



## Notable Quotables

When it's time for me to walk away from something, I walk away from it. My mind, my body, my conscience tell me that enough is enough.  
~Jerry West

A room without books is like a body without a soul.  
~GK Chesterton

Food for the body is not enough. There must be food for the soul.  
~Dorothy Day

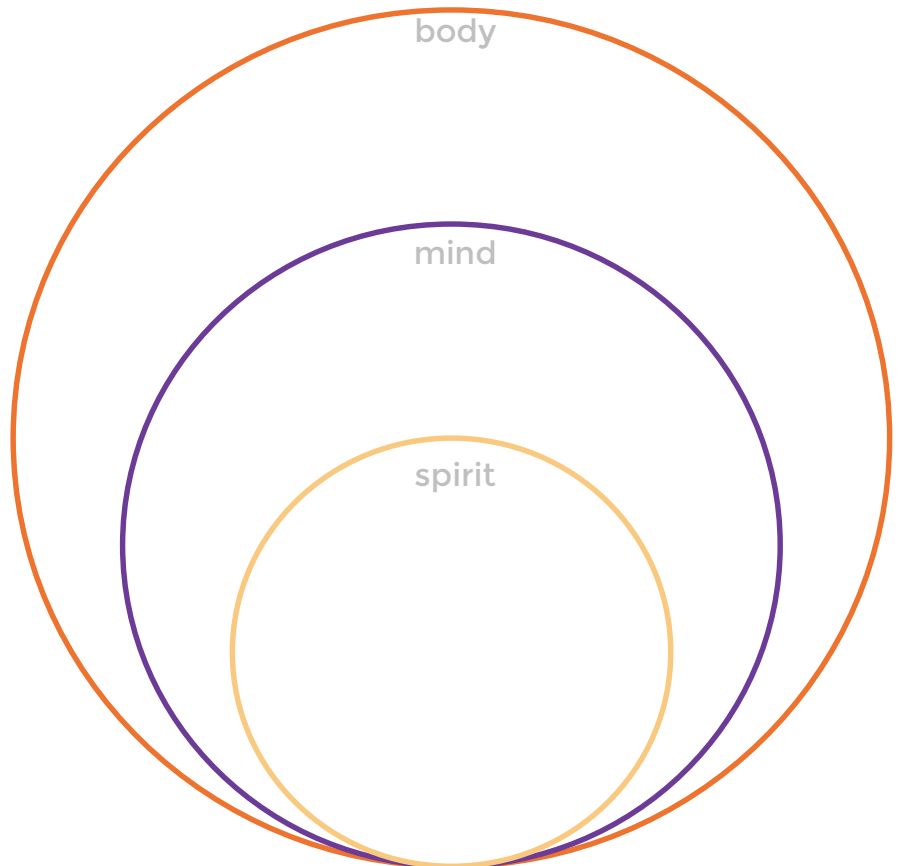
Begin to see yourself as a soul with a body rather than a body with a soul.  
~Wayne Dyer

Spiritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul.  
~Mahatma Gandhi

Take care of your body. It's the only place where you have to live.  
~Jim Rohn

Energize your body, mind, and spirit regularly to gain a greater sense of well-being. An easy way to start is to complete the two exercises below.

In each circle, write words to describe the condition of your body, mind & spirit.



Write 3 actions you will try to energize your body, mind, and spirit.

action 1	
action 2	
action 3	