

last 90 days

@mrachellolls

@mrclaywholls

5 to thrive

1. DRINK HALF YOUR BODY WEIGHT IN OUNCES OF ~~water~~ EACH DAY
► FLUSH THE BAD STUFF OUT OF YOUR BODY
2. ~~wake up~~ ONE HOUR EARLIER
► USE THE TIME FOR YOURSELF
3. GIVE UP ONE CATEGORY OF ~~food~~ FOR 30 DAYS
► DON'T BREAK THIS PROMISE TO YOURSELF
4. move your body, EVERYDAY FOR 30 MINUTES
► GET YOUR BODY READY TO ACT ON YOUR VISION
5. PRACTICE ~~gratitude~~ DAILY
► SPEND YOUR DAY LOOKING FOR BLESSINGS

"Total Stop-Accelerating" by Berndt Bode
Reference to Foundations by Schrödinger 1933-1934

water

wake up.

Final

move your body.

gratitude

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Judd E. Hollander

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