

# Infinite You Wellness Manifesto

**S I M P L I F Y**

*Gratitude above all else*

Stand by your **TRUTH** & the **INTEGRITY** of your words & actions

it's not about what you have,  
*it's about how you live*

*exercise your body,  
mind & breathe*

**YOU** are your greatest  
*Teacher & Healer*

*your past is an anchor keeping  
you from your now.... let it go!*

**PLAY** Outside

*gravitate toward the POSITIVE people in your life....  
nix the drama & gossip*

**BE KIND**

**GIVE LOVE FREELY**, without  
hesitation, conditions or  
complications

*set boundaries*

*real change comes  
from your willingness  
to uncover the root  
cause*



*Live Without Limits*

wisdom arises when you  
go within

**Be Still, Not Stagnant**

Create a daily rhythm &  
shift with the seasons

**M E D I T A T E**

**Eat Your Greens**

*abundance flows on the  
path of service*

You are a living, breathing  
expression of NATURE

**DO MORE YOGA**

*nourishment is more  
than what you eat*

*keep learning*