



**J**ust be still and breathe.

**O**pen yourself up to new possibilities.

**Y**es! Say yes to all the good that life has for you.

**P**urpose - what's your "why?"

**R**epair the body.

**E**xercise and eat whole foods.

**S**unshine, sleep and stress management

**C**uriosity & Creativity

**R**hythm, rest, relationships and reframe

**I**ntermittent fasting

**P**ray

**T**rust & Thankfulness

**I**terate

**O**rder your life around what matters most.

**N**ever give up!