

THE BONSAI BLUEPRINT

Appendix



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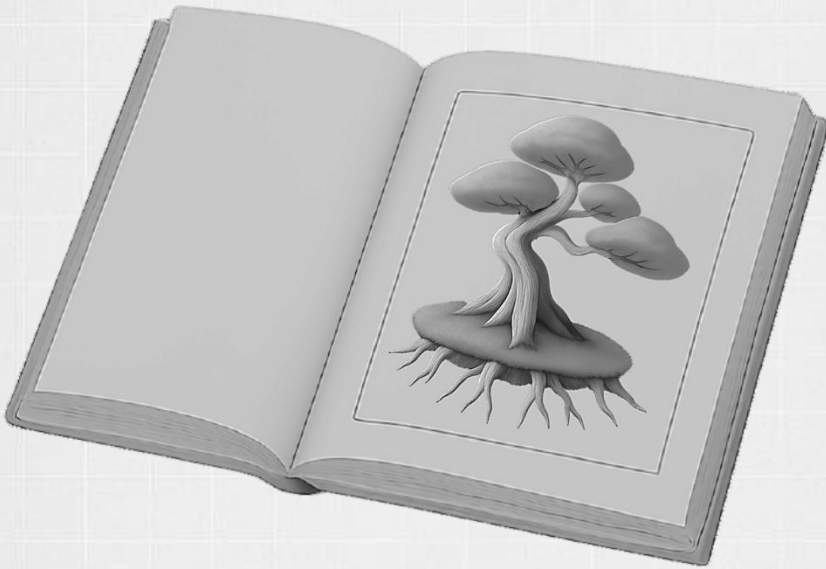
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APPENDIX

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

- The Minimalists – Official Site
<https://www.theminimalists.com/>
- Minimalism: A Documentary About the Important Things – TEDx Talk
<https://www.youtube.com/watch?v=0Co1lptd4p4>
- Let Them Theory – Mel Robbins
<https://www.youtube.com/watch?v=JP5USHGSF8o&t=2887s>
- 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
<https://tinybuddha.com/blog/let-go-of-control-how-to-learn-the-art-of-surrender/>
- What Is Self-Awareness, and How Do You Get It? – Psychology Today
<https://www.psychologytoday.com/ca/blog/click-here-for-happiness/201903/what-is-self-awareness-and-how-do-you-get-it>
- Why You Should Make Time for Self-Reflection – Harvard Business Review
<https://hbr.org/2017/03/why-you-should-make-time-for-self-reflection-even-if-you-hate-doing-it>

CHAPTER 2

Branches | The Shape Network

- Prompts to Start the Day – Root & Rise
<https://www.rootandriseblog.com/journal-prompts-to-start-the-day/>
- 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/>
- 5 Steps to a Meaningful Conversation – OpenUp
<https://openup.com/blog/5-steps-meaningful-conversation/>
- 7 Active Listening Techniques — Verywell Mind
<https://www.verywellmind.com/what-is-active-listening-3024343>
- How to Be More Present – Calm
<https://blog.calm.com/blog/how-to-be-more-present>
- 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
<https://www.youtube.com/watch?v=-5RCmu-HuTg>
- 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)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4215286/>
- 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)
<https://www.bmj.com/content/365/bmj.l1949>
- Fasting: Molecular Mechanisms and Clinical Applications – Longo & Mattson (Cell Metabolism)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3946160/>
- Hunter-Gatherer Energetics and Human Health – Pontzer et al. (NCBI)
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7590991/>
- Dietary Protein Sources and Human Health – Wu (Journal of Food Science)
<https://pubmed.ncbi.nlm.nih.gov/26780279/>
- Optimal Protein Intake in Adults – Mayo Clinic Proceedings
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- The Nutritional Benefits of Pasture-Raised, Grass-Fed, and Wild-Caught Foods – Clean Keto Kitchen
<https://cleanketokitchen.com/the-nutritional-benefits-of-pasture-raised-grass-fed-and-wild-caught>
- Change Your Diet, Change Your Mind – Dr. Georgia Ede
<https://www.diagnosisdiet.com/change-your-diet-change-your-mind>
- 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>
- Function and Flow: Enhanceum – The Bonsai Blueprint
<https://www.enhanceum.ca/resources>
- Box Breathing – Healthline
<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>
- Tai Chi for Beginners – Dr. Paul Lam
<https://www.youtube.com/watch?v=HC-uJ10OWqw&list=PL512D5EA0616C5D46>
- 10-Minute Full Body Foam Roller Routine – Caroline Jordan
<https://www.youtube.com/watch?v=Oz4xHEgMaLY>
- Nature Healing Society – Two Friends
<https://www.youtube.com/@NatureHealingSociety>
- Walking for Health – Harvard T.H. Chan School of Public Health
<https://nutritionsource.hsph.harvard.edu/walking/>
- The Benefits of Walking 5,000 Steps a Day – Runstreet
<https://www.runstreet.com/blog/5000-steps-a-day>
- 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

- The Jordan B. Peterson Podcast – Jordan Peterson
<https://www.youtube.com/@JordanBPeterson>
- The Diary of a CEO – Steven Bartlett
<https://www.youtube.com/@TheDiaryOfACEO>
- How to Know Your LIFE PURPOSE in 12 Minutes – Rob Dial
<https://www.youtube.com/watch?v=CvG1deFo93M>
- Start With Why – Simon Sinek
<https://www.youtube.com/watch?v=tK4HNPCVt2k>
- The 5 Second Rule – Mel Robbins
<https://www.youtube.com/watch?v=nI2VQ-ZsNr0>
- Health Benefits of Gratitude – UCLA Health
<https://www.uclahealth.org/news/article/health-benefits-gratitude>
- The Link Between Gratitude and Happiness – Harvard Health
<https://www.health.harvard.edu/healthbeat/Giving-thanks-can-make-you-happier>
- The Power of Gratitude – Calm
<https://www.calm.com/blog/power-of-gratitude>
- More Fully Living in the Present and Loving in the Moment – Psychology Today
<https://www.psychologytoday.com/ca/blog/the-soul-of-all-living-creatures/201703/more-fully-living-in-the-present-and-loving-in>