

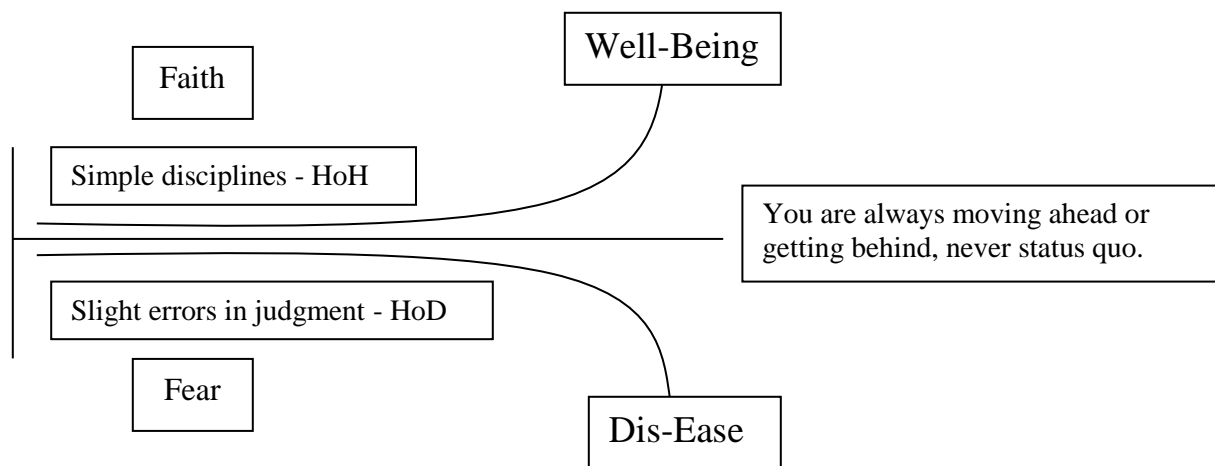
SLIGHT EDGE PRINCIPLES

THE RECOMMENDED 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.
*TOGETHER (WITH A COACH) I CAN – TOGETHERICAN.COM***