

QUICK START GUIDE

Anytime you experience one of The Ultimate Source™ Challenge Areas©:



FEAR



STRESS



TOXIC DISTRACTIONS



NEGATIVE SELF-TALK



PROCRASTINATION



TOXIC PEOPLE

Adjust your energy and actions to The Ultimate Source™ Life Areas©:



SPIRITUALITY AND FAITH



GOALS AND ORGANIZATION



CURIOSITY AND LEARNING



NUTRITION AND WATER



GRATITUDE AND ATTITUDE



BALANCE AND FULFILLMENT



MOVEMENT



RELATIONSHIPS



REST AND RELAXATION



SERVICE AND GIVING BACK



PASSION AND PURPOSE



ADVENTURE