



**We are going to learn 3 step process:
For healthy living and well Being:**

Awareness... .. is the key to healthy living.

Clarity is fundamentally necessary for being healthy.

#Implementation makes it happen.

Awareness is the key to healthy living.

So now the
question
is **Awareness
of WHAT?**

First be
Aware of



Own Self#.

Every
Thinking, Action, Reaction, Feeling, Emotion.
Beware of cause & effect.

