

Next Level  
*Living*



Let  
it  
GO!

REJUVENATED

**Courage**

**Taking  
chances**

FEELING **good**

***Live Your Best Life***



It's  
Time to  
Shine

**ADVENTURES**



Getting It  
**Done**

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Gratitude

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***Feeling Good***


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**"I want  
to spend  
my days  
maximizing  
happiness."**

**—OPRAH**

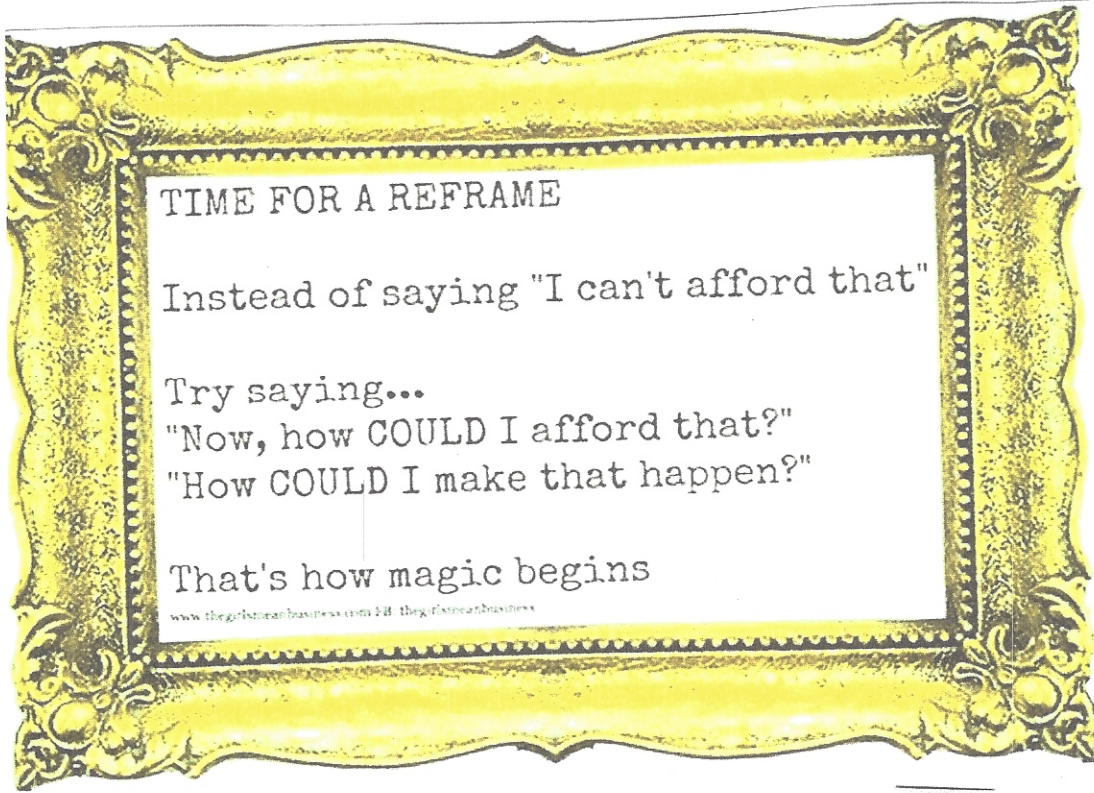
OPRAH & DEEPAK  
**21 DAY  
MEDITATION  
EXPERIENCE**



It is never too late to  
begin creating the  
bodies we want  
instead of the ones  
we mistakenly assume  
we are stuck with.  
~DEEPAK CHOPRA

[chopracentermeditation.com](http://chopracentermeditation.com)

# Seize the Day!



TIME FOR A REFRAME

Instead of saying "I can't afford that"

Try saying...

"Now, how **COULD** I afford that?"

"How **COULD** I make that happen?"

That's how magic begins

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Make Yourself  
**Clear**

**MINDFUL**

**GET  
ORGANIZED!**