



## 8 Master Keys to Unlock My Total Health I'm in Charge!

1. What I *EAT*
2. What I *DRINK*
3. What and How I *BREATHE*
4. How I *EXERCISE/MOVE*
5. How I *REST*
6. What I *THINK, FEEL* and *BELIEVE*
7. What I *SPEAK*
8. How I nurture *My SPIRIT*

