

MANIFEST YOUR BEST LIFE



SKILL BUILDING

- 1. Desire:** Healthy Desire will point you in the direction of your best self. Dreaming helps you design and plan your future.
- 2. Imagination:** Healthy imagination includes a clear vision of how you will feel when you have attained what you desire. This vision helps you adjust and align your raw materials, the building blocks for your life.
- 3. Commitment:** Healthy commitment includes discipline, determination, expectation, drive, passion, and anything else that lovingly helps keep you moving towards your dreams.
- 4. Develop your Valued Self:** Using your Inner Fitness skills and practices, grow your valued self: self awareness, self love, self worth, self respect, self esteem, and self confidence.
- 5. Adjust your Raw Material:** If you want to change your life, realign your raw materials to reflect your vision of your future self.

SUMMARY

Your optimal valued self thinks clearly, acts wisely, feels authentically and knows your innate value. Your optimal valued self is strong, flexible and takes full ownership and responsibility for creating your reality. This self actualized you responds wisely to life's inevitable challenges and guides you to manifest your best life.

May all of your dreams come true or something even better.