

JULY 2013

Plot Your Journey...

Take time to map your journey. Download the “[Unlost Map](http://www.innerelement.com)” template from www.innerelement.com to help you stay on course.

Create Landmarks of where you want to go along your journey over the next three years.

What do you need to have in your life to help you stay on course?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Use your calendar to set up your journey.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Write 2 Heat **W.O.W!**



“Cherish your visions and your dreams as they are the children of your soul; the blue prints of your ultimate achievements.” Napoleon Hill

Creating Fitness from the Inside Out.
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