

# Transformation Tenets

FOR CREATING LONGLASTING SUSTAINABLE CHANGE



## **ADD IN**

Take time to assess what you need to add into your life to enhance your health goals.



## **HONOR YOUR BIO-INDIVIDUALITY**

You are unique. What works for someone else may not work for you. Become the detective in your life to customize your health practices.



## **SLOW AND STEADY**

A slow and steady approach allows you time to integrate the changes you make so they will become your new way of being.