

THE ENERGY WITHIN TO INSPIRE OTHERS

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In Power Wellness

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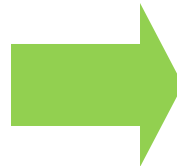


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STEP 1

*Create
the life
you want to live*

What would it look like?



OUR OWN ACTIONS

get in the way of our
desires....

How are you holding yourself back?

**Reminder:
Take
Care of
Myself**

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List at least 1 *self-care* goal:

1. _____
2. _____
3. _____

STEP 2

STEP 3



Achieve *true* WELLNESS!

List something you could change in the wellness circle and how you will achieve it

Wellness Focus	Change	How?
_____	_____	_____
_____	_____	_____
_____	_____	_____

last step **STEP 4**

find Your PaSSion

Passion or Purpose?

list it here....

NOW GO LIVE IT!

Your *VERB*

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*Yesterday is history
 Tomorrow is a mystery
 Today is a gift
 That's why it's called the present*

