

Transform The Experience



LIVING WELLNESS™

Watch Your **Thoughts** – Thoughts Become **Words**
Watch Your **Words** – Words Become **Actions**
Watch Your **Actions** – Actions Become **Habits**
Watch Your **Habits** – Habits Become **Character**
Watch Your **Character** – Character Becomes Your **DESTINY**
Watch Your **Destiny** – Destiny Influences Your **Thoughts**

Intention: Using **Thought** to Develop Words
Vision: Using **Words** to Develop a Plan of Action
Mission: Using **Action** to Develop Habit
Purpose: Using **Habits** to Develop Character
Focus: Using **Character** to Develop Destiny