



Course Title: Living with Vitality: A Scientific, Social and Spiritual Approach

Course Code: WSP 148

Instructor: Allan Mishra, MD

Course Summary:

The course has two specific objectives:

1. To **Ignite Vitality** in all students
2. To help students develop a **Personalized Vitality Action Plan**

Tentative Agenda:

A. Introduction: Discuss the *Dare To Be Vital* Principles

Vitality is a Skill

Vitality is a function of your physical, mental, social and spiritual wellness

B. How to Pinpoint Your Peak Purpose and Dare Greatly

Discuss why living in the arena is crucial to your vitality

Learn how to nourish yourself to execute on your purpose.

C. How to Think with Time in Mind and Spark Hope

How to master your "To Do List" & Write your Future Headlines

D. How to Consider Sleep a Superpower and Stockpile Health

Learn specific actionable ways to improve sleep

Learn how to live at your ideal weight and optimize your exercise plan

E. How to Be Terminator Tough and Cultivate Closeness

How to turn excuses into barriers and then overcome those barriers

Develop your personal "Vitality Squad"

F. Develop Personalized Vitality Action Plan

Operationalize your vitality, Learn to live your best possible life.

Grade Options and Requirements:

Due to its short format, this workshop may not be taken for Credit or a Letter Grade. If you require proof of participation, your instructor will have Certificates of Attendance available. Please see the instructor at the end of the class. The Continuing Studies office does not issue these certificates after the workshop. The class will be recorded, but students should attend live to get the full course experience.