

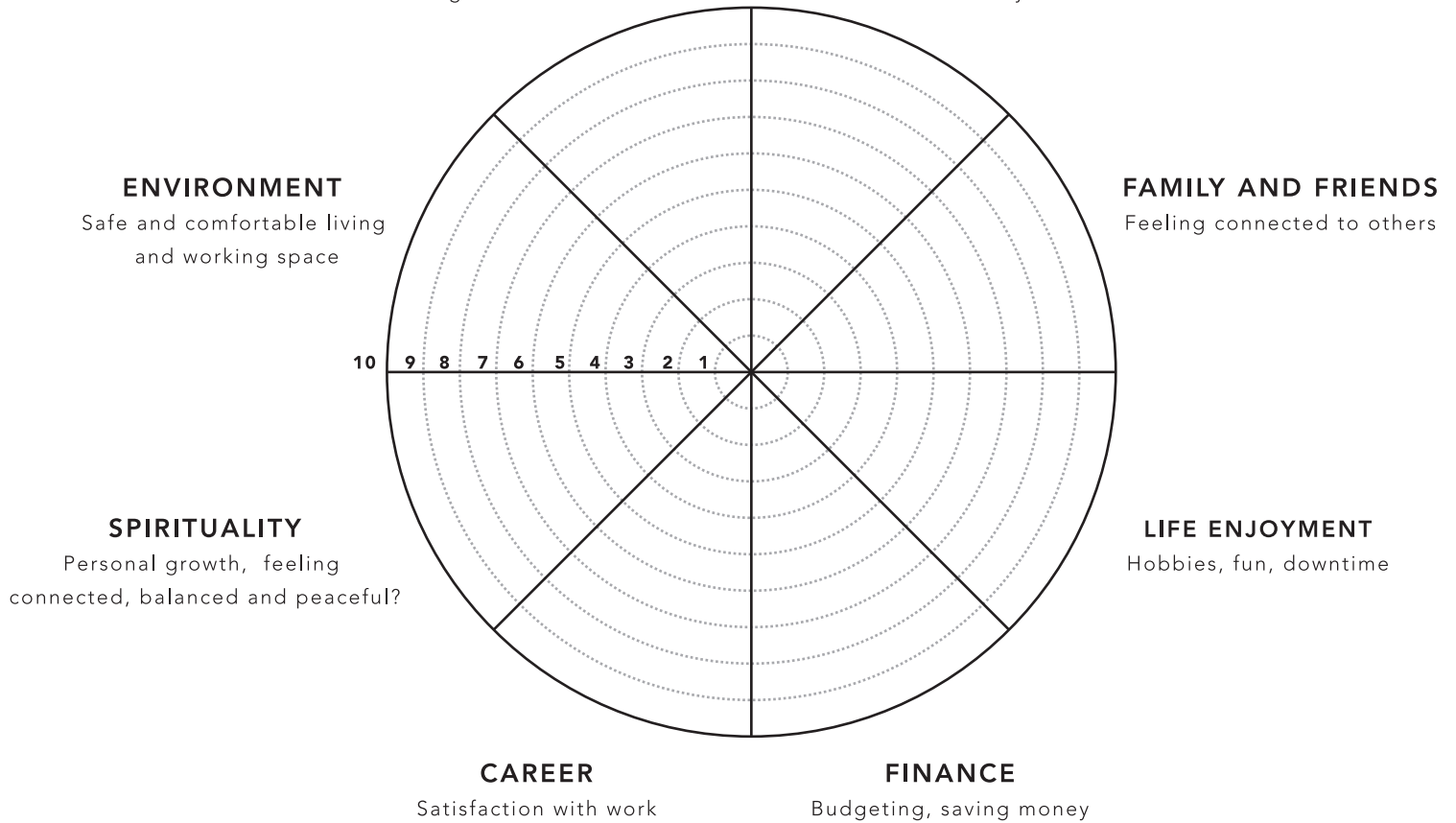
THE *wheel* OF LIFE

LOVE RELATIONSHIP

Happiness, supported,
feeling connected

PHYSICAL AND MENTAL HEALTH

Eating well, exercising, quality of sleep,
healthy mindset



Tillie Smit
I COACH