

# THE ART OF *living intentionally*

EACH DAY TAKE TIME TO TOUCH BASE WITH YOUR

*mind*

learn something new,  
change your point of view,  
think with care

*body*

stretch, reach, extend,  
MOVE, be mindful about  
what you choose as fuel

*heart*

be thankful for the love in  
your life, give out more  
than you get

*soul*

take time each day to find  
a moment in all the chaos,  
and just breathe

KNOW WHERE YOU ARE HEADING

*and head there with  
determination & resolve*



whatever you **choose** to do,  
**embrace it**, commit fully to it



ELSE, WHY ARE YOU DOING IT AT ALL?