

Mission Statement

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

I. II. III.

IV. V. VI.

Self:

Tools:

1.

2.

3.

4.

5.

6.

Affirmation:

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Nutrition:

Exercise:

X _____