

Maintaining Vitality

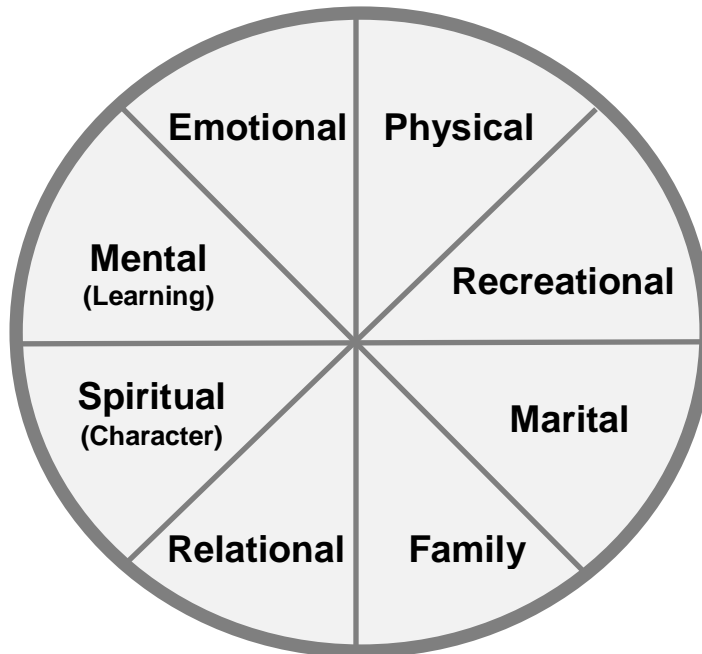
4 Types of Stress

- P _____
- P _____
- P _____
- P _____

4 Ways Stress Seeks its own Expression

- E _____
- S _____
- W _____
- U _____

**Vitality
Wheel**



Principles of a Good Vitality Strategy