



MOVE FROM PAIN...



Are you experiencing emotional pain or discomfort?

Flex Your Mind  Muscle™

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TO POSSIBILITIES



The ABC's of L.I.F.E

- A. Are you **aware** of what specifically is causing you emotional pain or discomfort?
- B. Your awareness enables you to take **bold** actions towards new possibilities.
- C. Boldly **commit** to Leaning into the Full Experience of L.I.F.E. by embracing & moving through each moment with a sense of meaning and purpose.

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