



## FIRE-SPARK YOUR FLAME. INITIATE, MOTIVATE, CREATE, BE BRAVE. PASSIONATE. MOVE YOUR BODY. DO SOMETHING YOULOVE!

EARTH-GROUNDING. GROWING. DO THE WORK. TIME IN NATURE. BUILD IT, COMMITTO IT, BESTRONG. NOURISH YOUR BODY.

AIR-COMMUNICATION, INFORMATION, BREATHE, READ, JOURNALING. MEDITATION. CONVERSATION. MINDFULL WELL-BEING.

WATER-FEEL THE FLOW. PEACE & CALM. COMPASSION. HEALING. CONNECT. RELEASE. MUSIC. ART. DREAM. REFLECT, REST & RESTORE.





























