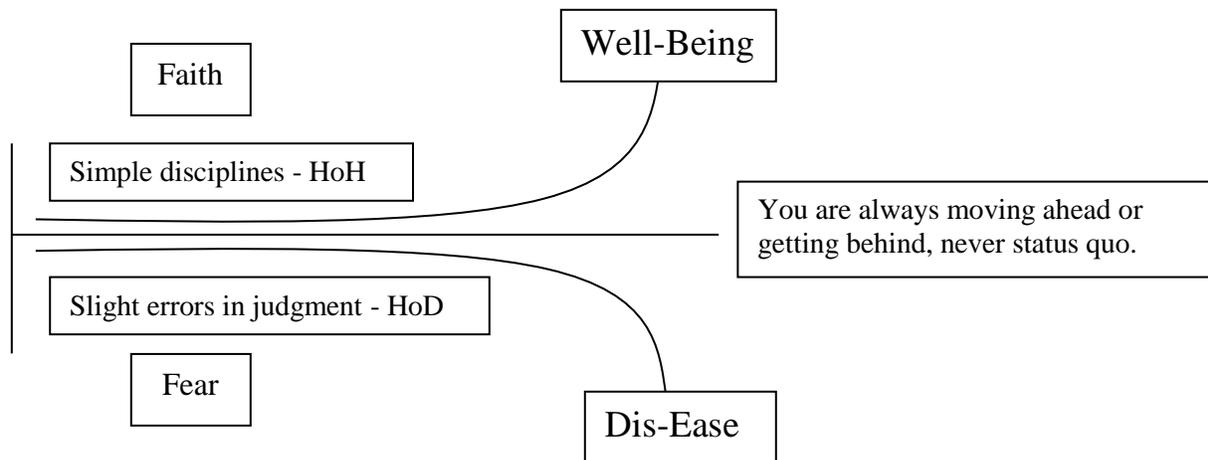


SLIGHT EDGE PRINCIPLES
THE RECOMMENCED METHOD OF
INCORPORATING HOLISTIC PRACTICES

***SMALL CHANGES PRACTICED FAITHFULLY OVER A PROLONGED PERIOD OF TIME WILL
 RESULT IN PROFOUND CHANGES IN YOUR LIFE.***

- DIET / NUTRITION (BODY)***
- SUPPLEMENTS / NUTRITION (BODY)***
- WATER / HYDRATION (BODY)***
- BREATH / BREATHING (BODY)***
- ACTIVITY / EXERCISE (BODY)***
- POSTURE / BODY SYMMETRY (BODY)***
- EDUCATION / GAINING KNOWLEDGE (MIND)***
- REST / SLEEP (BODY & MIND)***
- MEDITATION / LISTENING TO GOD (SPIRITUAL & MENTAL)***
- PRAYER / TALKING TO GOD (SPIRITUAL)***
- READING THE WORD / (SPIRITUAL & MENTAL)***
- SOCIAL CONNECTIONS – ENVIRONMENT (BODY, MIND & SPIRIT)***
- FINANCIAL (BODY, MIND & SPIRIT)***

***YOU ARE A WORK IN PROGRESS THAT NEEDS A LOT OF RAW MATERIALS. WHERE ARE
 THEY COMING FROM? HOW WELL ARE YOU PROCESSING THEM?***



**LOOK AT WHERE YOU ARE TODAY. WHERE YOU ARE IS A RESULT OF THE
 CHOICES YOU HAVE MADE UP TO THIS POINT IN YOUR LIFE.
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