy foods and supplement my diet.....	1	2	3	4	5
I visit health care providers proactively to stay healthy and avoid unnecessary health problems.....	1	2	3	4	5
I live in a peaceful, stress-free home environment.....	1	2	3	4	5
I work in an environment that nurtures my talents and where I feel appreciated.....	1	2	3	4	5
My home and work environment reflect my inner feelings and voice.....	1	2	3	4	5
I support myself through choices that I know are good for me.....	1	2	3	4	5
I actively seek out opportunities and enjoy learning new things.....	1	2	3	4	5
I am surrounded by supportive relationships at home and at work.....	1	2	3	4	5
I have achieved the balance I am looking for.....;	1	2	3	4	5
I am able to separate work time from play time.....	1	2	3	4	5
I have a clear picture of how I want to use my time during my extended life.....	1	2	3	4	5
My current financial path can sustain me until I reach 100.....	1	2	3	4	5
I am passionate about work and the way I earn money.....	1	2	3	4	5
I am living within my means and saving money regularly.....	1	2	3	4	5
I feel like my life has purpose and I am making a difference.....	1	2	3	4	5
I am actively involved in my community.....	1	2	3	4	5
I have a mentor and I use my leadership skills to mentor others.....	1	2	3	4	5

**Add all the circled numbers. This is your total score:** \_\_\_\_\_

See "What Your Score Means"



**Live Yours!™**



## See What Your Score Means

If your score was 0 to 35:

### ***Slam on the Brakes and Change Your Life***

You are either in denial, at the end of your rope, or just don't care. At the rate you are going both your mind and your body are headed for trouble. You are taking years off your life and will be a financial burden to your children or society. It's not too late to turn things around. Keep reading and embrace the Three Life-Changing Principles of the 100 Year Lifestyle to make the remaining years of your life the best. Take the Lifestyle Leap and pay close attention to the Three Life-Changing Principles in [The 100 Year Lifestyle!](#)

If your score was 36 to 70:

### ***Stop Killing Yourself Slowly***

At the rate you are going you are headed for a deteriorating and depressing extended life. You have no vision, poor habits, and lack a sense of purpose. You are using crisis as the motivation to take action on the habits that you know are good for you, rather than embracing the quality of life you deserve. Stop compromising yourself. You can simply, steadily, and easily make 100 Year Lifestyle changes to enjoy your longevity with the health, passion, and meaning to make it all worthwhile. Take the Lifestyle Leap and enjoy the youthful energy and enthusiasm that you will learn about in [The 100 Year Lifestyle!](#)





If your score was 71 to 105:

### ***Get Ready to Go from Good to Great***

You are probably on a roller coaster filled with ups and downs. You are enjoying your life, but you are out of balance with swings that go too far to the extreme. Some things are working well for you, while other areas of your life are out of control. Address the areas of the 100 Year Lifestyle that will impact your life the most and you will find that your life gets easier, your results go up, and you start having a lot more fun. You will add better health, (The 100 Year Lifestyle) financial security, peace of mind, and purpose to an already solid foundation. Take the Lifestyle Leap and discover how to attract new friends, find new passions, and achieve the balance you are looking for by embracing the ideas in [The 100 Year Lifestyle!](#)

If your score was 106-140:

### ***Enjoy a Sensational Century***

You are on your way. You are living your dreams while you plan for the future, both at the same time. You enjoy your work and feel like you can do it forever. The good news is that by following this plan, it won't be something you have to do, but something you can choose to do if you want to. You are in good health, you have goals to achieve, and a world of opportunity ahead of you. Embracing the 100 Year Lifestyle will ensure that you enjoy your legacy while you are alive, enjoy youthful energy and passion, and make the most of this precious gift called your life. Take the Lifestyle Leap by refining your life vision, having more fun than ever, and making your life matter by adopting the concepts in [The 100 Year Lifestyle!](#)

***Create a compelling vision for your extended life.***

# Take Charge of Your Life. Take Charge of Your Health.

Calculate Your M-PYR™

1. Age of your oldest grandparent ever	_____
2. Your current age	_____
3. Your M-PYR™	1 - 2 = _____

**Choose your motivation. Crisis or Quality of Life?**

## The Three Life-Changing Principles

1. Change is easy. Thinking about change is hard.
2. Change happens one choice at a time. Think progress, not perfection.
3. Approach change with your ideal 100 Year Lifestyle in mind.

**List the immediate goals and changes that you know deep down in your heart you want to make:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What are the long-term and lasting goals and changes you want to make?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# Discover Youthful Energy at Any Age



## *Discovering Youthful Energy*

1. **Take your Personal Energy Inventory** in this guidebook or [online](#) and become aware of all of the personality traits and habits that leak your personal energy out into the atmosphere. Choose energy-enhancing thoughts, actions, and feelings in place of your energy draining ones. Begin to make them a part of your character and personality, who you are.
2. ***Listen to the Habit Patterns Podcast and decide which Dominant Energy Pattern*** you are in and begin to identify your personal human potential pattern. Begin making choices following the [Three Life-Changing Principles](#) that support your ideal 100 Year Lifestyle where you are living at your best every day.
3. ***Master the Midstream Catch***. Have a 100 percent conscious day. Take it all in and be honest with yourself about when you are being destructive, in survival, complacent, comfortable, and when you are at your best. Begin to let go of your destructive habits and rewire yourself to make the most of every day.
4. ***Choose energy-enhancing*** first thoughts, actions, and feelings and reinforce them throughout the day with personal affirmations. [The Personal Affirmation Creator podcast](#) will be a great resource and support tool.
5. ***Monitor your breathing, heart rate, and posture***. Begin with your breathing and posture immediately because they do not require any equipment. When you are ready, invest in a heart monitor and tune into your heart rate. You will be amazed by what you learn about yourself during this process and how much control you have over your well-being.

*Wherever you focus your energy, it goes.*

6. **Choose high-energy foods and activities.** When given the choice of low-energy foods and activities or high-energy ones make high-energy choices. Choose a power walk over being a couch potato. Choose lean proteins over candy. Choose healthy interactions with other people rather than destructive ones.
7. **Stop, breathe, and choose.** When you catch yourself unconsciously doing things that you know you want to change, shift your energy. Literally tell yourself to stop and physically and emotionally stop yourself. Take a full deep breath. Now make a new choice that supports your ideal 100 Year Lifestyle. Initially you may feel like a tennis ball bouncing back and forth 100 times a day. Eventually you will settle into your human potential pattern, and it will become your new lifestyle. You will love it.
8. **Get younger every day.** If you follow this plan, you will feel younger at the end of the day than you did at the beginning of the day even though you are one day older. Do this for a month and you will feel younger at the end of the month. Do it for a year, 5 years, and 10 years, you will continue to feel young and healthy regardless of your age.





# Personal Energy Inventory <sup>TM</sup>

## *Regain Youthful Energy Right Now*

Turn your energy drainers into energy enhancers. Don't focus on weight you need to lose or what you are giving up. Instead, focus on what you are gaining as a result of your commitment to change.

**Check off the statements below that apply to you.**

### **My Energy Drainers:**

- Sugar
- Caffeine
- Not Exercising
- Arguing with my spouse
- Stress
- Drama
- Interruptions
- Being Overweight
- Overscheduling my day
- Saying yes when I mean no
- Overworking
- Not taking play time
- Taking abuse
- Worrying
- Slouching
- Overanalyzing
- Trying to change other people
- Being a people pleaser
- Stressing out
- Mindless TV or internet surfing
- Not having a purpose
- Not completing things that I start
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **My Energy Enhancers:**

- Speaking my truth
- Quality time with family and friends
- Being honest
- Following through
- Reading good books
- Keeping promises to myself
- Being grateful
- Prayer
- Eating healthy foods
- Taking my supplements
- Date night with spouse
- Focusing on the positive
- Having faith
- Expressing gratitude
- Standing up for myself
- Staying on task
- Letting go of the things that are out of my control
- Taking action on my goals
- Exercise
- Chiropractic Lifestyle Care
- Good posture
- Massages
- Investing in myself
- Being involved in causes I believe in
- Celebrating special occasions
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



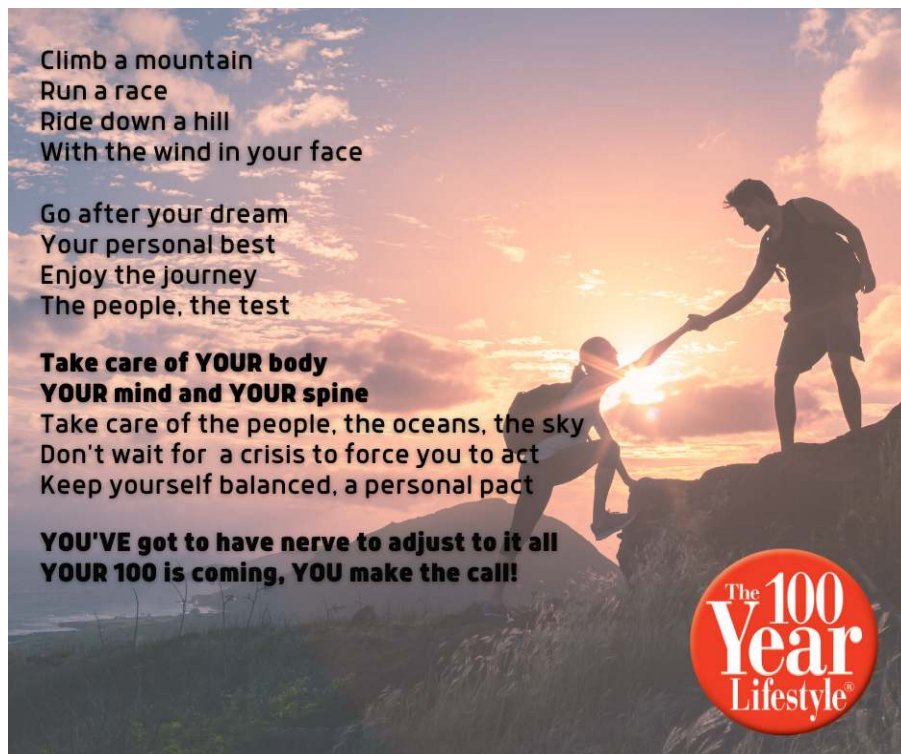
# FIT N<sup>2</sup> ESS™

Neurology, Nutrition, Endurance, Strength, Structure



# FitN<sup>2</sup>ESS

1. Take a look at the [FitN<sup>2</sup>ESS Daily Checklist](#). Identify things you are already doing and things you would benefit from adding to your lifestyle. Fill in the [Action Plan](#) below to create your next steps, then use the [Daily Checklist](#) to keep yourself on track.
2. Take the [Core Strength Test](#) and establish your baseline. Perform this test on a daily basis and see how strong your core can become. You will love it!
3. [Evaluate your posture](#) and be conscious of it throughout the day. Pay particular attention when you are on your phone, sitting at your computer, reclining in a chair, and how you sleep. The [Midstream Catch](#) will help you improve your posture with good moment to moment choices.



# FitN<sup>2</sup>ESS Daily Checklist

- **Neurology**
  - I got my spine and nervous system checked.
  - I meditated.
  - I wrote in my journal.
  - I reviewed my goals.
  - I expressed gratitude.
  - I read a book.
  - I listened to a podcast.
- **Nutrition**
  - I ate whole food, healthy meals.
  - I chose water over soda.
  - I avoided white sugar, flour, and processed foods.
  - I eliminated toxins from my diet, home, and environment.
  - I drank 6-10 glasses of water today.
- **Endurance**
  - I participated in at least 20 minutes of cardiovascular exercise.
  - I took the stairs instead of the elevator.
  - I walked 1 mile.
  - I cycled 1 mile.
  - I parked further away from the building than normal.
  - I skied/snowboarded/swam.
- **Strength**
  - I did plyometric exercises.
  - I lifted weights.
  - I participated in a yoga class.
  - I participated in a Pilates class.







1. **Neurology** : I will take the following steps to improve the function of your nervous system.

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2. **Nutrition** : I will take the following steps to improve your nutrition.

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3. **Endurance** : I will take the following steps to increase your endurance.

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4. **Strength** : I will take the following steps to increase your strength.

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5. **Structure** : I will take the following steps to improve your structure.

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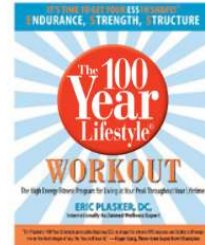
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*Love your age. Adjust your lifestyle.*

# Core Strength and Stability Test

You will need a flat surface and a watch with a second hand. You may want to have a partner with you to time you and monitor your posture. Cheating on your body position may hurt you and give you false results. Try to complete all seven positions without rest and see how far you can get. Please refer to The 100 Year Lifestyle Workout Book for pictures on pages 128 – 131 if you have any questions.



## Body Position

**Step one:** Assume the basic plank position with your elbows on the ground, toes curled under, and back straight.

**Step two:** While in this position lift your right arm off the ground straight out in front of you.

**Step three:** Return your right arm to the ground and repeat with your left arm.

**Step four:** Return your left arm to the ground and lift your right leg off the ground; keep it straight and extend it straight up behind you as high as you can.

**Step five:** Return your right leg to the ground and repeat this motion, lifting your left leg off the ground.

**Step six:** Return your left leg to the ground, and lift your right leg and left arm off the ground at the same time.

**Step seven:** Return your right leg and left arm to the ground and lift your left leg and right arm off the ground.

## Hold Time

30 seconds

15 seconds

15 seconds

15 seconds

15 seconds

15 seconds

15 seconds

**How did you do?** Were you able to maintain a straight back throughout the entire test? Did you collapse to the ground or complete the entire test? Circle the step indicating how far you got. Re-test yourself in thirty days after doing this test four times per week. If you feel pain or discomfort during any portion of this test or within 72 hours afterwards, consult your 100 Year Lifestyle Affiliate Chiropractor immediately.



**Live Yours!™**

# Personal Posture Test

Stand in front of a full length mirror with your hands at your side. Close your eyes and march in place for 10 seconds. Stop marching. Center yourself. Open your eyes and look at your posture.

- |   |         |        |
|---|---------|--------|
| Is one shoulder higher than the other?  | Yes ___ | No ___ |
| Look at your belt line, is one hip higher than the other?   | Yes ___ | No ___ |
| Look at the top of your ears, is one higher than the other?   | Yes ___ | No ___ |
| Is one shoulder more forward than the other?  | Yes ___ | No ___ |
| Are your ears in front of your shoulders?   | Yes ___ | No ___ |
| Is the curve of your low back flat?   | Yes ___ | No ___ |
| Is the curve of your low back excessive causing your belly to bulge?  | Yes ___ | No ___ |
| Check the heels and soles of your shoes, are they wearing unevenly?   | Yes ___ | No ___ |
| Check the sleeves of your jacket or the hem of your pants. Are they uneven?   | Yes ___ | No ___ |
| Have a family member or friend take a picture of you from the back and from the side. Do you see imbalances listed above? | Yes ___ | No ___ |

If you marked “yes” to any of the above questions, you may feel balanced; however, your structure is out of balance. These posture imbalances can cause early deterioration of your spine and nerves along with a variety of health problems. In addition, exercising on a misaligned spine can speed the deterioration. Chiropractic care balances your structure, spine and nervous system helping you to heal quickly and enjoy an active healthy lifestyle. **Call today for an appointment.**



**Live Yours!™**

# Good Nutrition and Modern-Day Challenges

You are what you eat. We all know good nutrition is important. But what does “good nutrition” mean anymore? Is a well-balanced diet really enough? Can we get all the nutrients we need to maintain our brain, muscle, bone, nerves, skin, blood circulation, and immune system strictly from the foods we eat? Today, in our stressful world of depleted soil, chemicals, pollution, and so much more, the answer for the majority of us is no.

## **Compliment Your Healthy Lifestyle. Fuel Your Dreams.**

The 100 Year Lifestyle has long advised eating whole, plant-based, organic foods. In light of the difficulty in achieving maximum health through diet alone, 100 Year Lifestyle has endorsed StriveLife products which complement your healthy lifestyle and are engineered for optimal wellness. The StriveLife Superfoods System is easy-to-absorb blends of organic nutrients, phytonutrients, and nutraceuticals.

## **A Specially Formulated System**

Each bio-available, specially formulated product stands alone in delivering health benefits, but their true power is unleashed when consumed together daily as a system. Their synergistic stacking of over 90 organic superfoods ensures an optimal delivery of over 300 nutrients, micronutrients, vitamins, minerals, and bioactive compounds for maximal absorption.

Just a few of their benefits include:

- Mental and physical endurance and recovery
- Balanced brain chemicals to support a calm, healthy outlook and sense of well-being
- Improved immune function and response
- Anti-inflammatory responses
- Cardiovascular and endocrine support including blood pressure, cholesterol, blood lipid, and sugar levels
- Nerve cell growth and neuroplasticity
- Supported cognitive function such as learning, memory, and focus
- Provide daily cleansing of your system, which is superior to periodic, more extreme kinds of cleansing
- Healthy aging by maintaining energy production at the cellular level

### **Targeted Nutrition Can Miss the Target**

Targeted nutrition is popular with providers who are looking to treat symptoms and conditions or solve a specific problem. This can be fine if you are meeting your total nutritional needs. But if you're not, which is the case for most people, you can miss the bullseye even though you feel better in the moment.

The StriveLife Superfood System blankets your body with the nutritional diversity it requires so that your Innate Intelligence can use what it needs, and then eliminate the rest. Make this your lifestyle to ensure the quality of life you desire and deserve.

### **The Big Picture: Microbiome – Gut – Bacteria**

However, most people aren't aware that eating for good nutrition isn't the entire picture. The microbiome, predominantly in the gut or intestines, plays a crucial role in various aspects of health, including digestion, a healthy immune system, and even mental health. Incredibly diverse, the gut microbiome includes many different types of bacteria performing various functions. This diversity is vital for maintaining gut health and overall well-being.



Maintaining the balance and diversity of necessary bacteria requires a variety of foods. While fermented foods, yogurt, and kombucha are among the foods high in a variety of bacteria, they still won't provide all of the necessary bacteria in the right balance for gut health.

The 90 organic superfoods in StriveLife's blends provide a variety of easy to absorb phytonutrients that provide essential nutrients, bioactive compounds, and fiber to nourish beneficial gut bacteria.

## Complement Your Diet

Let's be clear, using StriveLife product isn't a free pass to eat a poor diet. Good nutrition is vital. However, StriveLife products combine the best of nature and science to support key bodily systems and fill in the gaps, or *complement*, a healthy diet.

StriveLife's holistic approach to health will help your body achieve harmony and balance and promote long-term vitality and well-being. They are a wonderful addition to your 100 Year Lifestyle as they enhance your body's innate strength and aid in extending your healthspan. At the 100 Year Lifestyle, it's not about subsistence or survival. We want you to thrive.

## Recipes

Need help improving your nutrition? There are many healthy, easy to prepare recipes on [100yearlifestyle.com](http://100yearlifestyle.com) to help you live your 100 Year Lifestyle!



**StriveLife**  
Superfood System

Fuel your dreams with over 90 organic superfoods supplying over 300 essential nutrients, micronutrients, and microbiome support.

Try StriveLife – Get Your Superfood Starter Kit Today





COMMIT YOURSELF  
TO THE CONSTANT  
IMPROVEMENT

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Review, Reflections,  
and Recommitments

# ***Review, Reflections, and Recommitments***

Take this week to review what you've learned about yourself during this process. Reflect on how you feel and the lifestyle changes that you've made, your breakthroughs, and your struggles. Recommit to going the distance and making these lifestyle changes permanent.

## **Thoughts:**

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## **Feelings:**

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## **Actions:**

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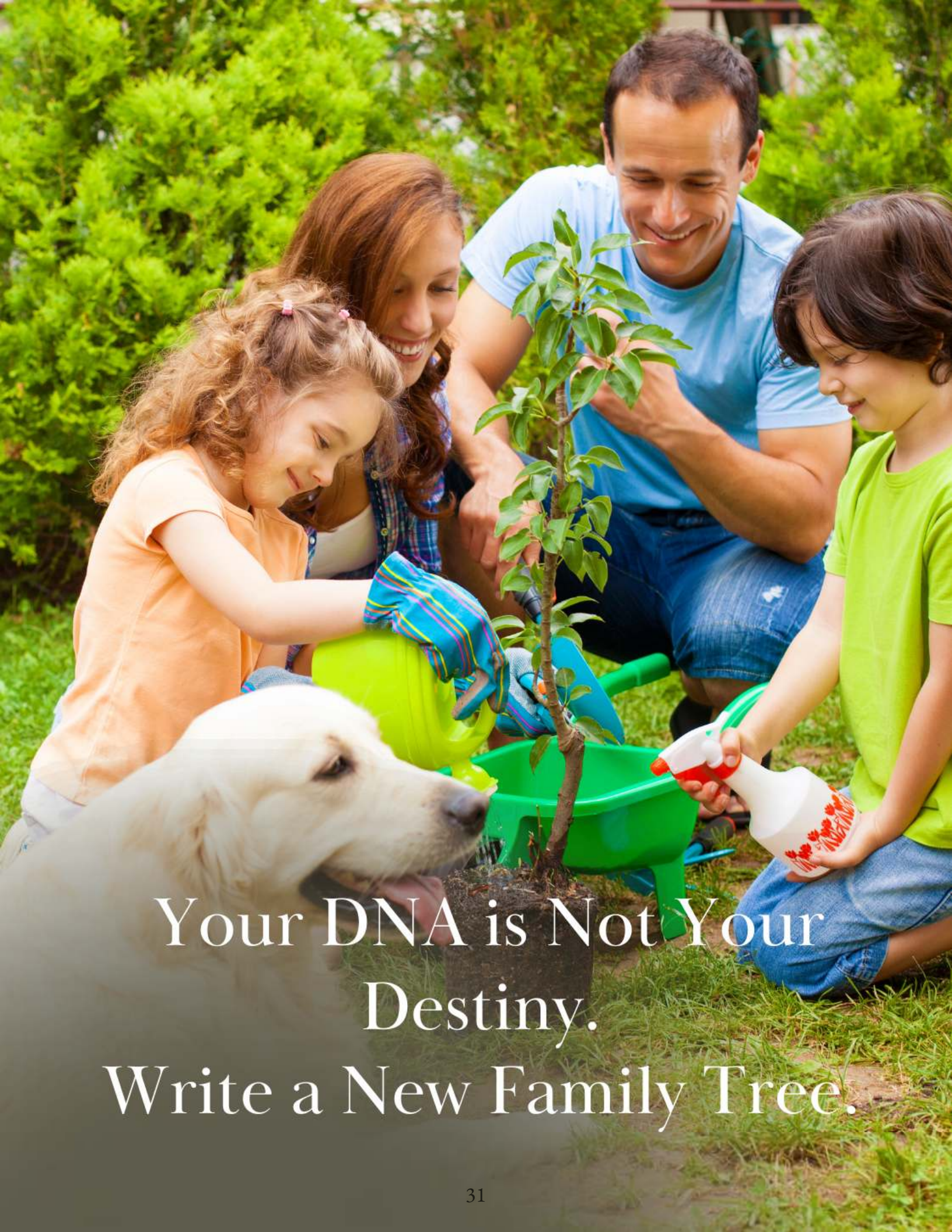
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Your DNA is Not Your  
Destiny.  
Write a New Family Tree.



# Your DNA is Not Your Destiny

1. ***Stop killing yourself.*** If you are in a destructive energy pattern, stop now and stay stopped with every choice from this moment on.
2. ***Trust your Innate Intelligence.*** As you begin to turn things around with your choices, your body and mind will strengthen. You will feel yourself getting sharper and younger in mind and body. This will give you the confidence to continue.
3. ***Take care of your original parts.*** Strengthen your weaknesses and adapt your activities to accommodate any areas of your body that are having challenges. Better to change your activities than drive your body parts into submission.
4. ***Learn your family history*** and become proactive with your health. Begin to make self-care and health care changes a priority specifically as it relates to countering conditions in your **family history**.
5. ***Remember the Three Life-Changing Principles.*** Change is easy, thinking about change is hard. It is much easier to make the changes for your quality of life, with every choice that supports your ideal 100 Year Lifestyle, than it is to continue a destructive path and be forced to change because of a serious, preventable condition, injury, or disease.
6. ***Get excited about the opportunity of your healthy long life.*** Look to make progress every day and be careful not to compare yourself to when you were 18 or 35. Get better and feel younger every day through your choices.

We all have a history; I don't want yours and you don't want mine. What's more important than your history is your commitment. What are you committed to?



## Write a New Family Tree

**Gather health data** on all your immediate family members who may have become sick or have passed away.

- Your mother: \_\_\_\_\_
- Your father: \_\_\_\_\_
- Your father's parents: \_\_\_\_\_
- Your mother's parents: \_\_\_\_\_
- Your siblings: \_\_\_\_\_

**Choose a different path.** Make a list of the habits that you want to incorporate into your lifestyle that will offset your family history and get you on track to living your best life every day, on your way to a sensational century.

The **healthy habits** that I will begin immediately are:

- \_\_\_\_\_
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*Your 100 is coming. You make the call!*



# Shifting Health Care Priorities

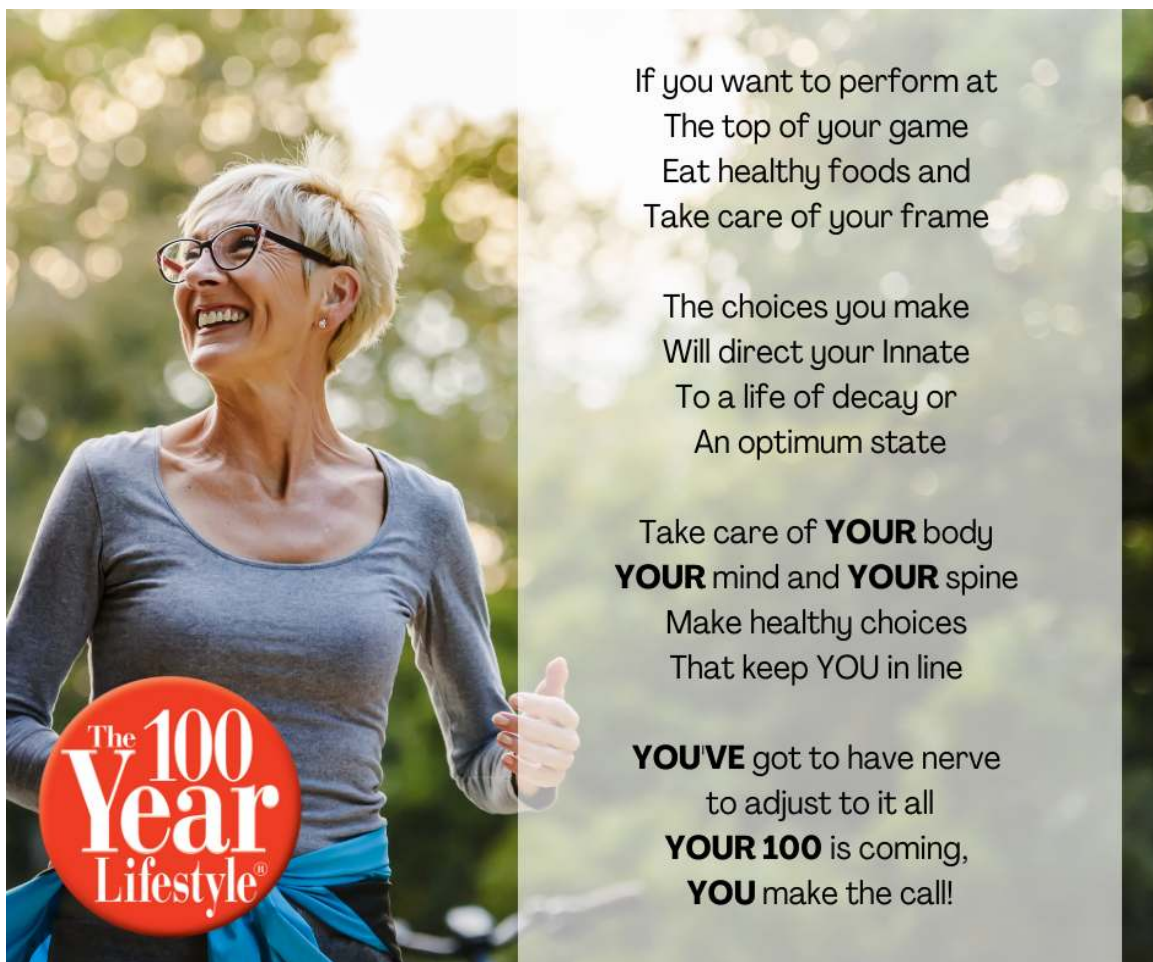
## The Health Care Hierarchy

# The Health Care Hierarchy

1. **Choose your Health Care Hierarchy.** If your Health Care Hierarchy has been crisis motivated and you have been on a crisis roller coaster, choose to make self-care a priority, and get yourself on track. Decide which self-care strategies are the most appealing to you and begin to make them a part of your lifestyle, one day at a time, and one choice at a time.
2. **Remember Life Changing Principle Number 1:** Change is easy, thinking about change is hard. It's time to make the changes you know you need to make. Stop thinking and take your first action step. Go for a walk, join a gym, and set an appointment with a chiropractor, a trainer, or a cardiologist. Pick up the phone now and make the call. Don't put it off.
3. **Trust yourself.** You know what you need to do first. Follow your instincts. Get and stay on the path with [Life Changing Principle Number 2](#) and make every choice count.
4. **Educate yourself.** Become an expert in your ideal 100 Year Lifestyle by reading about the things that matter to your health so that you can become well informed and support yourself in achieving your goals. You will also be better equipped to handle any crisis that might occur if you have prepared yourself through this educational process.
5. **Don't just treat your crisis.** Begin making [self-care](#) and health care a priority. Meet with the appropriate health care providers and develop a game plan to optimize your 100 Year Lifestyle while taking into consideration your personal history. Get a second or even a third opinion until the recommendations feel right in your gut, because once again, deep down, you know what is best for you.

*The world is in desperate need of new health leadership.*

6. **Build a team.** Build your ideal self-care, health care, and crisis care team. You probably have many of these relationships already established, and there may be some that you need to add. Do your homework. Ask your family, friends, and neighbors about their “team members” and make the appropriate appointments. Meet your team and begin implementing the game plan that you know will make a difference for you.
7. **Enjoy the journey.** This educational process can be fun and exciting. Your mind and body will begin to feel younger with each commitment you make.
8. **Bring a friend along for the ride.** Nobody wants to get to 100 alone. Share this process with others now so that you can enjoy the journey together for 100 years and beyond.





# Shifting Health Care Priorities. The Health Care Hierarchy.

There are three levels to the Health Care Hierarchy of The 100 Year Lifestyle, as follows:

- **Self-Care**: That which you must do to keep your mind, body, and spirit healthy and functioning at their highest levels. No one else can do this for you.
- **Health Care**: That which you must do to keep your mind, body, and spirit healthy and functioning at your highest level – utilizing the skills of a trained healthcare professional.
- **Crisis Care**: That which you must do to recover from an injury or illness that requires the support of a crisis care or healthcare specialist.

The *Self-Care* and *Health Care* strategies that I want to incorporate into my lifestyle immediately are:

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# Building Your Ideal HEALTH Care Team

# Build Your Ideal HEALTH Care Team

1. **Identify the self-care resources** that are most meaningful to you right now. Engage in conversations with individuals who you trust to help you find local and online resources in additions to the ones you already have. Here are some examples of self-care resources to pursue and utilize.

- [100YearLifestyle.com](http://100YearLifestyle.com) and other websites
- Sleep: Pillows, Mattress,
- Meditation: Apps, Websites, and Headphones i.e., [BrainTap.com](http://BrainTap.com)
- [Your Chiropractor](#)
- Your Nutritionist
- Your Personal Trainer
- Books and Seminars

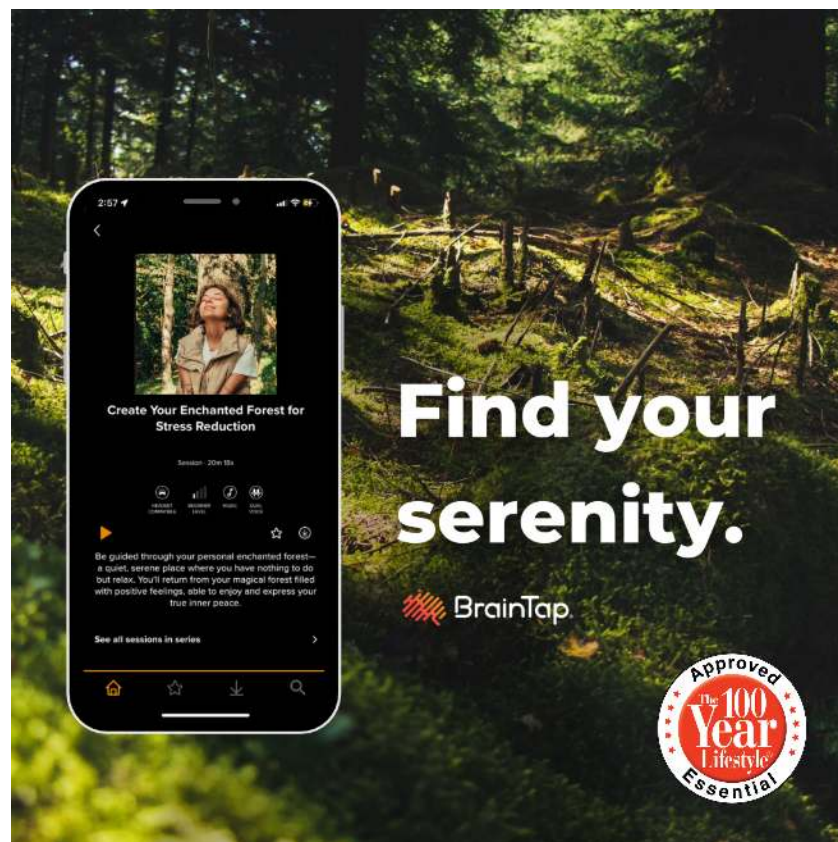
2. **Choose your health care team.** Begin to identify the health care providers that can actually work to keep you healthy and functioning at your highest level. Some of these providers may also be on your crisis care list, but you have not used them yet for health care. For example, your chiropractor may be great at getting you out of a crisis but they may also be able to transition you to lifestyle care. This is how 100 Year Lifestyle doctors practice. If they do, great. You can utilize them for this transition. If not, you may need to find a different provider for each type of care. Here's a list of potential health care providers:

- [Chiropractor](#)
- Nutritionist
- Massage Therapist
- Personal Trainer
- Holistic Physician

*It's about the journey. Immerse yourself!*

3. **Identify and build your crisis care team.** Your crisis care team may include your local emergency room or urgent care center, your chiropractor, or a specialist in an area that is personally relevant to your situation. Or it may include all of the above. Make your list and keep these handy for your family and friends in case of an emergency.

- [Chiropractor](#)
- Emergency care doctor
- Urgent Care
- Nutritionist
- Massage Therapist
- Personal Trainer
- Holistic Physician
- Medical Physician





# Building Your Ideal HEALTH Care Team

My Most Important Self-Care Habits and Resources Are:

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My Most Important Health Care Team Members Are:

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My Health Care Team Members I Need to Add and Schedule With Are:

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*'If it ain't broke don't fix it' was the motto of the Nursing Home Generation. It's time to redefine broke. When you're out of balance, you're broke.*

My Crisis Care Team Members for Emergency Situations Are:

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# Creating Your Ideal Internal and External Environment



# Creating Your Ideal Environment

1. ***Have gratitude and appreciate your current environment.*** Look for the good right where you are and make the most of your current environment. If you are not willing to take the time to begin constructing your compelling future in your current environment, you will probably re-create the past in your new one if you move.
2. ***Begin to develop your vision*** for your ideal 100 Year Lifestyle environment. Verbalize your dreams with people who are close to you, who you trust to support you in creating those dreams. Keep a journal of the things that are important to you for your **internal** and **external** environment. Continue to define and redefine, with more and more clarity, your ideal 100 Year Lifestyle.
3. ***Begin to train yourself*** to think outside the box and magnetically attract what you want. Catch yourself when your thoughts move into destructive patterns and immediately shift yourself back to your ideal mindset.
4. ***Let go of trying to control*** the things that are out of your control and focus on the things that you truly can change. Through this acceptance and letting go process you will begin to formulate a transition strategy that will help you change your environment.
5. ***Describe your ideal home and work environments.*** Identify any changes that you can immediately make to improve your environment and make it more enjoyable.
6. ***Start having more fun and enjoying the journey now.*** Look for the good in every situation. Choose to make your life more fun. Appreciate your progress at this point in your life and the lessons you have learned along the way. They have set the stage for you to maximize the rest of your 100 years.

***Wherever you go, you take yourself with you.***



7. *Be good to the planet.* Become environmentally conscious and encourage your family and friends to do the same. We are all in this together.

*Take Care of your body, your mind, and your spine. Take care of the people, the oceans, the sky.*



**The 100 Year Lifestyle**  
Adjust Your Lifestyle!™

**100:100**

**MENS PERFORMANCE WEAR**

**SHOP NOW!**



**The 100 Year Lifestyle**  
Adjust Your Lifestyle!™

**100:100**

**WOMENS PERFORMANCE WEAR**

**SHOP NOW!**

# Creating Your Ideal Internal Environment

Take a deeper dive into your Internal and External Environments by answering the following clarifying questions. Discuss them with your close friends and support system. Challenge each other about the answers. Have fun.

- How can I be more effective in my life?
- What are the core values that I want to base my life on?
- Who can I call on as a mentor to help me achieve my goals?
- How can I be a better professional?
- What can I do to become a better listener?
- How can I make myself heard in a positive way?
- What habit can I commit to that will change my life for the better?
- What can I commit to do in order to make myself a healthier person?
- What can I accept about my past that will enable me to move forward?
- Who can I forgive today so that I can free myself and live my life more fully?
- What resources are available to me that I might begin to utilize to improve my life?
- What do I really want?
- Where do I want to live?
- What colors enhance my state of well-being and would improve my environment?
- What changes can I make to my home so that I can enjoy it more?
- What do I want my finances to be like in a year?
- What choices do I need to make to achieve that goal?
- What do I want from my life partner that I am not getting right now?
- How can I ask for it so that I am more likely to receive it?
- What do I need to provide my partner with so that he or she might feel secure?
- How can I best use my talents and passions to earn extra money?

*Nobody wants to get to 100 years old alone.*

# Create Your Ideal External Environment

1. Describe your ideal home environment:

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2. Describe your ideal work environment:

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3. Describe your ideal vacation environment:

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4. Identify areas of incongruence between your ideal internal and external environment (i.e. eliminate toxins from foods, products, and medications):

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5. How are these incongruences affecting you?

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6. List at least three things you can start doing today that will help you to live more in sync with your environment:

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# Review, Reflections, and Recommitments



# ***Review, Reflections, and Recommitments***

Take this week to review what you've learned about yourself during this process. Reflect on how you feel and the lifestyle changes that you've made, your breakthroughs, and your struggles. Recommit to going the distance and making these lifestyle changes permanent.

## **Thoughts:**

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## **Feelings:**

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## **Actions:**

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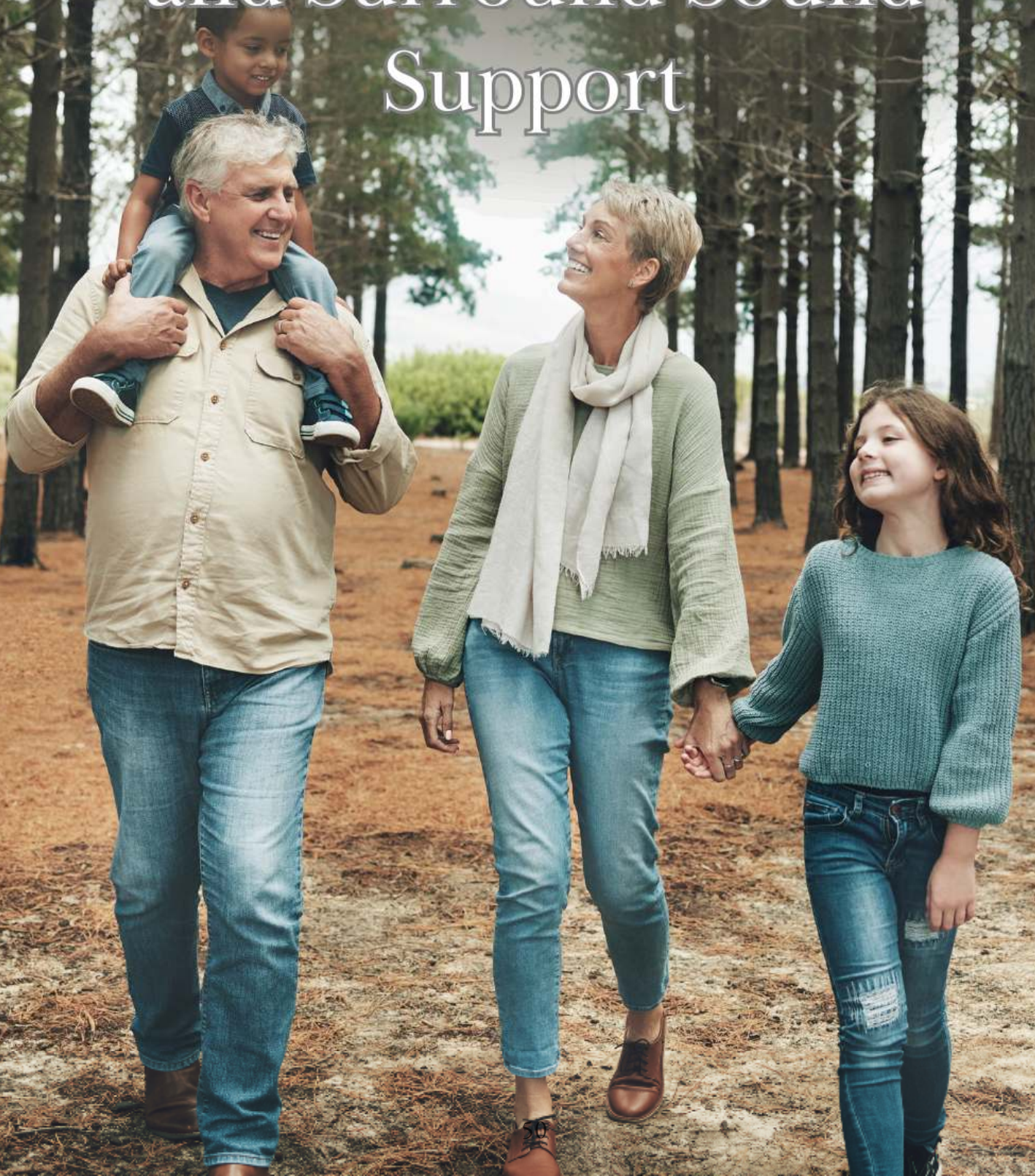
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# Personal Renewal, Life-Long Learning, and Surround Sound Support





# Life-Long Learning

1. **Support yourself.** Treat yourself the way you would want to be treated. Set an example for others. Apply the **Three Life-Changing Principles** to change the way you support yourself to ensure a healthy 100 Years.
2. **Commit to your Personal Renewal Recipe.** Once you know what works for you, make it a priority. Make these renewal habits your Human Potential Pattern and a part of your lifestyle. Define your **early-morning renewal, midday renewal, and nighttime renewal**. Don't compromise.
3. **Exchange support.** Be willing to give the people you love and care about the kind of support that they need, even if it is different from the kind of support you like for yourself. Ask for the ideal support that you need from your life partner.
4. **Establish Surround Sound Support.** Expand your support system using the **Health Care Hierarchy, multiple circles, and multiple generations**. Build your awareness of the support system you desire and the people and resources that are already in your life.
5. **Balance your support system.** If your current support system is great for crisis but empty for quality of life, joy, knowledge, and health, spend time building and nurturing support in these areas. Step outside your current box. Make time for the support you deserve.
6. **Decide what you want to learn** over the course of your 100 Year Lifestyle and take a first action step. Buy a book, enroll in a class, or attend a seminar. Make an appointment with an expert. Choose a mentor. Create a long list, since you will have plenty of time to experience it all. Become an expert in an area you are passionate about.
7. **Trust your Innate Intelligence.** Six Sense your life. Really begin to take notice and appreciate your surroundings with your vision, hearing, touch, taste, and smell, as well as your intuition. This will open you up to fresh ideas and ground you on the foundation upon which you wish to build your 100 Year Lifestyle.

# Personal Renewal, Life-Long Learning, and Surround Sound Support

Early Morning Renewal: *First Thought, First Action, First Feeling*

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Midday Renewal: *Meditate, Reconnect, Refocus*

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Nighttime Renewal: *Complete, Connect, Gratitude*

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Multiple Circles of Support

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Multiple Generations of Support

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## Life-Long Learning

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# Year Planner

JANUARY		FEBRUARY		MARCH	
SAT					
SUN	1				
MON	2				
TUE	3				
WED	4	1		1	
THU	5	2		2	
FRI	6	3		3	
SAT	7	4		4	
SUN	8	5		5	
		6		6	
		7		7	
		8		8	
		9		9	
		10		10	
		11		11	
		12		12	

Quality Time Living: Prime  
Time,  
Prep Time, Play Time

1. ***Get a year-long calendar*** that also has a month at a glance. Decide on your most important **Prime Time, Prep Time, and Play Time** goals over the next 30 days. Fill in your Play Time days first and label them “Play Time” using a colored pencil. Then, in another color, indicate your most important Prime Time days that are already prescheduled.
2. ***Look at your goals*** and think through how many Prime Time days it will take you to reach your goals. Strategically color-code them on your calendar.
3. ***Determine how many Prep Time days*** it will take you to organize yourself to make your Prime Times a record-setting experience and at the same time, make your Play Time more enjoyable than ever.
4. ***Fill in the rest of your calendar*** with Prime Time, Prep Time, and Play Time days that will support you in reaching your goals.
5. ***Stay focused on each day***, being true to its designated purpose, allowing for minor overlaps of activities since you are new to this system. Mastering this system is a process that takes time, and you should remember the **Three Life-Changing Principles** throughout the process and keep your ideal 100 Year Lifestyle in mind.
6. ***Set up your entire year following the same guidelines***. Build flexibility into your schedule and watch your productivity and passion soar as you achieve the ultimate balance.
7. ***Protect your time***. Make your Play Times as fun and relaxing as possible, make your Prime Times as fun and productive as possible, and use your Prep Time to keep your life organized to optimize your Play Times and Prime Times. Have more fun than ever, making the most of your minutes.

## **Prime Time, Prep Time, Play Time**

**“There is no more Sunday, Monday, Tuesday...  
There is only Prime Time, Prep Time, Play Time.”**

**Prime Time = Results**

1. List your primary Prime Time skills, activities, and goals.

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**Prep Time = Organization and Planning**

2. List your primary, Prep Time skills, activities, and goals.

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**Play Time = Enjoyment and Rejuvenation**

3. List your primary, Play Time skills, activities, and goals.

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*Whether you're working or whether you're playing, make it Quality Time.*



# Financing Your Ideal 100 Year Lifestyle



# Financing Your Ideal 100 Year Lifestyle

1. ***Get excited about the financial opportunity of your 100 Year Lifestyle.*** Look around and begin to take notice of the resources and experiences you have accumulated and how you can capitalize on them now to create capital for your future.
2. ***Start investing in yourself.*** Stop wasting money now. If you have not yet implemented these basics, don't procrastinate another second.
3. ***Fill in your 100 Year Balance Sheet*** based on how it looks today. Decide how you want it to look in ten years and list the five immediate action steps that you know you need to take to reach your goals.
4. ***Meet with your financial adviser, accountant, estate planner, and insurance agent.*** Review your financial plan and income opportunities, then make the appropriate changes that will help you secure and finance your 100 Year Lifestyle.
5. ***Prioritize your own self-care and health care*** and invest in them. Having the money isn't nearly as much fun if you don't have the health to enjoy it.
6. ***Check your credit score and credit report.*** Take the appropriate action steps to clean up any errors.
7. ***Be a giver.*** Think about the purpose you would like to give your money so that a portion of your finances makes a difference in the world. Take an action step and make your next contribution today.

***Embracing your 100 Year Lifestyle could be the greatest financial opportunity of your life.***

# Financing Your Ideal 100 Year Lifestyle

## *The 100 Year Lifestyle Financial Philosophy:*

- There is an abundance of money in the world.
- Do what you love.
- Create value for others.
- Create value for the world.
- Package your value in a business or for a company.
- Make a difference for others by tithing to causes that you are passionate about.
- Put these tenets into practice and the money will follow.

## **Answer the following important questions.**

- What are my current assets?
- Where is my money allocated?
- What changes do I need to make to begin to allocate the assets on my balance sheet for my quality of life as I age?
- Am I saving and investing enough to reach my goals? If not, how much should I start saving and investing?
- Do I want to move from higher to lower risk investments? If so, which?
- Do I want to change the way I am allocating my assets? If so, how?
- Do I have confidence in my plan? If not, what steps can I take?
- I need to create a balance sheet and income statement that I want to work towards. What types of assets would I like to have – bonds, stocks, residential or commercial real estate, or a business?
- Do I want to change the way that my money is working for me to help finance my extended life? If so, how?

*Package your passion and attract money for a lifetime.*

# 100 Year Balance Sheet

Create your ideal 100 Year Balance Sheet. Compare it to your current balance sheet by listing your Assets, Liabilities, and Goals below:

Current

My 100 Year Lifestyle Goal

Assets:

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Liabilities:

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Net Worth:

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**Financial Goals:**

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List the skills, talents, passion, and experiences you have accumulated that have value in the marketplace that you would love to utilize to finance your 100 Year Lifestyle.

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**Commit to your Next Big Thing.**

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Describe your ideal Second or Third Act when it comes to seeking future income-generating career and business ideas.

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# Climbing The Leadership Ladder

**LEADERSHIP**

**VISION**

**CONFIDENCE**

**MANAGEMENT**

**STRATEGY**

# Climbing the Leadership Ladder

1. **Why wait until you are gone?** Live your legacy every day! Starting with today by making every interaction you have a positive one. Look for the good in each person and stand for your best legacy today.
2. **Have gratitude for your past and look to the future** with the promise of your ideal 100 Year Lifestyle. What are the changes you know you need to make to live the legacy that resides in your innately? What would you like to see in your lifetime? Go for it. If you don't, you probably won't see it. If you do, you surely will.
3. **Lead yourself.** Nobody is going to do it for you. You know what is right for you. Trust yourself, and your new [Surround Sound Support System](#).
4. **Develop your professional, community, and global leadership skills.** Get involved in your profession, your community, and continue to [develop your skills](#). Set goals that will force you to learn the necessary skills you will need to live your ideal 100 Year Lifestyle.
5. **Get involved.** Get active. Choose a cause that matters to you and commit yourself to making a difference. Be a good listener, and let your voice be heard.
6. **Embrace your family and multiple generations.** Look around you and identify both the younger and older people in your life that you would like to get to know better. Make a phone call. Get a date on the calendar.
7. **Enjoy the journey** on your way to a sensational century!

*If I knew I was going to live this long, I would have...*

# Develop Yourself As A Leader

1. Why wait until you're gone? Live your legacy every day, starting today!
2. Make a list of the Big Things that you would like to accomplish or experience.
3. What would you like to learn, if you had a chance to return to school, travel, or apprentice in a business or otherwise?
4. What issues in society are you passionate about that you would like to see changed?
5. Go online and do research on organizations that are involved in solving these challenges.
6. Research these organizations and get involved with the one that most closely connects with your purpose. Or, if the opportunity exists, start one.
7. It's time for you to climb the Leadership Ladder: Write in the most important Personal, Professional, Community, and Global Leadership changes you would like to make in your life.

- Personal Leadership:

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- Professional Leadership:

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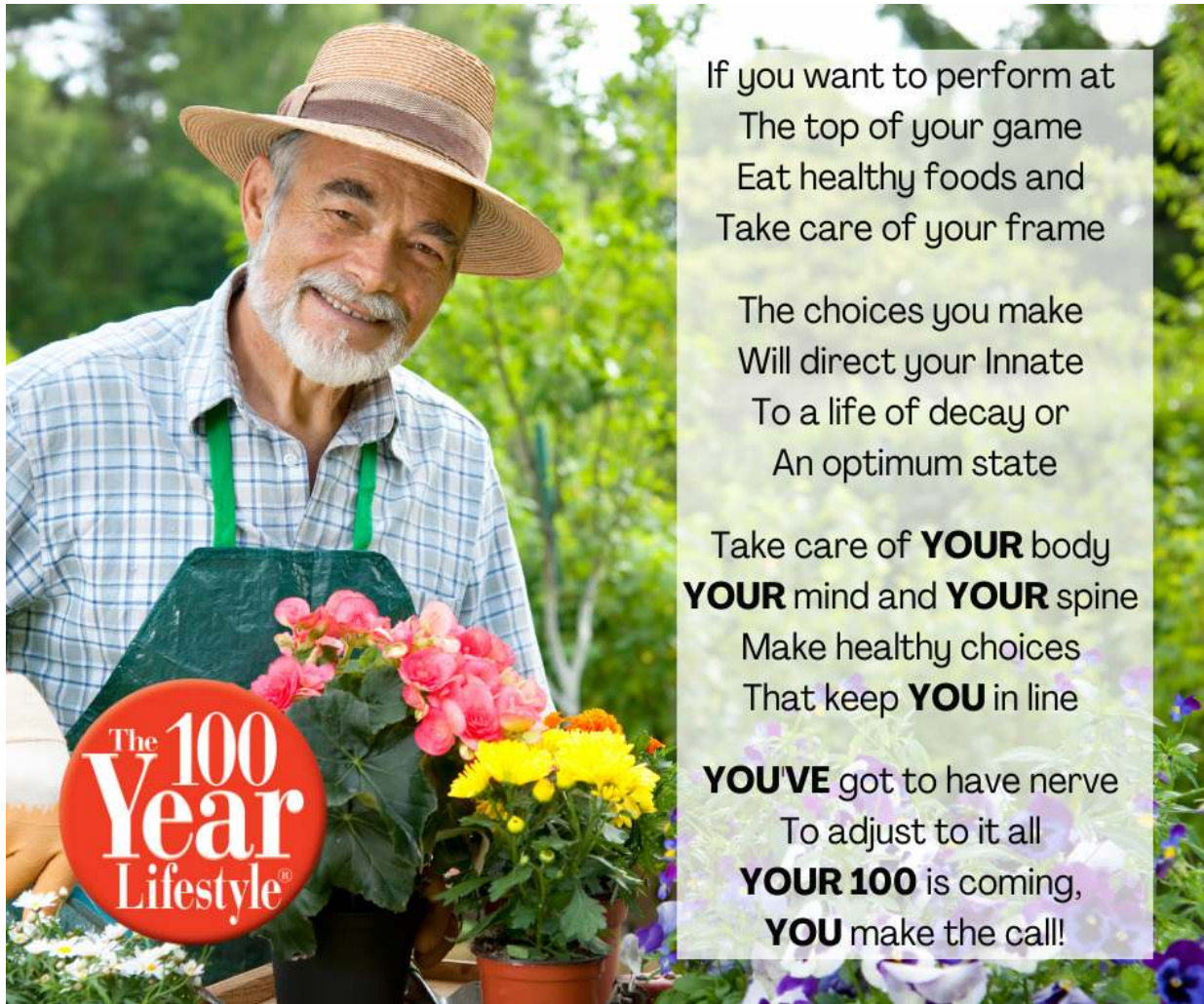
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- Community Leadership:



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- Global Leadership:
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If you want to perform at  
The top of your game  
Eat healthy foods and  
Take care of your frame

The choices you make  
Will direct your Innate  
To a life of decay or  
An optimum state

Take care of **YOUR** body  
**YOUR** mind and **YOUR** spine  
Make healthy choices  
That keep **YOU** in line

**YOU'VE** got to have nerve  
To adjust to it all  
**YOUR 100** is coming,  
**YOU** make the call!



# COMMITMENT

Review, Reflections,  
and Recommitments

# ***Review, Reflections, and Recommitments***

Take this week to review what you've learned about yourself during this process. Reflect on how you feel and the lifestyle changes that you've made, your breakthroughs, and your struggles. Recommit to going the distance and making these lifestyle changes permanent.

## **Thoughts:**

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## **Feelings:**

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## **Actions:**

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## **Congratulations on taking action!**

You've made some amazing progress during the last 100 days. You were given an opportunity, and you embraced it. You should be proud of yourself! I am proud of you!

As you move forward, I hope you continue to create an amazing 100 Year Lifestyle for yourself and your loved ones. Know that you are not alone on your journey. I encourage you to become a member of our community, continue to learn and grow along with us, and continue to experience all the health and joy that life has to offer.

I truly believe that everyone deserves to be healthy and to express their full potential—from the time they are born through their last breath of life. The choices you make today will impact your quality of life not only today but in the future. They will also impact the world, since we are all more intimately connected than ever before.

I want to live in a world where this is happening. I would love to experience the beauty of that world for myself, my family, and my grandchildren, a world in which people are living their full potential—truly living their ideal 100 Year Lifestyle.

Together we can create that world. Let's live that ideal 100 Year Lifestyle together!

Dr. Eric Plasker



# I Choose My Life

By Dr. Eric Plasker

I choose to die.

I choose to live.

I choose to hate.

I choose to love.

I choose to close.

I choose to open.

I choose to cry.

I choose to laugh.

I choose to deny.

I choose to believe.

I choose to ignore.

I choose to hear.

I choose to be right.

I choose to relate.

I choose to scatter.

I choose to focus.

I choose to work.

I choose to play.

I choose to be angry.

I choose to accept.

I choose to despair.

I choose to hope.

I choose to give up.

I choose to persist.

I choose to suffer.

I choose to heal.

I choose to destroy.

I choose to create.

I choose to fail.

I choose to succeed.

I choose to extinguish.

I choose to ignite.

I choose to get by.

I choose to excel.

I choose to follow.

I choose to lead.

I choose to drift.

I choose to commit.

I choose my choices.

I choose my life.

# Stay connected with The 100 Year Lifestyle community by...

Visiting [100YearLifestyle.com](https://100YearLifestyle.com) regularly for up to date health and lifestyle information.

Signing-up to receive [The 100 Year Lifestyle newsletter](#).

Subscribing to [The 100 Year Lifestyle Podcast](#) and [YouTube Channels](#).

Sharing the journey with your family and friends.

Here's to a Sensational Century!

[Learn more](#)



3800 River Ridge Dr NE  
Cedar Rapids, IA 52402  
(319) 393-3996

[spinalcc.com](http://spinalcc.com)

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