

The Source 30.1.12® Quick Start Guide

Anytime you experience one of *The Source Challenge Areas*®



Toxic Food: One that tears down or damages the body



Toxic People: Those that attempt to tear you down



Stress: Activity that distracts and/or overwhelms us



Negative Self-Talk: Shame; guilt; not measuring up



Procrastination: Unprepared or paralyzed



Fear: "What if?"; "If only"; fear of success/failure

Adjust your energy and actions to *The Source Life Areas*®



Goals/Organization:



Movement:



Balance & Fulfillment:



Relationships:



Rest/Relaxation:



Nutrition/Water:



Spirituality/Faith:



Passion/Purpose:



Gratitude/Attitude:



Curiosity/Learning:



Service/Giving Back:



Adventure:
