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**Living in Vitality**  
*Empowering women for life.*



How do you personally **Feel Whole** in mind, body and spirit first, so you can then lift up your family and community? What new standards and practices will you require of yourself and expect of others around you? To live in vitality, you must step up and step in – no one is doing it for you. You must show up for yourself to live a good life and lead your family and community in sustainable behaviors that stop the spread of “disease” however it manifests.

Please use this card to write an inspirational message to yourself about your commitment for **Your Good Life** in 2021. Place in a favorite spot as a daily reminder throughout 2021 to keep you connected to this intention.



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