

# Where are **you** at in each area?

## Nerve System & Spine

- Regular Adjustments
- Proper Posture
- Spinal Tension
- Balanced Breathing

## Nutrition & Chemical

- Weight Management
- Chemical & Drug Intake & Exposure
- Quality of Food

## Perceptions, Thoughts & Stress

- Quality of Relationships
- Work vs Play
- Ongoing Fear, Anger & Blame

## Motion & Exercise

- Stretching
- Cardiovascular
- Muscle Strength
- Time Sitting/Standing

These areas overlap & affect each other. They create our present feeling of health and well being.

**Where You Feel You Are**  
Your Current Potential

These areas create a "filter" through which we connect to life, ourselves and each other.

**Who You Are**  
Unlimited Potential

A Feeling of Wholeness  
& Abundant Health