



Course Title: Energize Your Life: A Scientific Approach

Course Code: WELL 15

Instructor Name and Bio:

Dr. Allan Mishra is the course instructor. He is the founder of VitalityExplorers.com and a board-certified orthopedic surgeon. He has presented his vitality research at Google, Apple, the Stanford Business School and the University of Cambridge in England. He completed his orthopedic training with a sports medicine fellowship at Stanford and received his MD from the University of Michigan. This will be the eighth time he has taught this course.

Class Sessions and Recording

Meeting days and times: Wednesdays 7:00 to 8.30 pm (PT)

4 weeks, April 12 - May 3

Meeting location: Zoom

Students are encouraged to join all the class sessions live. Sessions will also be recorded for students that may not be able to attend live.

We will have an additional optional in person session in the form of a walk around the Stanford University campus to help build class comradery.

Course Features:

The goal of the course is to **ENERGIZE** all participants and empower them with specific scientific vitality enhancing skills. We do this together by embarking on a month-long journey to strengthen our physical, mental, social and spiritual well-being. The thesis of the course is our energy and vitality rise when we improve a set of interactive skills.



These interactive skills are included in the Vitality Octagon.



During the course we will learn how to:

- Think with Time in Mind
- Double Down on Discipline
- Pinpoint Our Peak Purpose
- Dream Greatly
- Consider Sleep a Super Power
- Stockpile Health
- Live at Our Ideal Weight
- Cultivate Close Relationships

Detailed worksheets will be provided to help students execute optimally during the course. The students will be asked to complete a *Personalized Vitality Action Plan* as a final assignment.

Dr. Mishra will be available individual conferences by request.

Course Summary

Energize Your Life is designed for individuals seeking to live their most vital life. Dr. Mishra has spent more than six years reviewing the world's scientific literature and distilled it into a set of specific and actionable pieces of advice. A secondary goal of the course is to take the friction out of staying vital. The course has been taught for several years and this new version will include the most salient data from 2023 about how to be the best version of yourself.

Special elite guest speakers will also be announced to complement to core course offerings.

**Please see course page for full description and additional details.*

Grade Options and Requirements

Due to its short format, this course may not be taken for Credit or a Letter Grade. If you require proof of participation, your instructor will provide Certificates of Attendance to anyone who attends 3 sessions. Please contact the instructor after completing the class. The Continuing Studies office does not issue these certificates.

Textbooks/Required Materials

Dare To Be Vital is recommended for this class. ISBN 979-8637899081

First Assignment

The first assignment will be sent to students one week prior to the start of the course.

Tentative Weekly Outline

Week 1

The focus of week one will be time and discipline. We will learn how to think with time in mind and write our future headlines. We will also learn how to stop bingeing at the buffet of excuses and double down on discipline.

Week 2

During the second week, we will learn how to pinpoint our peak purpose and dream greatly. These are difficult but crucial ways to energize our lives and enhance our vitality.

Week 3

Learning how to consider sleep a superpower and stockpile health is the focus of week three. We will also discuss how our physical and mental well-being are interconnected.

Week 4

The final week we learn how to cultivate closeness, serve others and finish our personalized vitality action plan.

The course typically evolves as we progress through the weeks. We often adapt the course materials to optimally meet the needs of the students.

Students will have short take home assignments to complete each week such as filling out a sleep diary and completing a purpose identification worksheet