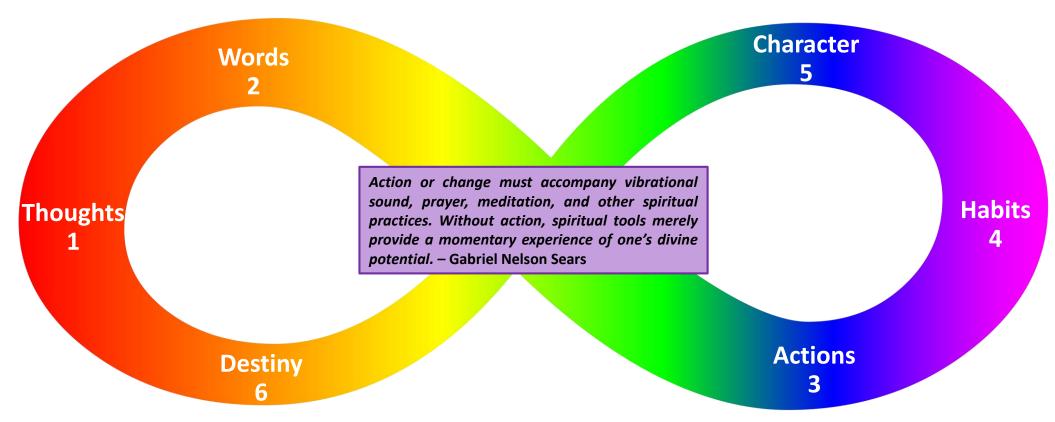
## Transform The Experience



## **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