



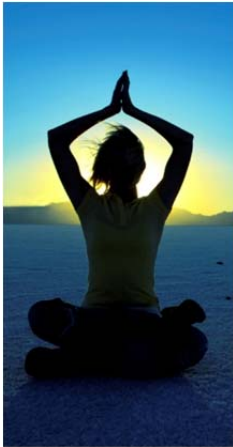
In Touch & In Tune

My Life Plan

There are several areas of our life that we can take steps to create the positive outcome of our lives. In Touch & In Tune is our guide to direct us to focus on the positive areas of our lives.

IN TUNE AND IN TOUCH: MY BODY

I enjoy some form of daily exercise such as yoga, walking, Pilates. I am training to be a yoga instructor. I feel fantastic and enjoy an active life style playing tennis, golf or hiking. I am healthy and fit and love my life and am grateful for my health.



I eat fresh fruit and salads. I enjoy grilled food in the company of friends and family. I love to cook and have time to take lessons. I love good food and am grateful that I have access to food that nourishes my body.



IN TUNE AND IN TOUCH: MY KNOWLEDGE

I begin each day with exposure to knowledge through my intellect as well as knowledge for my body, mind and soul. I realize that the thoughts I have directly impact the life I live through the way I feel to the way I and interact with others.



When I train my mind to be aware of my thoughts and realize that knowledge is more than what I learn, yet also includes what I think I empower myself and my life to work in tune with all areas of my life.



IN TUNE AND IN TOUCH: MY FEELINGS

I feel love and gratitude in my life daily. I notice that in my life that I love, and am grateful for. I have hope and feel joy for all that I have in my life. There is joy and passion in my life. I look for enthusiasm and excitement in my life and have a feeling of satisfaction.



The way I feel affects other aspects of my life. When I realize I can alter the way I feel I realize the power I have in my life. I take time to notice all that I love and am grateful for. On a daily basis I am aware of what the positives are in my life. I am awake for my life and I am amazed at how I can create the life of my dreams.

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.
(Eleanor Roosevelt)

