

THE SEVEN (7) ESSENCE PRINCIPLES TO FLOURISH

- 1. Exist** – purpose
- 2. Soul** – core-power
- 3. Sense** – emotional intelligence
- 4. Emanate** – positivity
- 5. Navigate** – ebbs and flows with resilience
- 6. Character** – strength-building
- 7. Essential** – absolutes (GPS guiding principle system, know your beliefs, values and goals)

To access your free digital copy of the toolkit of strategies to work through each of these seven principles please go to:
www.drjvera.com/fit-life-score-assessment/