

# VITALITY LIFESTYLE SYSTEM

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



## TIPS & STRATEGIES



### IDENTIFY YOUR STRESSORS

Analyze the stressors in your life and how you deal with them.



### TRY MINDFULNESS PRACTICES

Try 5 minutes of meditation, yoga, or guided breathing. Be present and give it your full energy and attention.



### WRITE IT DOWN

Start a journal or simply write down your thoughts and feelings. Track on a day to day basis to discover trends.



### FIND WHAT BRINGS YOU JOY

Figure out what you love to do and do more of it. Try new hobbies and enjoy each day.



### BUILD HEALTHY HABITS

Start small, be positive, be patient, seek change, and use your support system.