EverythingPrinciple Two Lesson Six



Everything

The more comprehensive your approach to wellness, the easier it is to stay motivated.





Health

- · Product of a whole lifestyle, not one behavior
- · Comprehensive approach to wellness
- · Each choice makes the others easier

EverythingPrinciple Two | Lesson Six



As you practice the Principles, eventually it'll be your selfharming habits that are swimming upstream.



Now Do **Everything**

