

Define •

WHEN WAS THE  
LAST TIME YOU  
DID ANYTHING FOR  
YOURSELF?

Clarify •

HOW LONG ARE YOU  
GOING TO WAIT  
BEFORE YOU TAKE BACK  
CONTROL AND LIVE LIFE  
BY YOUR OWN  
STANDARDS?

Implement •

WHAT CAN YOU DO  
TODAY TO START  
LIVING IN THE MOMENT  
AND NOT JUST FOR  
TOMORROW?

Take back control of your life today.  
Visit [www.say yes institute.com](http://www.say yes institute.com) to learn how

