

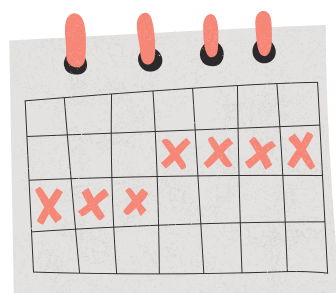
VITALITY LIFESTYLE SYSTEM



OVERVIEW

Understand the key factors that can influence the way you live and unlock your ability to reach your true potential.

WHY DOES IT MATTER?



The average person uses 13 different methods to control and manage their time.



40% of your actions are not conscious decisions but habits.



The average person gets 1 interruption every 8 minutes, or approximately 7 an hour, or 50-60 per day.



77% of people experience stress that affects their physical health (73% of people it affects mental health).

Sources: Centers for Disease Control and Prevention, The Productivity Institute and U.S. Department of Health and Human Services.

BENEFITS

- Educate yourself on the science of stress, habits, and mental health.
- Explore how the mind and body are closely intertwined.
- Understand how your thoughts, habits, and behaviors influence your health and longevity.
- Discover how to unlock your mind and build healthy habits.
- Improve your mindset, reduce stress, and find the path to your best self.

SO WHAT'S NEXT?

- Write down the current stressors in your life along with what brings you joy.
- Make a list of healthy habits that you enjoy.
- Try small mindfulness practices like meditation, yoga, or guided breathing.
- Use the 3P Method to prioritize, plan, and pursue your lifestyle goals.

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EXPLORE YOUR PATH TO VITALITY