FOCUS MOUNTAIN

Independence -

Accomplishment **Security Stability**

> **Autonomy** Freedom

> > **Well-Being**

Peace

Wisdom

Quality of Life Contribution

Fulfillment Connection Respect Integrity

Legacy Fairness

Loyalty

Playing with Grand. Children and being

Role model to children

Care-free & fun retirment

LOVING YOUR CHILDREN

Alcohol

Meditation/Stress Management

Exercise at least 150 min of moderate intensity activity per week

Stress with spouse

Resistance maining Weight Loss or maintenance

WHAT/HOW

Couples Counseling Speeding

Maria 9-12 Vegtable & Fruit

Junk Food

Servings Daily

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