



three THINGS EVERYONE SHOULD KNOW TO LIVE A HAPPY, HEALTHY LIFE



shineakron



shine.akron



SHINE
be a lamp, a lifeboat, a ladder



In the space below, list 2-3 things that you are already doing that is helping to raise your vibration:

In the space provided, write a total of 3-5 things that you will start doing moving forward to raise your vibration:

1. ☐ PHYSICAL
☐ MENTAL
☐ EMOTIONAL
☐ SPIRITUAL

2. ☐ PHYSICAL
☐ MENTAL
☐ EMOTIONAL
☐ SPIRITUAL

3. ☐ PHYSICAL
☐ MENTAL
☐ EMOTIONAL
☐ SPIRITUAL

1. ☐ PHYSICAL
☐ MENTAL
☐ EMOTIONAL
☐ SPIRITUAL

2. ☐ PHYSICAL
☐ MENTAL
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☐ SPIRITUAL

3. ☐ PHYSICAL
☐ MENTAL
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☐ SPIRITUAL
