



Positive Intention = Positive Action = Positive End Outcome

What are 3 steps to move you closer to your goal and of those what is 1 you can action in 24-48 hrs?

BODY: 3 Actions

1.

2.

3.

24-48 hrs -

BRAIN: 3 Actions

1.

2.

3.

24-48 hrs -

NUTRITION: 3 Actions

1.

2.

3.

24-48 hrs -

NURTURE: 3 Actions

1.

2.

3.

24-48 hrs -