

# THE FORMULA

THE FORMULA SUPPORTS YOUR DISCIPLINE. TO GET OUT OF AUTO-PILOT AND MOVE TOWARDS YOUR AUTHENTIC SELF (AND HAVE WHILE YOU DO).

COMMIT TO AT LEAST ONE ACTIVITY IN EACH OF THESE 4 CATEGORIES FOR 30 DAYS AND WATCH YOUR LIFE POSITIVELY CHANGE.

START DATE \_\_\_\_\_

END DATE \_\_\_\_\_

SPIRITUALITY

WELLNESS

SELF DEVELOPMENT

FUN

WE CREATE OUR OWN REALITY, ONCE YOU CHANGE YOUR MINDSET YOU CHANGE YOUR LIFE