

# Reclaim Your Vitality

HAS MODERN LIFE DEPLETED YOUR VITALITY?

You'll never change your life until you change something you do daily. The secret to emotional wellbeing can be found in your daily routine.

## LIVE HIGHER

<i>Worry Less</i>	»»»	<i>Laugh More</i>
Sit Less		<b>Move More</b>
<i>Analyze Less</i>	»»»	<i>Feel More</i>
Text Less		Talk More
<i>Work Less</i>	»»»	<i>Volunteer More</i>
Complicate Less		<b>Simplify More</b>
<i>Rest Less</i>	»»»	<i>Sleep More</i>
Conceal Less		Discover More
Discriminate Less	»»»	<i>Understand More</i>
<i>Complain Less</i>		<b>Appreciate More</b>
Waste Less	»»»	<i>Save More</i>
<i>Consume Less</i>		Give More
Think Less	»»»	<i>Act More</i>
<i>Criticize Less</i>		<b>Support More</b>
Eat Less	»»»	<i>Taste More</i>
<i>Critique Less</i>		Love More
Follow Less	»»»	<i>Lead More</i>
<i>Amuse Less</i>		<b>Learn More</b>
Blame Less	»»»	<i>Value More</i>
<i>Control Less</i>		Flow More
Doubt Less	»»»	<i>Trust More</i>
<i>Hesitate Less</i>		<b>Try More</b>
Watch Less	»»»	<i>Read More</i>
<i>Resist Less</i>		Accept More
Plead Less	»»»	<i>Pray More</i>

