



Ride The
Waves of Life
Like a Pro

7 Things You Need to Know...

- 1. All waves aren't equal – don't sweat the small stuff**
- 2. Prevent Wipeouts by stopping the Stress Cycle**
- 3. Wellbeing is about all 4 elements, not just 1 or 2**
- 4. Mindsets – A Pro is free of Demand, Blame, & Worry**
- 5. Emotions – Stay calm and don't get stuck in the moment**
- 6. Lifestyle – A healthy body is essential for a healthy mind**
- 7. Purpose – They who have a why can endure any how**