

Our brain can only hold one thought at a time; choose a **positive** one.

SHINE

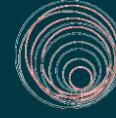
LIVE SIMPLE.
GIVE **MORE**.
EXPECT LESS.

MOREYOGINITS

BELIEVE

Set your goals

Focus



What we do to the planet we do to ourselves; **bringing consciousness** to how we consume leads to a **mutual respect** between people. It is not about buying more...it is about buying better. We call it **conscious consumerism**.

more dancing, more singing, more travelling, more of anything you would like to do more.

Do not wait, live the moment now!



LIVE EVERYDAY WITH INTENTION

BREATHE DEEPLY

& listen to your body

mind matters

DO NOT LOOK BACK, KEEP LOOKING FORWARD

Feeling grateful for **what you are** and **what you have** puts you in an incredibly **positive mood** to start the day

moregratitude

SPIRIT

Exercise promotes endorphines and gives us a burst of positive energy. It also eliminates stress which is associated with illness. Our bodies and spirits are best when living an active life.

CHOOSE HAPPINESS



Here & now.
Breathing.
Being.

more positive thinking

Do it now!

Share all the good things with our children; pass on the knowledge to the future generation and introduce them to a "live well" philosophy from the start!

MORECONSCIOUS LIVING

