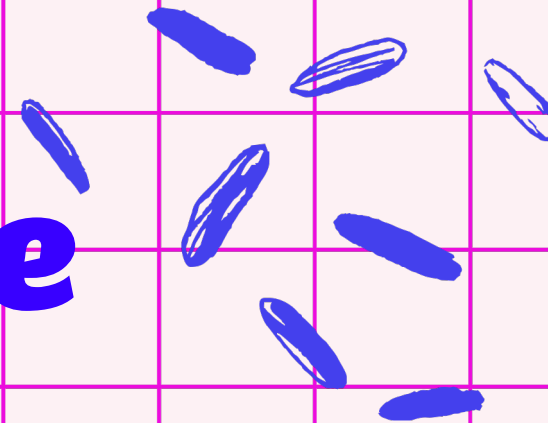


Healthy life

in 6 steps



Step 1

- Get up early
- Exercise daily
- Drink warm water with lemon juice
- Meditate daily

It takes on average 70 times to repeat something to turn it into a habit. Take it into account when practicing these steps.

Step 2

- Read something inspiring
- Laugh at something
- Eat more fruit & vegetables
- Increase my water intake

Step 3

- Create something new
- Plan my goals and dreams
- Visualise my success
- Do something nice for someone

Step 4

- Meet my friends and family
- Sleep well
- Build my finances
- Be independent

Step 5

- Travel in my free time
- Appreciate life
- Connect to nature
- Smile and stay motivated!