



KARYN SHANKS MD

*Heart, Hope, Healing*

# Simple is Better: the “Rule of Threes”

BY KARYN SHANKS MD | DECEMBER 4, 2017



Have you heard of the Rule of Threes?

It’s the smallest number of anything that can create a pattern within our minds—patterns our brains can latch onto.

Three is a power theme within human engagement, compelling the mind, enhancing memory and pleasure.

While I break this rule a lot, it does remind me to keep things simple. It’s crucial when it comes to behavior change. Smart and sophisticated as we are, we can only do a few simple things at a time—*successfully*.

I recently attended a Functional Medicine conference where I was mentoring other healthcare

practitioners, many brand new to this holistic medicine paradigm. We worked on our personal goals for self-care and lifestyle change, brainstorming about how they could apply what they were learning to *themselves*—a powerful place to start for a healer.

I took the opportunity to assess my own self-care. What needs work?

I've been feeling a bit overwhelmed lately (as they were), so I broke it down to three basic things that need work in my life:

1. Have more fun—yah, I've been working too hard lately!
2. Get more sleep—been skimping here—I'll start with just fifteen minutes per night.
3. Eat more veggies—just a cup or two more per day.

That's it. Ahhh, I can still breathe...

But it's HUGE. Rather than feeling overwhelmed or—later on—like a failure for forgetting, I have easily remembered these three goals. I keep thinking about them, and now two weeks into the process, I've been accomplishing all three!

What do you want to change or accomplish?

Make a list... stick to the power of three.

Have a Beautiful day!

Karyn

p.s. From my archives: [Four Simple Steps to Jumpstart Change](#). 2017.

## KARYN SHANKS MD

Karyn Shanks, MD, is a physician who lives and practices in Iowa City. Her work is inspired by the science of Functional Medicine, body-mind principles, and wisdom gleaned from the transformational journeys of thousands of clients over her twenty-five-year career. Her work honors each individual and the power of their stories, their inner wisdom, and innate healing potential. She believes that the bones of healing are in what we do for ourselves. She is the author of *Liftoff*, a manual of energy recovery and healing through essential self-care practices.

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