

MY WELLNESS VISION BOARD

FINANCIAL WELLNESS



- Build business credit
- Maintain a 670+ credit score
- Pursue entrepreneurial ventures

EMOTIONAL WELLNESS



- Use daily affirmations
- Challenge negative self-talk
- Stay grounded spiritually

MENTAL WELLNESS



- Listen to praise and worship
- Practice meditation
- Employ stress management

PHYSICAL WELLNESS



- Stay hydrated
- Prioritize sleep
- Exercise regularly

My Wellness Journey

Financial Wellness	Emotional Wellness
<ul style="list-style-type: none">■ Build business creditMaintain a 670+ credit scorePursue entrepreneurial ventures (Group home, Laundromat, Real Estate Appraiser)Transfer 401K to IUL & follow Forex trading plan	<ul style="list-style-type: none">■ Use daily affirmations rooted in faith and gratitudeChallenge negative self-talk and imposter syndromeStay grounded spiritually through prayer and scripture
Mental Wellness	Physical Wellness
<ul style="list-style-type: none">■ Listen to praise and worship music dailyPractice meditation and breathworkEmploy stress management techniques (fasting, spa therapy, motivational content)	<ul style="list-style-type: none">■ Stay hydrated (2 gallons alkaline water weekly)Prioritize sleep (bed by 10 PM, Sunday recharge)Maintain organic diet, beet juicing, yoga, and detox baths

Wellness is the foundation of success.