

BENEFITS OF ILLNESS

Define how you wish to spend your time and decide to walk clear of cheap thoughts as you invest in brighter, empowered thoughts and energy.

What has pain or illness taught you? Your experience is what matters in your life.

What do you desire to do with this knowledge? Are you ready to make some changes?

What can/will you do today to make change?

Begin a "bucket list" of things you'd like to accomplish
