

# JUNE 2013

## Tune In To Your Feelings:

This month, pay attention to your guts.

What feels "right"?

- 1.
- 2.
- 3.
- 4.
- 5.

What feels off or needs adjusting?

- 1.
- 2.
- 3.
- 4.
- 5.

What simply needs more attention from you?

- 1.
- 2.
- 3.
- 4.
- 5.

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 <b>W.O.W!</b>	25	26	27	28	29
30						

Write 2 Heat

P.E.R.F.E.C.T.  
PRE-APPROVED

**W.O.W!**



*"The more faithfully you listen to the voice within you,  
the better you will hear what is sounding outside."*

Dag hammarskjold

**Creating Fitness from the Inside Out.**  
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