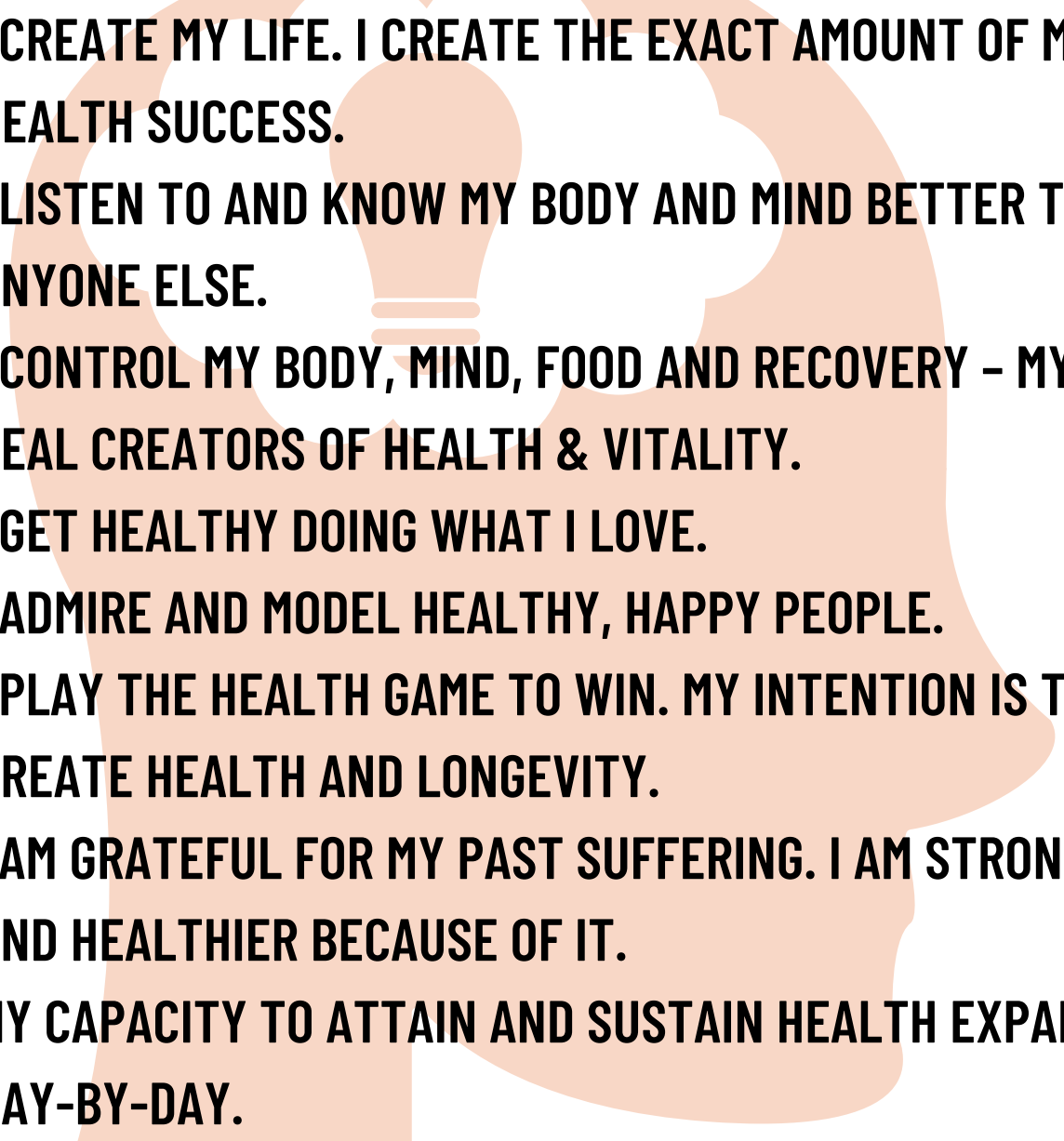


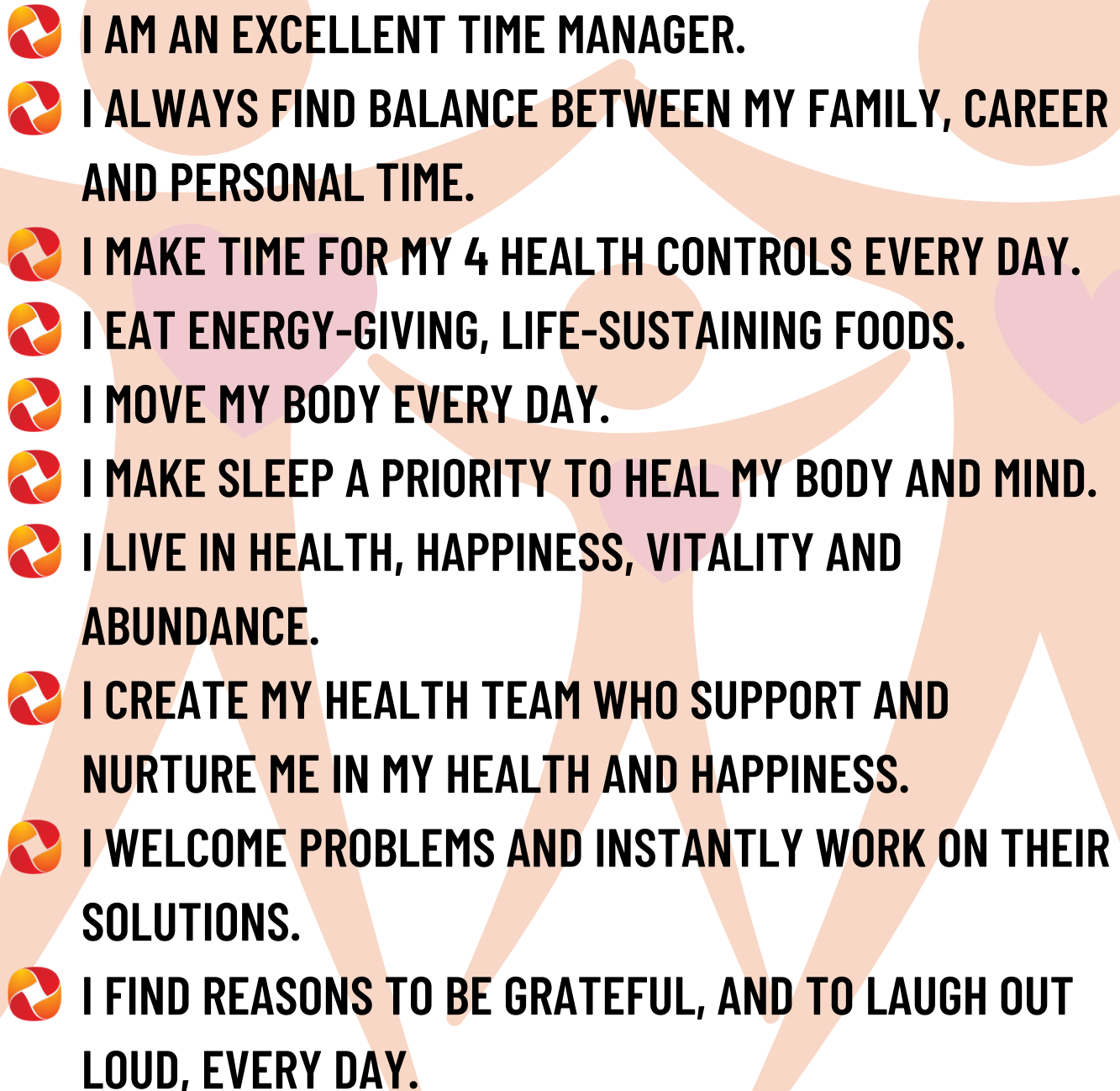
ATTITUDES OF HEALTH

WINNING THE "MIND" GAME

- 
- 🌀 I CREATE MY LIFE. I CREATE THE EXACT AMOUNT OF MY HEALTH SUCCESS.
 - 🌀 I LISTEN TO AND KNOW MY BODY AND MIND BETTER THAN ANYONE ELSE.
 - 🌀 I CONTROL MY BODY, MIND, FOOD AND RECOVERY - MY REAL CREATORS OF HEALTH & VITALITY.
 - 🌀 I GET HEALTHY DOING WHAT I LOVE.
 - 🌀 I ADMIRE AND MODEL HEALTHY, HAPPY PEOPLE.
 - 🌀 I PLAY THE HEALTH GAME TO WIN. MY INTENTION IS TO CREATE HEALTH AND LONGEVITY.
 - 🌀 I AM GRATEFUL FOR MY PAST SUFFERING. I AM STRONGER AND HEALTHIER BECAUSE OF IT.
 - 🌀 MY CAPACITY TO ATTAIN AND SUSTAIN HEALTH EXPANDS DAY-BY-DAY.
 - 🌀 I DESERVE TO BE HEALTHY BECAUSE I ADD VALUE TO OTHER PEOPLE'S LIVES.
 - 🌀 I WILL CONQUER MY MIND, IT WILL NEVER CONQUER ME.

ATTITUDES OF HEALTH

WINNING THE "HEALTH" GAME

- 
- I AM AN EXCELLENT TIME MANAGER.
 - I ALWAYS FIND BALANCE BETWEEN MY FAMILY, CAREER AND PERSONAL TIME.
 - I MAKE TIME FOR MY 4 HEALTH CONTROLS EVERY DAY.
 - I EAT ENERGY-GIVING, LIFE-SUSTAINING FOODS.
 - I MOVE MY BODY EVERY DAY.
 - I MAKE SLEEP A PRIORITY TO HEAL MY BODY AND MIND.
 - I LIVE IN HEALTH, HAPPINESS, VITALITY AND ABUNDANCE.
 - I CREATE MY HEALTH TEAM WHO SUPPORT AND NURTURE ME IN MY HEALTH AND HAPPINESS.
 - I WELCOME PROBLEMS AND INSTANTLY WORK ON THEIR SOLUTIONS.
 - I FIND REASONS TO BE GRATEFUL, AND TO LAUGH OUT LOUD, EVERY DAY.