

18 Tips to Help You F-L-Y

FAITH

1. Faith Is the Force Behind Belief
2. Change Your Attitude
3. Release Your Lack & Limitation
4. Visualize What You Want - "Name it & Claim It"
5. Affirm Your Goals
6. Persist in it - Never Give up
7. The Answers Will Come

LOVE

1. Love Yourself & Others Unconditionally
2. Stop Judging Yourself & Others.
3. Forgive Yourself & Others
4. Learn to Give and Take
5. Learn to Care and Share

YOU

1. You Are Unique, Valuable, Important, One Of A Kind
2. You Have a Purpose, Set Goals.
3. Set Them, Keep Them, Use Them
4. Take Care of Yourself
5. Feed Your Body, Mind, and Spirit Only the Best
6. Discover & Reach Your Potential

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