

A person is shown in silhouette, meditating in a lotus position on the edge of a calm lake. The background is a soft sunset or sunrise, with the sky transitioning from purple to blue. The water reflects the sky and the person. The overall mood is peaceful and contemplative.

**EMPOWERED ...**

for more

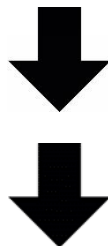
***FREEDOM***

in your

**LIFE!**

A **PROVEN** Strategy ... it **WORKS** in  
Good Times **AND**, in Uncertain Times!

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# 30 WAYS TO EMPOWER YOUR LIFE

## WEALTH

1. PAY YOURSELF FIRST
2. SAVE 20% OF YOUR INCOME
3. 6 MONTH OF CASH BUFFERS
4. INVEST IN MARKET
5. PAY IT FORWARD

## WISDOM

1. STUDY THE MASTERS
2. RESEARCH TOPICS
3. FIND A MENTOR
4. BECOME SELF AWARE
5. CONTINUE LEARNING

## LEADERSHIP

1. DON'T BE A FOLLOWER
2. SHOW WHAT YOU VALUE
3. BUILD AN AUDIENCE
4. MASTER THE SOCIAL GAME
5. LEARN HOW TO INFLUENCE

## HEALTH

1. EAT HEALTHILY
2. EXERCISE DAILY
3. EAT BALANCED DIET
4. LEARN TO COOK
5. DRINK LESS ALCOHOL

## MINDSET

1. VISUALIZE SUCCESS
2. MEDIATE DAILY
3. THINK BIGGER
4. BE GRATEFUL
5. CREATE A LIFE PLAN

## NETWORK

1. LOVE YOUR PARTNER
2. GET INTO COMMUNITIES
3. UTILISE SOCIAL MEDIA
4. DEVELOP RELATIONSHIPS
5. LOVE THOSE AROUND YOU

**MASTER EVERY AREA OF LIFE**

