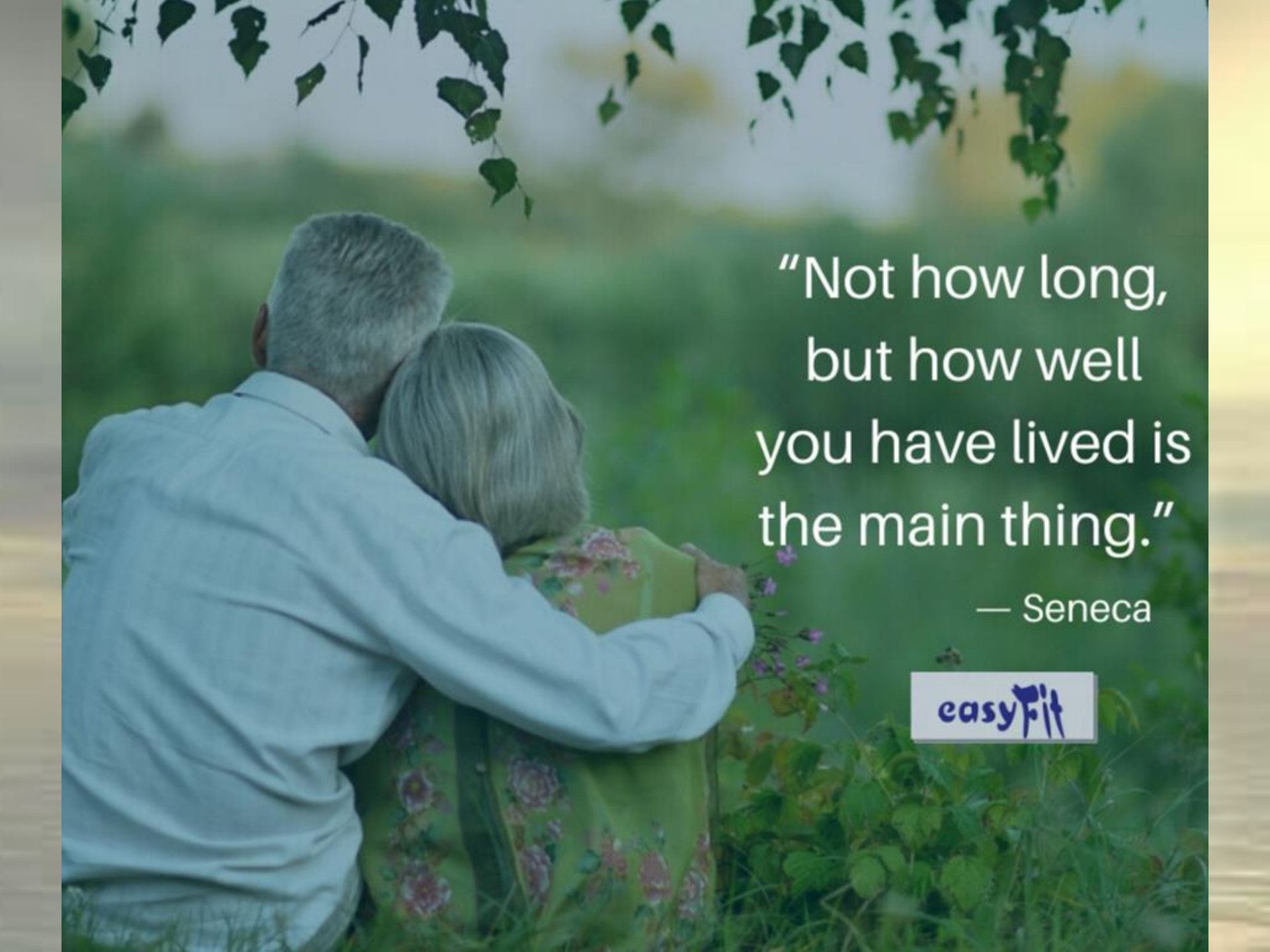


A LIFE
WELL
LIVED...



Be
Good
and
Kind
to
Who
Yes



An elderly couple is shown from behind, embracing each other in a lush green field. The man, on the left, has short grey hair and is wearing a light blue long-sleeved shirt. The woman, on the right, has short grey hair and is wearing a green top with a pink and white floral pattern. They are standing in a field of tall green plants with small purple flowers. The background is a soft-focus landscape with green foliage and a bright sky. The overall mood is peaceful and affectionate.

“Not how long,
but how well
you have lived is
the main thing.”

— Seneca


easyFit



God gave us the gift of life; it is up to us to give ourselves the gift of living well.

(Voltaire)

IZQuotes



Optimism – a disposition or tendency to look on the more favorable side of events or conditions and to expect the most favorable outcome.

The Benefits of Optimism:

- Superior Physical Health
- Superior Mental Health
- Greater Achievement




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1 Corinthians 10:10-11 And do not grumble, as some of them did and were killed by the destroying angel. These things happened to them as examples and were written down as warnings for us, ...

- 
- Presence
 - Protection
 - Provision

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- 
- Personalization
 - Pervasiveness
 - Permanence