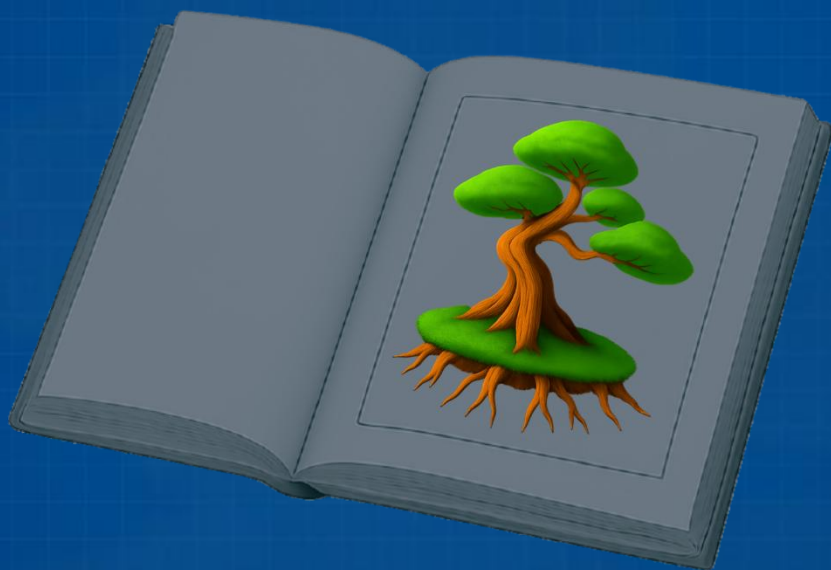


THE BONSAI BLUEPRINT

Appendix



Chad Merk



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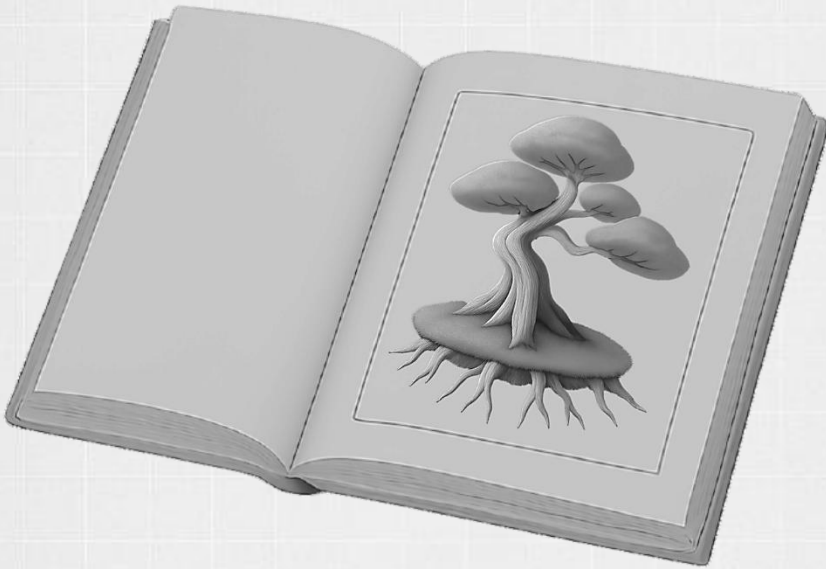
For permissions, please contact the author directly at
chad.merk@enhanceum.ca

ISBN: [Add ISBN here]

Publisher: Enhanceum Strategies

APPENDIX

Resources & References



These resources supported my personal development.

They represent perspectives that shaped my understanding and are provided as optional exploration for readers who want more.

CHAPTER 1

Leaves | The Shift Cycle

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<https://www.theminimalists.com/>
- Minimalism: A Documentary About the Important Things – TEDx Talk
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- Let Them Theory – Mel Robbins
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- How a Daily Reflection Practice Cultivates Awareness and Joy – Ashley Janssen
<https://ashleyjanssen.com/how-a-daily-reflection-practice-cultivates-self-awareness-and-joy/>
- Let Go of Control: How to Learn the Art of Surrender – Tiny Buddha
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- Why You Should Make Time for Self-Reflection – Harvard Business Review
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Branches | The Shape Network

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- 18 Journal Prompts for Reflecting on the End of the Day - Root & Rise
<https://www.rootandriseblog.com/18-journal-prompts-for-reflecting-on-the-end-of-the-day/>
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- 7 Active Listening Techniques — Verywell Mind
<https://www.verywellmind.com/what-is-active-listening-3024343>
- How to Be More Present – Calm
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- 35 Creative Ideas for New Family Traditions – Ocean City Vacation
<https://oceancityvacation.com/resources/blog/35-creative-ideas-for-new-family-traditions/>
- The Power of Encouragement – Mike Logan (LinkedIn)
<https://www.linkedin.com/pulse/power-encouragement-bringing-out-best-people-mike-logan/>

CHAPTER 3

Trunk | The Structure Six

- Structure Six Booklet: Enhanceum – The Bonsai Blueprint
<https://www.enhanceum.ca/resources>
- 12 Rules for Life – Jordan Peterson
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- Vulnerability – Brené Brown (TED Talk)
<https://www.youtube.com/watch?v=iCvmsMzlF7o>
- How to Overcome Limiting Beliefs – Mark Manson
<https://markmanson.net/limiting-beliefs>
- How to Align Your Daily Priorities with Your Core Values – Felicia Baugh
<https://feliciabaugh.com/blogs/blog-articles/aligning-your-daily-priorities-with-your-core-values>

CHAPTER 4

Roots | The Stability Plan

- Nutritional Ketosis as a Treatment for Type 2 Diabetes
Hallberg et al. – Diabetes Therapy
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6104276/>
- Dietary Carbohydrate Restriction as the First Approach in Diabetes Management – Feinman et al. (Nutrition Journal)
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- The Carbohydrate-Insulin Model of Obesity – Ludwig & Ebbeling (American Journal of Clinical Nutrition)
<https://academic.oup.com/ajcn/article/109/2/279/5266898>
- Ultra-Processed Foods and Health Outcomes – Monteiro et al. (The BMJ)
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- Dark Chocolate Health Benefits - Cleveland Clinic
<https://health.clevelandclinic.org/dark-chocolate-health-benefits>
- What Happens to Blood Sugar When You Eat Bread – Eat This, Not That
<https://www.eatthis.com/what-happens-blood-sugar-eat-bread>
- A Beginner's Guide to Fasting / Fasting Explained: Health Benefits and How to Start – Dr. Mindy Pelz
<https://drmindypelz.com/a-beginners-guide-to-fasting>
<https://www.youtube.com/watch?v=Ou-DuFvR730>
- LMNT Review: Electrolyte Balance and Hydration – The Real Food Dietitians
<https://therealfooddietitians.com/lmnt-review>
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<https://www.enhanceum.ca/resources>
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<https://www.healthline.com/health/box-breathing>
- Slow & Controlled Dumbbell Workout – Caroline Girvan
<https://www.youtube.com/watch?v=llQeUB16r3s>

- 3 Single-Leg Balance Exercises – GMB Fitness
<https://www.youtube.com/watch?v=0aPrdHv34K0>
- Micro Jumps - Quick Low Hops Tutorial – HASfit
<https://www.youtube.com/watch?v=gjTwcqLBr1l>
- Stretch & Flex – Jesse Tsao
<https://www.youtube.com/watch?v=1TjUDoinSJk>
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- 10-Minute Full Body Foam Roller Routine – Caroline Jordan
<https://www.youtube.com/watch?v=Oz4xHEgMaLY>
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- The Benefits of Walking 5,000 Steps a Day – Runstreet
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- WHITIN Minimalist Footwear
<https://whitin-shoes.com/>
- About Sleep – Centers for Disease Control and Prevention
<https://www.cdc.gov/sleep/about/index.html>

CHAPTER 5

Tree | The Symbolic Essence

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- The Diary of a CEO – Steven Bartlett
<https://www.youtube.com/@TheDiaryOfACEO>
- How to Know Your LIFE PURPOSE in 12 Minutes – Rob Dial
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