

Health *Style* Today

REAL HEALTH CARE IS NOT ABOUT INSURANCE



Summer's Harvest

While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease.

Genesis 8:22

DICDACTIC

PRAXIS

Praxis is ideal for talented and motivated recent high school graduates, college drop outs, and early career professionals. It can be completed as an [alternative](#) to college, graduate programs, or trade school. 12 months of self-directed education with real world experience.

AUTODICDACTIC

CHEMISTRY CLUB

Interested in chemistry?

Looking for a new hobby?

Thur. Sep. 8th 11AM–12 cst [ZOOM](#)

Chemistry Club for [public speaking](#) and sharing knowledge. Ever had an interest in how chemicals work? Even in baking there is chemistry. Join the FUN!

FALL PLANTING

GARLIC & TULIPS

These grow well in Minnesota. Have some pantry leftovers like when the garlic cloves begin to sprout? Plant them with tulips.

Spring COLORS and fresh garlic suppers. Lebanese Garlic Sauce [Recipe](#) with beef, chicken wraps.

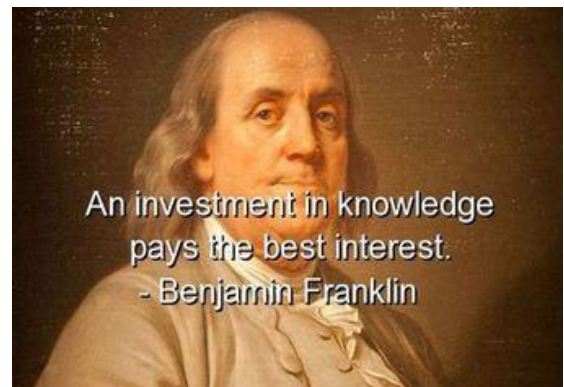
“Never stop learning because
Life will never stop teaching”





Practice Virtues like Ben Franklin

When one of the Founding Fathers of America [Benjamin Franklin](#) was just 20 (1726), he set out to cultivate his character by practicing 13 virtues, one each week. He created a small book to track his progress with a page for each of the virtues. He made seven columns for each day of the week. At the top of the page, he wrote a “short precept” (see below) of what the virtue meant to him. Every evening he would mark the day with a black spot if he had faltered with that virtue. His goal was to have the day clear of spots telling him that the habit of that virtue had “strengthened and its opposite weakened”. 13 Virtues.



1. Temperance
2. Silence
3. Order
4. Resolution
5. Frugality
6. Industry
7. Sincerity
8. Justice
9. Moderation
10. Cleanliness
11. Tranquility
12. Chastity
13. Humility

Form of the pages.

TEMPERANCE.

Eat not to dullness ; drink not to elevation.

	Sun.	M.	T.	W.	Th.	F.	S.
Tem.							
Sil.	*	*		*		*	
Ord.	*	*			*	*	*
Res.		*				*	
Fru.		*				*	
Ind.			*				
Sinc.							
Jus.							
Mod.							
Clea.							
Tran.							
Chas.							
Hum.							

MORE GOOD NEWS FOR YOU.

7 Steps to Make Self-Learning Effective for You and Your Goals

1. BE CURIOUS

The first step to learning anything is to be curious about it. The desire to learn is what will keep you motivated to keep learning.

Allow yourself to ask questions and be naturally curious about what learning experiences are interested in. Start your learning with a purpose. Ask yourself various questions:

- Why do you need to learn?
- Why is it an important skill?
- How useful will this learning be?

Do you know that when students are not curious enough, they tend to take in or absorb less information from the curriculum?^[1] On the other hand, if you are studying on your own through self-learning, this is entirely for your own benefit, where you are curious and ask the relevant questions to get through the course. [MORE](#)

4 TECHNIQUES TO MAKE SELF-LEARNING MORE EFFECTIVE:

1. Have a clear focus: *where focus goes energy flows*
2. Learn every second: because it's a mindset more than a technique, the mindset to take every experience as a learning and connecting it with your focus.
3. Schedule learning sessions: Blocking time daily for intensive learning session is what distinguishes successful people from others.
4. Take Massive Action: Your knowledge is a potential of power
[ARTICLE](#)



Interested in our Chemistry Club? GREAT!!

Please RSVP or email me for more information so I can send you the agenda.
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“The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.”

~Benjamin Franklin



Maybe i will see you at the Great Minnesota State Fair and Get Together!

August 25th to September 5th 2022



15 MINUTES to get started.
<https://calendly.com/amy-nielsen>