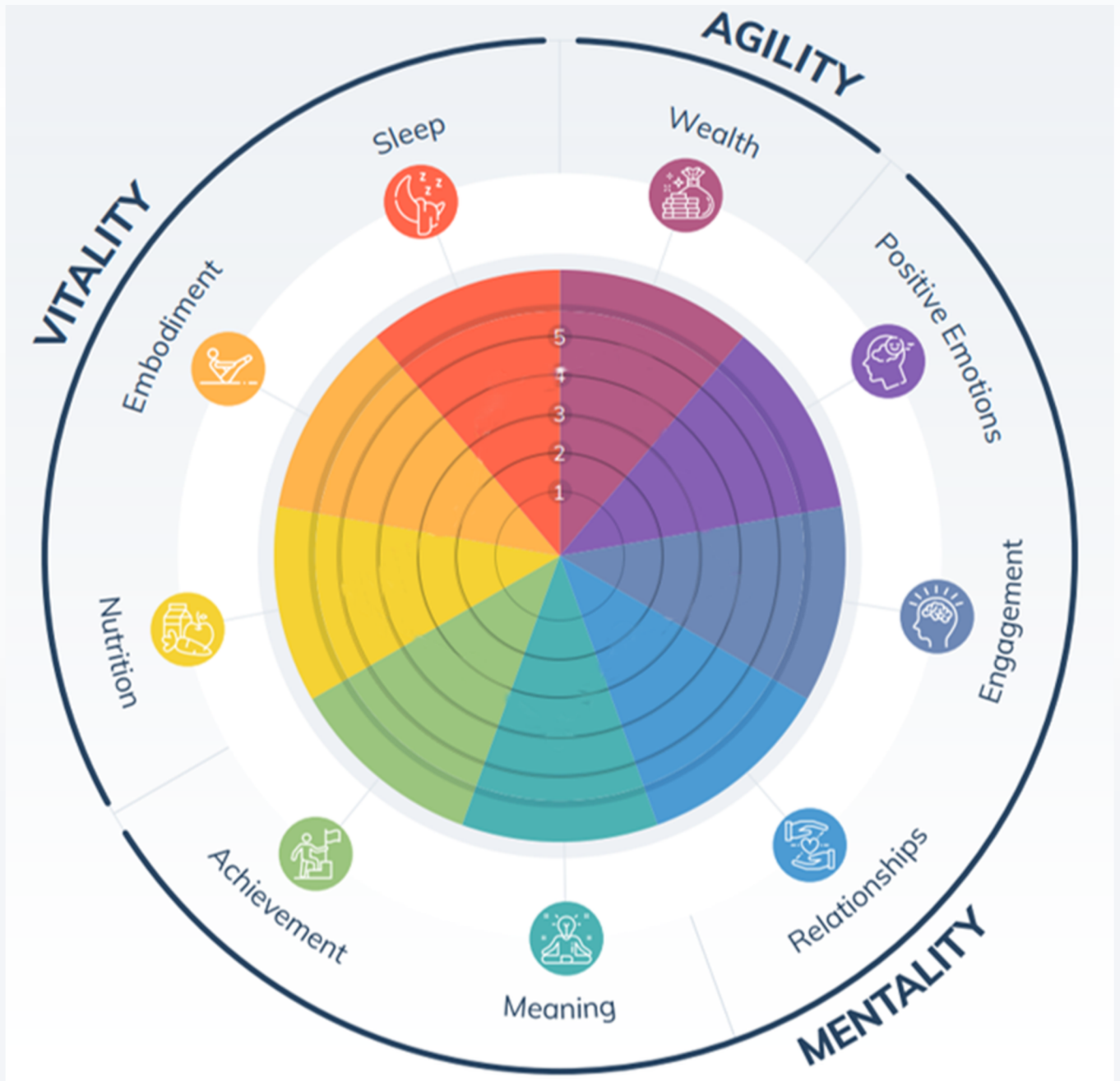


Your Core Synergy - High Performance System

© Copyright Belinda Beatty 2024



The Core Synergy Framework is a high-performance system that targets the most impactful elements of your mind and body, empowering your peak performance to shine through every area of your life. To discover your high-impact focal points you can measure yourself using these critical questions;



What is my target?



What knowledge do I have?



How does that knowledge apply to me?



What ACTIONS do I take towards the target?



BELINDABEATTY_SPEAKS

Your Core Synergy - Element Definitions



Positive Emotions

This is the prevalence of positive emotions in an individual's life. It is not about avoiding less-positive emotions but turning the dial back towards more positive emotions as soon as possible! Do you control your emotional state and choose high-energy, positive states of mind most of the time? Can you quickly turn a 'bad' mood into a great one?



Engagement

This is existing in a 'flow state' where the passing of time is not noticed, and an individual is completely absorbed in the moment. This experience has been found to contribute to optimal state well beyond the moment of the flow itself, improving problem-solving skills and building resilience! Do you deeply engage in a task 3-5 times a week that takes you into a flow state and provides a sense of satisfaction and reward?



Relationships

The quality of one's connections with others has been found to impact happiness, health, and longevity significantly. This element encompasses intimate or family relationships and passing connections with strangers or acquaintances. These connections often bring opportunities. Do you connect deeply with those around you? How satisfied are you with the quality of all the human connections in your life?



Meaning

Individuals who feel their life has a meaning or purpose greater than themselves have greater resilience and a sense of fulfilment. This purpose might be religious, spiritual, or contributing to a cause - in essence, anything that is a reason bigger than self to bounce out of bed every day.



Achievement

Humans are hardwired to pursue mastery and experience positive emotions when they reach goals or milestones. Do you have annual, monthly, weekly and daily goals? Do you celebrate milestones and achievements? Does achievement bring satisfaction, meaning, and fulfilment?



Nutrition

The first of 3 elements that contribute to human vitality. Consider this element as optimising nutrition to maximise personal energy! Generic nutritional wisdom suggests 70% water-rich foods - most fruits and vegetables meet this description. (The average Western diet has approximately 15%.) Also, do you drink enough water? Consider exploring personalised precision nutrition options.



Embodiment

Exercise brings fitness and energy, contributing to vitality and wellness. Other practices, such as breathwork, cold immersion, and sauna...I'm sure you can think of more. The minimum standard for a healthy amount of exercise is often considered to be three cardio-challenging sessions a week. We must include strength, flexibility, and balance in our weekly routines to optimise our physical vitality. Do you spend time immersed in your body daily?



Sleep

The average human requires 7-9 hours of sleep to function well. As sleep declines below seven hours at night, there is a marked decrease in performance and energy, reduced immunity, inflammation, cognitive impairment, and impacts on mood regulation. Sleep is a superpower for optimising performance. Improving sleep sanitation can



Wealth

Wealth gives you the power of choice and opportunity. While it's true that money doesn't directly buy happiness, money can provide resources for all the performance-multiplying elements of your core skills. Money can be a powerful lever for success and well-being when used with purpose.