

## Heart-to-Heart with Dr. Alex Kharazi

**1. Write down one story when your health situation really scared you.**

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**2. Select your go-to gadget or app you could rely on to keep tabs on your well-being.**

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**3. "Flip your feelings." Transform negative emotions into positive ones. Employ emotional regulation and self-control to develop more effective responses to stress or adversity.**

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**4. Use "Mindset the coordinates." This is a specific set of clues in the surroundings. Look to the left; look to the right. Figure out where you are first to see where to go next.**

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**5. Explore techniques or practices you utilize for stress relief. E.g. meditation**

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**6. Low fat, low salt, and low sugar diet.**

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**7. Think of a personal journey as "moving along a spiral staircase."**

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**8. "Deployment" is the first step to achieving the ultimate destination. It is a sequence of events in which you send something out to get to your main goal.**

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**9. Extract the benefit from error - the process of learning and improving from mistakes.**

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**10. "Abandon the Plan" to make more informative decisions. When we cling too tightly to a plan we risk missing the potential opportunities**

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