







Release **Your** Life Essentials & a pinch of attitude. List five aspirations for each element.

RADIANCE	FREEDOM
SOUL - WHAT MAKES YOU SMILE	HEART - MOMENTS IN TIME
	

NATURE	BEAUTY
ECO - EXPERIENCE IT	BODY - YOUR STRONG AND SEXY SELF
	

PEACE	ATTITUDE
MIND - CLEAR & CALM	SKY IS THE LIMIT
