

# The Source 30.1.12® Quick Start Guide

## Anytime you experience one of *The Source Challenge Areas*®



**Toxic Food:** One that tears down or damages the body



**Toxic People:** Those that attempt to tear you down



**Stress:** Activity that distracts and/or overwhelms us



**Negative Self-Talk:** Shame; guilt; not measuring up



**Procrastination:** Unprepared or paralyzed



**Fear:** "What if?"; "If only"; fear of success/failure

## Adjust your energy and actions to *The Source Life Areas*®



**Goals/Organization:**

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**Movement:**

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**Balance & Fulfillment:**

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**Relationships:**

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**Rest/Relaxation:**

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**Nutrition/Water:**

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**Spirituality/Faith:**

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**Passion/Purpose:**

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**Gratitude/Attitude:**

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**Curiosity/Learning:**

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**Service/Giving Back:**

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**Adventure:**

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