



Oby's Wisdom!
A Caveman's Simple Guide to Holistic Health and Wellness
Action Guide

Introduction

"Keeping your body healthy is an expression of gratitude to the whole cosmos—the trees, the clouds, everything."

Thich Nhat Hanh

1. Turn to page 3 of *Oby's Wisdom* and read the section entitled, "Turn Your Health Inside Out!" Write down the two critical elements of turning your health inside out:

a. _____

b. _____

Which is the most crucial of these two elements? _____

This most crucial element involves empowering _____.

2. Turn to page 6 and read the section entitled, "The Basic Truth." Write it here:

Write down one objection you may have to The Basic Truth.

List 2 objections you may have to The Basic Truth.

Now ponder this objection and write down how it may, in fact, *support* The Basic Truth.

3. Turn to page 7 and read the section entitled, "Stop Avoiding and Start Living." Consider how this applies to your outlook and approach to your personal health and the health of those close to you. List three of the main things you are focusing on:

a. _____

b. _____

c. _____

Now jot down one idea for how you can shift your focus from *avoiding* to *living*: _____
