

Want Freedom? Consider...

Your moment-by-moment choices up until now have shaped your present life.

By Bob Wilson

**If You Continue To Do  
What You've Always Done,  
You'll Continue To Get  
What You've Always Gotten!**

The significant problems that we face cannot be solved with the level of thinking that created them. Albert Einstein

So, step away—take another look—have a different perspective.

Have a spirit of exploration.

Cultivate a sense of adventure—go within yourself and explore!

HOW do you do what you do? What are the results?

Use the Daily Personal Check-in.

Don't just live your life on "autopilot"—live in non-judgmental awareness.

**What you plant (your choices) is what you get (results)!**

Plant the garden of your life with seeds of well-being.



Take time to nurture your garden of health and friskiness.