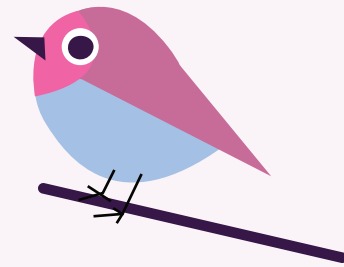


Every morning, dedicate 1 hour to the

«LIFE S.A.V.E.R.S.»:



S as Silence (5 min)

Kick off your day by increasing your conscious and by focusing on your goal through meditation.



A as Affirmation (5 min)

By reciting a mantra tied to your personal goals, you are setting your mind for success.



V as Visualization (5 min)

Picture as precisely as you can what you want to achieve, with confidence and pleasure. You can also gather images on a board that will inspire you and ease this visualisation process.



E as Exercise (20 min)

Let your blood flow in your body and fill up your lungs with oxygen through yoga poses that you are comfortable with.



R as Reading (20min)

Reading 10 pages a day equals to 3,650 pages per year which corresponds to 18 books of 200 pages each.



S as Scribing (5 min)

Write a journal to keep track of your ideas, discoveries and opportunities. Writing them down will unconsciously help you to thrive.