



Balanced,
peaceful,
connected to
yourself and
others, in
the flow of
life



Know
your
heart's
desires



Listen
carefully
to your
heart's
wisdom



Relaxed
and
tune into
your
heart
sometimes



Haven't
had a
conversation
with your
heart in
years



Unable to
recognize
a feeling
if it jumped
up and
bit you



So in your
brain, you
forgot
you had
a heart



So out
of your
body, you
forgot you
had one



Drive
and strive
yourself
to death



Energy
How connected
are you?

LIVE out LOUD

1 **CONNECT** - your head to your heart;
your heart to other hearts
your heart to the heavens!



2 **LET GO** - let go of stuff -
it makes you sick!
build a bridge and get
over it!
be a giver not a sucker!



3 **LAUGH** - be a CFF-wave that wand!
show your endorphins
Laugh out loud - it heals!

4 **LOVE** - angry hearts are sick hearts
forgiveness is the antidote
have a purpose,
feel happy and belong
send zoots! be grateful



5 **LEARN** - learn, unlearn and relearn
celebrate life, love and living
ask what's the best thing
that happened to
you today?!

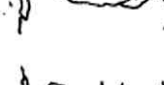


LEAD OUT LOUD

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Death



Wellness Scale

Bursting with energy
and vitality
and joy of life.

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