



The EXPECTATION GAPS

One Stunning Way Daily Habits Can Sabotage Personal Growth

In the post for this worksheet, we learned about epigenetics. I encouraged you to Stay Curious! and learn more about epigenetics and the impact it has on your personal growth. This worksheet will help you summarize that post and figure out what you'd like to learn about next.

How well do you think you meet your diet, exercise, and sleep needs? Which one would you like to work on the most?

Now, research ways that the one you picked (diet, exercise, or sleep) affects your gene expression.

Based on your research, what's one daily habit you could implement to improve your gene expression?

What else do you want to learn about gene expression?

Prompts:

- How does it affect the aging process?
- What cancer cells can it turn on and off?
- How does it lead to inflammation?
- How does it lead to insulin resistance?
- How does it lead to depression or other mental health concerns?

Research time - What did you learn?

Are you living with any of the following social experiences that could cause epigenetic changes to your DNA?

- Financial stress
- Abuse or neglect
- Witnessing violence
- Death of a loved one
- Family instability

Research ways this experience could affect your DNA.

What's one action you could take to reduce the effects of this experience?

A few other topics you could research

- Vitamin D's regulation of over 900 genes
- Anti-inflammatory genes and what turns them off/on
- Cancer genes and what turns them off/on
- How B vitamins and folic acid affect your genes
- How exercise affects gene expression
- The function and importance of telomeres
- The effect trans fats have on genes

Check out the follow up post:

<https://theexpectationgaps.com/intentional-living-what-you-need-to-know-about-nutrients/>