



Get your priorities in order

Question #1: Why you should do this? List 5 reasons why you should take care of your body

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Question #2: What are you going to do to make sure you meet your goals?

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Question #3: How can you make sure you'll stay consistent and focus in your goals?

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Build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, physical therapists, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Send this worksheet to our email: alvin@journeytopersonalgreatness.com or send us a FB message [here.](#)