
THE 4 PILLARS OF LNE

What can I do to touch, practice, and experience each pillar in my daily life?

Write your answers next to each pillar. Let's briefly discuss.

Then consider: what time of day works best for me to practice each Pillar?

1) SPIRITUALITY

2) EDUCATION

LOVE : NO EGO

3) EXERCISE

4) COMMUNITY

Be You! And Thank You!

