



BE YOURSELF
ACCEPT YOURSELF
VALUE YOURSELF
FORGIVE YOURSELF
BLESS YOURSELF
EXPRESS YOURSELF
TRUST YOURSELF
LOVE YOURSELF
EMPOWER YOURSELF

ME MAP TO WELLNESS

BALANCE

AWAKEN YOUR SPIRIT | MOVE YOUR BODY | RENEW YOUR MIND

LivingWellCare 
Live in 3D MIND.BODY.SPIRIT

FIND YOUR BALANCE

Who Am I
Now?

MIND

BODY

SPIRIT

Discontent/Pain

MIND Solutions/Resources

BODY Solutions/Resources

SPIRIT Solutions/Resources

NEW MINDSET

NEW RESULTS



New Balanced Me

ME IN 3D

Content/Joy



AWAKEN YOUR SPIRIT | MOVE YOUR BODY | RENEW YOUR MIND