MODERN TOOLBOX FOR SUCCESS

1. Health & Well-Being	2. Connection & Belonging	3. Learning & Growth
• Sleep • Nutrition • Physical Movement • Spirituality • Medication • Meditation • Vitality (energy)	• Yourself • Support from others (the people and pets you choose) • Home and community contributions	• Purposeful passion projects • Generous goals • Relief with ease and joy for your growth • Being "unique as your thumb-print" is about celebrating your gifts, talents, and strengths

Your modern life skills for success are real-time tools that help you focus inward and navigate life with clarity and purpose:

- **Space & Silence** is what you create when you listen and observe in the present moment.
- **Accessing Your Brilliance** is finding your inner power and the authentic voice at your Heart Center. This wisdom guides you from your Heart Center, the wisdom from within you, knowing of who you are.
- **Look & See ⟶ Course-Correct** for your goals with Grit & Grace.

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