

LET'S TALK ABOUT

# Vitality

HAS MODERN LIFE DEPLETED YOUR VITALITY?

You'll never change your life until you change something you do daily.  
The secret to emotional wellbeing can be found in your daily routine.

## Live Higher

*Laugh More* *Move More* *Feel More* *Talk More* *Volunteer More*  
*Simplify More* *Sleep More* *Discover More* *Understand More*  
*Appreciate More* *Save More* *Give More* *Act More* *Support More*  
*Taste More* *Love More* *Lead More* *Learn More* *Value More*  
*Flow More* *Trust More* *Try More* *Read More* *Accept More* *Pray More*

WHAT ARE THE THINGS, PEOPLE AND ACTIVITIES THAT  
GIVE YOU MORE ENERGY? DRAIN YOUR ENERGY?

### DO MORE

### DO LESS

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