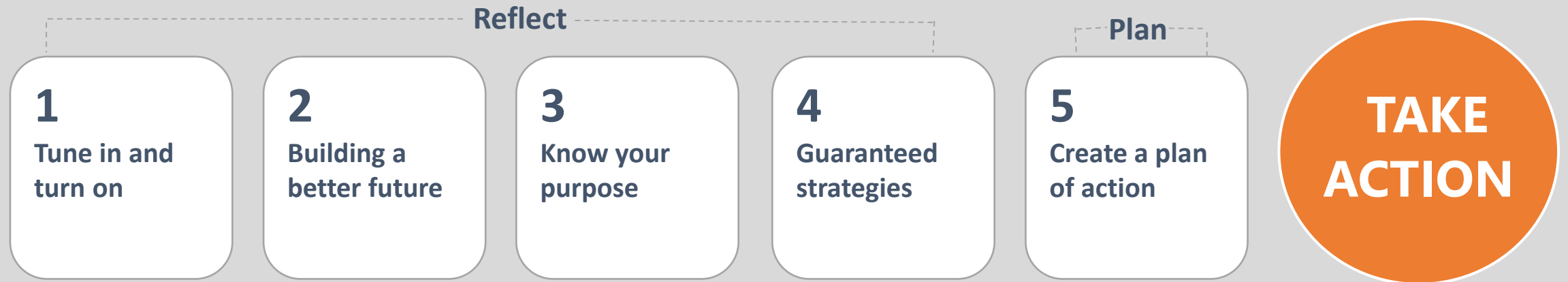


# REINVENT PROCESS ACTIVATE YOUR BEST SELF®



**Let's review how our program works.**

# REINVENT Summary

Over the duration of the course, you will complete the following modules

1

Tune in and  
turn on

## Tune in and Turn on

- Review strategies that will help you relax your mind, release tension in your body and manage short and long-term feelings of discomfort.
- Review critical practices that will help you manage feelings, thoughts, what you say, and what you do.

*Activities: Complete exercises to help you examine how well you tune in and follow critical principles.*

2

Building a  
better future

## Take Control of Your Thoughts

- Understand how emotions impact your behavior.

*Activities: Complete exercises to help you identify and manage emotions.*

## Take Control of What You Say

- Review cultural implications of social interactions.
- Understand the importance of communicating with clarity and connecting with others.

*Activities: Complete activities to help you reflect on how well you communicate with others and clarify who is in your social circles of influence.*

## Take Control of Your Physical Body

- Review the importance of diet, exercise and stress management.

*Activities: Create an exercise plan, daily menu, and reflect on how you handle stress.*

3

Know your  
purpose

## Know Your Purpose

- Understand the importance of knowing your values, strengths, motto and purpose.

*Activities: Identify strengths and values. Create a motto and purpose statement.*

4

Guaranteed  
strategies

## Guaranteed Strategies

- Review best practices summarized in steps 1 -3.

*Activity: Review best practices.*

TAKE  
ACTION

## Take Action

- Review strategies to help you plan for success.

*Activities: Create goals, maintenance plan and begin the process of journaling for 90 days.*



**ACTIVATE YOUR BEST SELF®**