## Power of My Mind



Everything starts in the mind. Our minds are incredible, they can help us feel good and at ease or can add to our stress and suffering.

Learning and growing matter to me because...

🗕 I would like to learn more about... —

I can buffer my stress by doing...

I would like to take action with Power of My Mind by...

I need support in order to...

Walton Family Whole Health & Fitness