



JUNE  
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## Numbers every guy needs

Taking care of your health isn't a task to delegate to your partner. It's about taking the lead. Real strength means owning your data so you can stay in the game for the long haul.

### PROACTIVE STEPS

- View health screenings as essential “system checks”—much like an oil change or a brake inspection. Addressing issues early keeps the engine running; ignoring them leads to a breakdown.
- Schedule appointments and own the process. Being the leader of your health sets the standard for everyone else in your house.
- Find a friend, brother, or colleague to check in with. Sharing goals and progress with someone who has your back makes it harder to skip out and keeps you both sharp.
- Understand your numbers so you can have an informed conversation with your doctor.
- Women: Encourage and support the men in your life to get regular health screenings and to see a doctor when something feels “off.”

## Recipe: Rainbow brine vegetable mix



### INGREDIENTS

- 2 lbs mixed vegetables (shredded cabbage, sliced carrots, and radishes)
- 1-1/2 tbsp sea salt
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1/2 tsp red pepper flakes

### DIRECTIONS

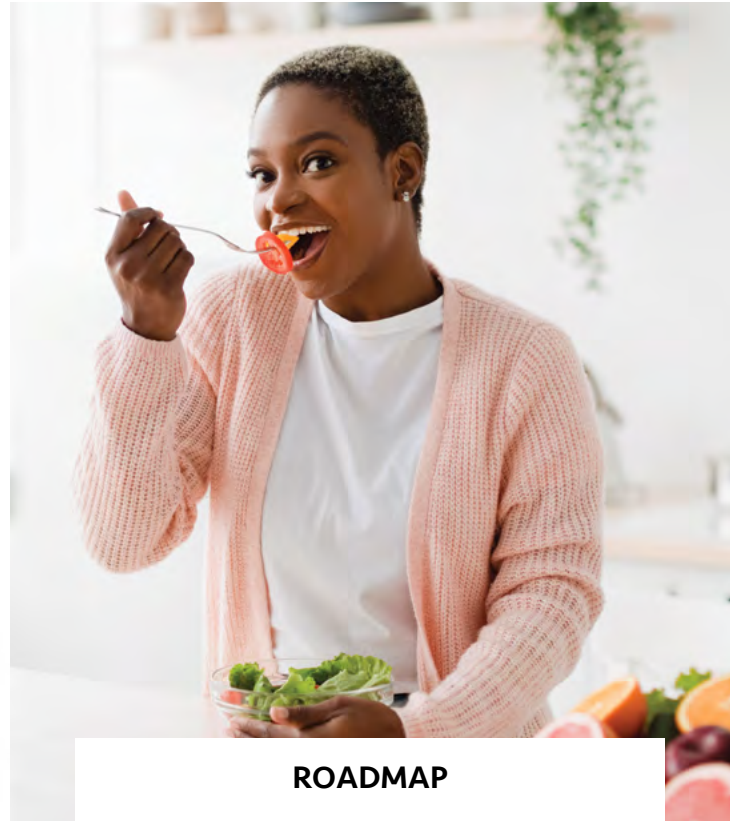
1. Place shredded cabbage and sliced carrots into a large glass bowl. Massage the salt into the vegetables for 5–10 minutes. This draws out the natural juices to create a brine.
2. Add garlic, ginger, and pepper flakes. Pack the mixture tightly into a jar. Press down firmly until the liquid rises above the vegetables. If the liquid doesn't cover the vegetables, add a small amount of filtered water.
3. Cover with a breathable cloth or a fermentation lid. Store at room temperature for 5–10 days. Taste daily. Once it reaches your preferred tanginess, move it to the refrigerator.

### NUTRITIONAL INFORMATION:

Per 1/4 cup: 15 calories, 0g total fat, 0g saturated fat, 3g carbohydrates, 0g added sugar, 1.5g fiber, 1g protein, 280mg sodium

# Cultivate your inner garden

Your gut microbiome is a complex ecosystem essential for breaking down food, neutralizing toxins, and training your immune system to defend against harmful invaders.



### ROADMAP

- Approximately 70% of your immune system resides in the gut. A diverse gut microbiome communicates with immune cells to help your body fight infections effectively.
- The gut produces neurotransmitters like serotonin that influence mood and mental clarity, leading scientists to call the digestive tract the “second brain.”
- Fermented foods like yogurt, kefir, and kimchi deliver live, beneficial bacteria directly to your system to help maintain a healthy microbial balance.
- Specialized plant fibers in onions, garlic, and bananas act as food for your “good” microbes, helping them thrive and multiply.
- A balanced gut environment helps reduce systemic inflammation, a key factor in managing risks for heart disease and type 2 diabetes.
- Getting plenty of high-fiber foods from vegetables, fruits, whole grains, beans, lentils, nuts, and seeds provide the varied fiber types needed to support a wide range of bacterial species.



# Rewriting your financial script

Your relationship with money is rarely about math. It's driven by deep-seated "money scripts" inherited from childhood and culture. These subconscious narratives dictate how you spend, save, and feel, often sabotaging even the most disciplined budgets by triggering emotional rather than logical responses.



## SCARCITY SCRIPT

This belief system operates on the idea that "there is never enough." It manifests as chronic anxiety, hoarding resources, or ironically, "panic-spending" when funds are available because of the fear that the money will soon disappear.

## DEPRIVATION SCRIPT

Rooted in the idea that money is strictly for essentials, this script leads to extreme under-spending. Eventually, the emotional burnout from constant restriction causes a "rebellion" in the form of massive, unplanned splurge purchases.

## WORTHINESS SCRIPT

Often phrased as "I work hard, so I deserve this," this script uses spending as a reward for emotional labor. It leads to overspending on status symbols or luxury items as a way to self-justify and validate one's effort.



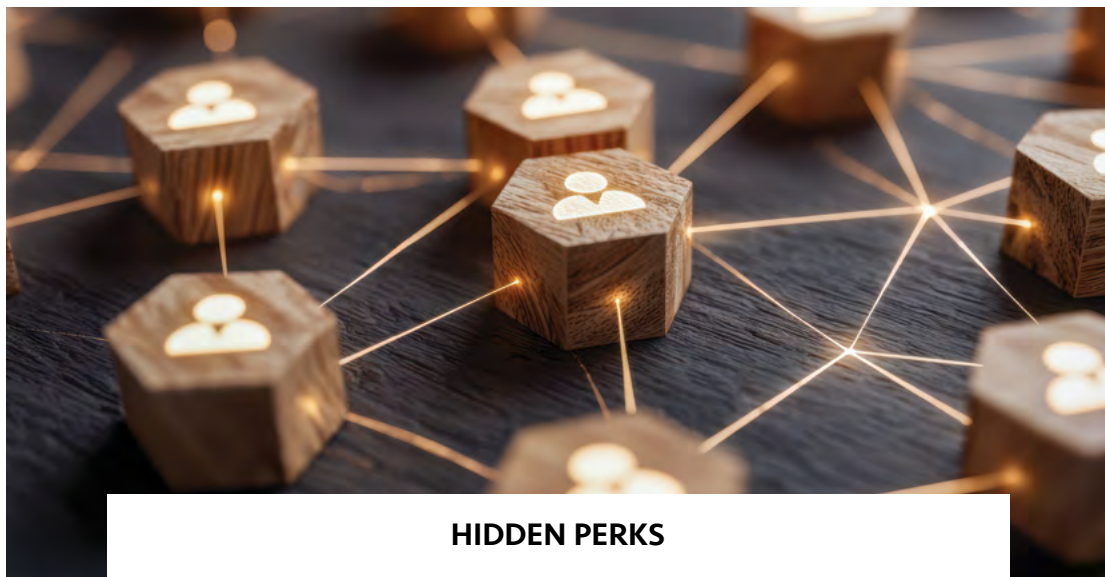
## BREAKING THE CYCLE

- Shift your internal dialogue from "I deserve this treat" to "I deserve financial freedom." This elevates the goal from a momentary dopamine hit to the long-term emotional security of being debt-free and empowered.
- Instead of following a restrictive budget, use your core values as a compass. If you value family, spending on a shared experience feels fulfilling. Spending on a trend that doesn't align with your values feels like a drain.
- When the urge to spend hits, pause to identify which script is talking. Asking, "Am I buying this to soothe a feeling or to fulfill a value?" creates the mental space needed to make a conscious choice.
- It also helps to resist the urge to compare yourself to others financially. While this may be easier said than done, it can distract you from fostering your own financial well-being.



# Beyond the business card

A professional network is a vital pillar of well-being. It provides a community of shared experience that fosters resilience, personal growth, and essential emotional stability.



## HIDDEN PERKS

- Accessing experienced peers provides a roadmap for navigating workplace dynamics and helps prevent the stress of “going it alone.”
- Strong social connections at work act as a protective factor against burnout, offering a safe space to process professional challenges.
- Sharing wins with a network reinforces a sense of accomplishment and belonging.
- Engaging with a broad network challenges your “echo chamber,” providing fresh advice that can lead to creative problem-solving and reduced anxiety.
- Networks act as informal classrooms where you can gain new competencies, boosting your self-efficacy and confidence.
- During periods of industry or personal upheaval, a support system provides the practical and moral support needed to bounce back quickly.

