

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

*Wellness is the foundation of success.*