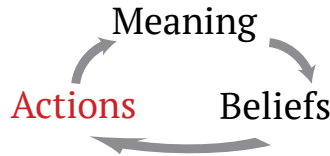


SPIRIT

Life Force
Inspiration

CONSCIOUSNESS

Awareness



BODY

Lineage
Genetics
Systems
Synergy

Embodiment

ENERGY

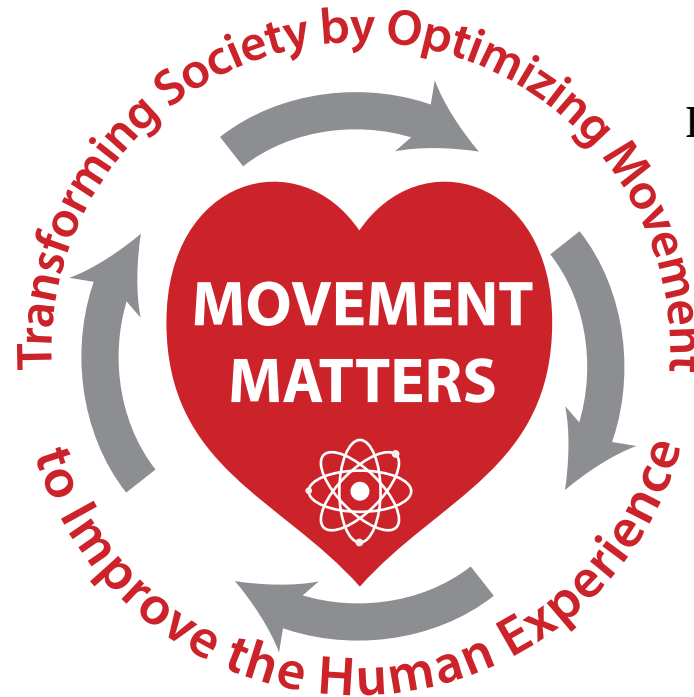
Breath
Blood
Food
Water
Elimination
Environment

MIND

&

EMOTIONS

Speech
Language
Creativity
Connection
Movement Quality

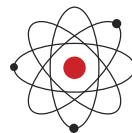


Tenants of Well Being

Resiliency
Positive Outlook
Attention
Generosity

Well Being is a Skill

NEUROPLASTIC CHANGE



Triple Aim

People
Planet
Profit