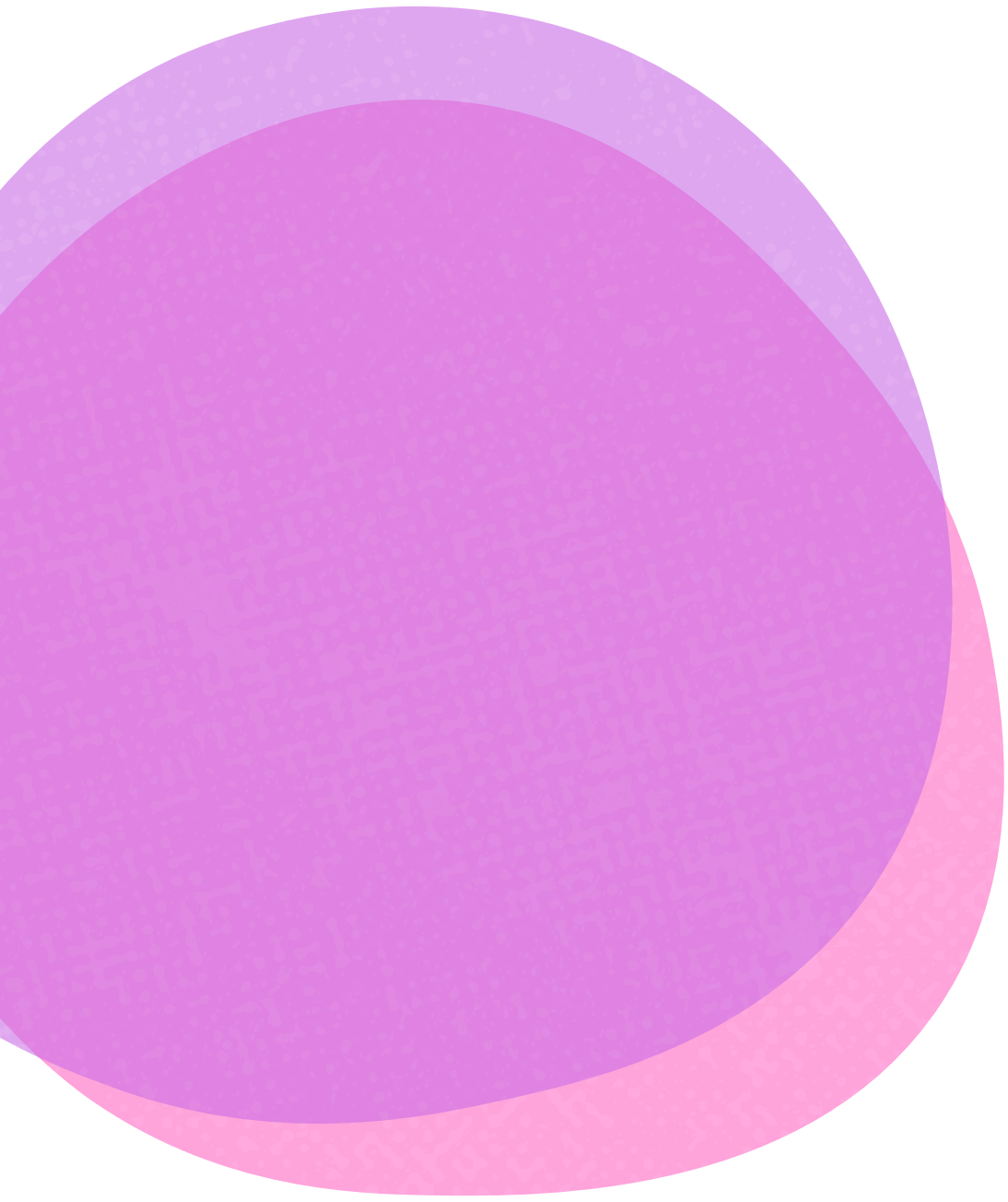


COVITALITY: TUSKER WELLNESS SUMMIT

WELCOME!

"ENGAGED LIVING"

WHAT IS... ENGAGED LIVING?



 Gratitude

 Zest

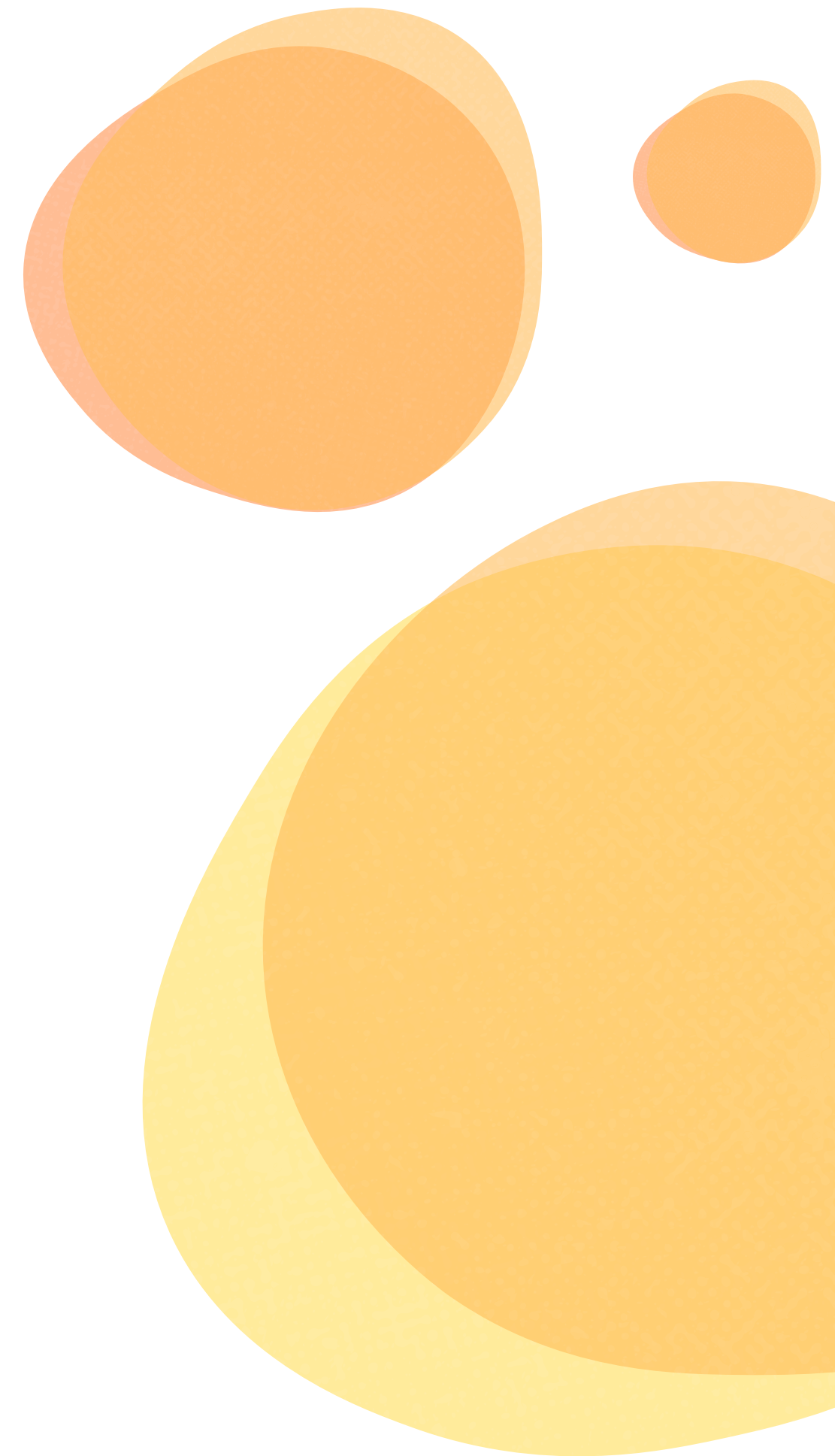
 Optimism

GRATITUDE

Since yesterday how much have you felt GRATEFUL?

Since yesterday how much have you felt THANKFUL?

Since yesterday how much have you felt APPRECIATIVE?

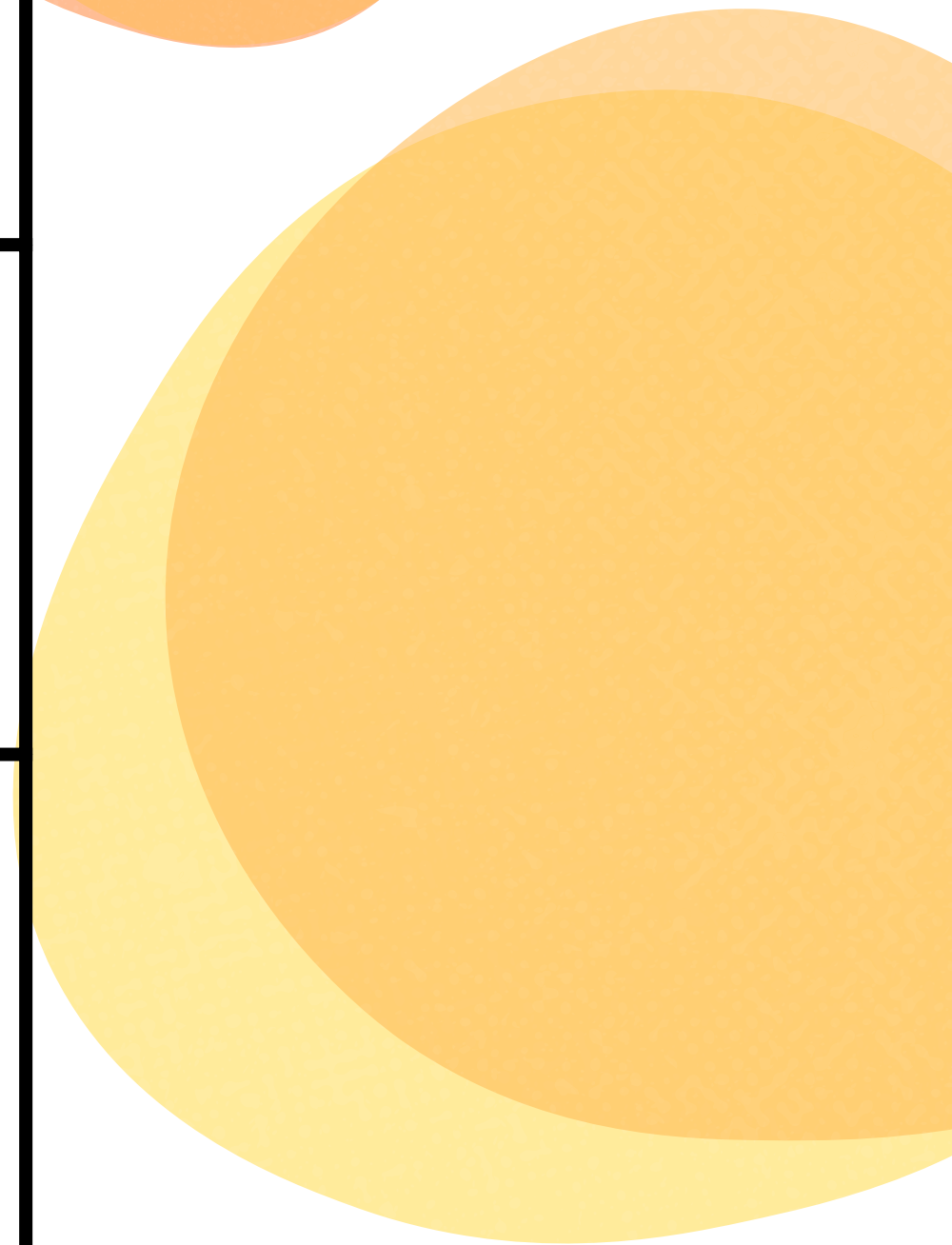
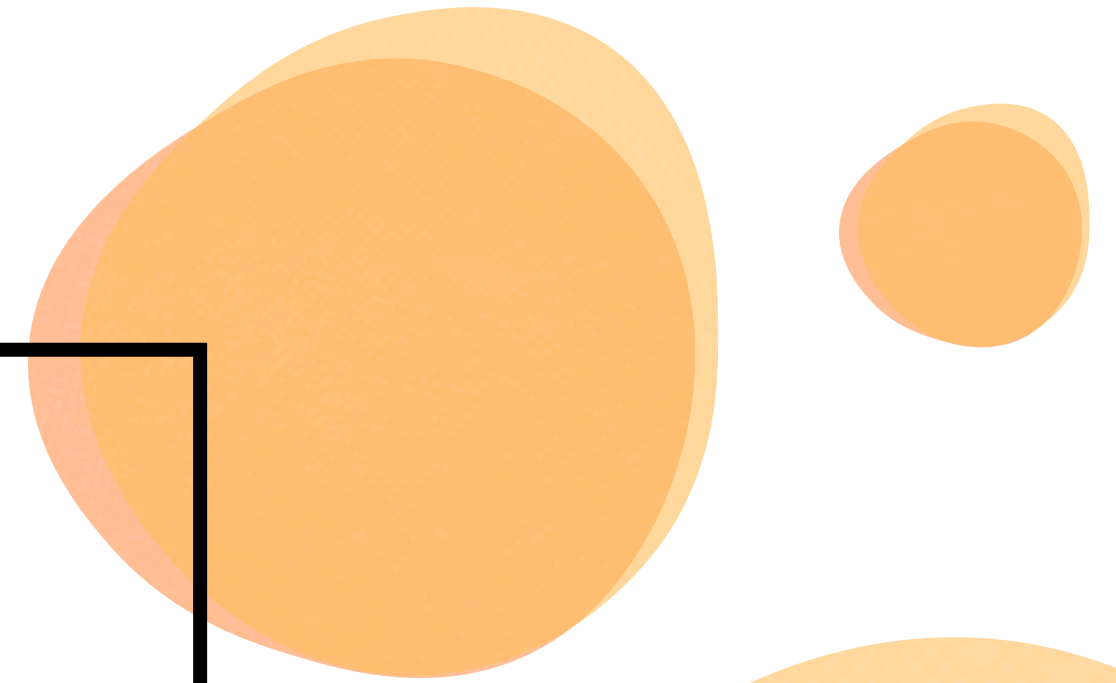


ZEST

How much do you feel ENERGETIC right now?

How much do you feel ACTIVE right now?

How much do you feel ENTHUSIASTIC right now?



OPTIMISM



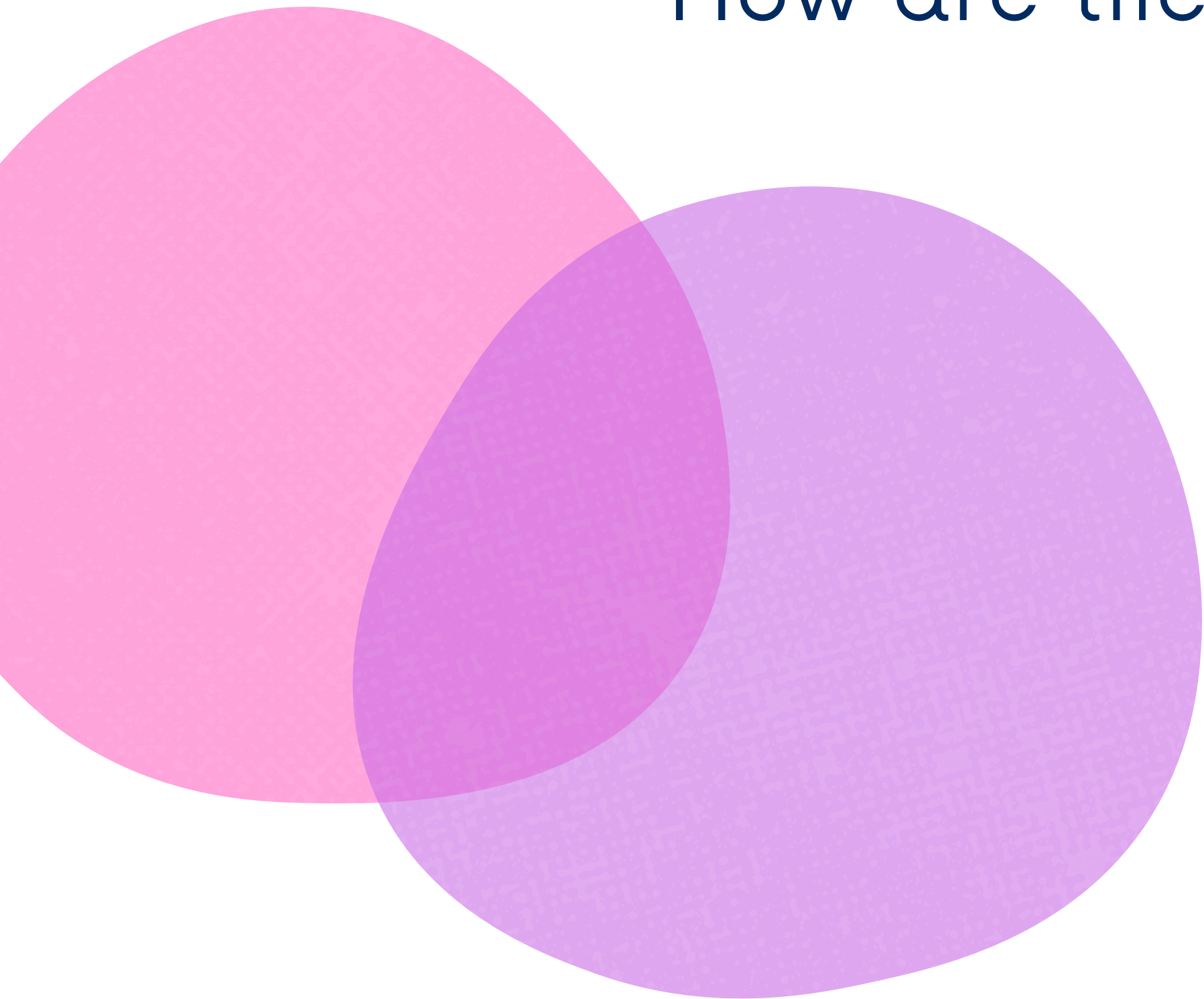
Each day I look forward to having a lot of fun.

I usually expect to have a good day.

Overall, I expect more good things to happen to me than bad things.

WHAT DO THESE WORDS MEAN TO YOU?

How are these words spoken in your home?



 Gratitude

 Zest

 Optimism



“

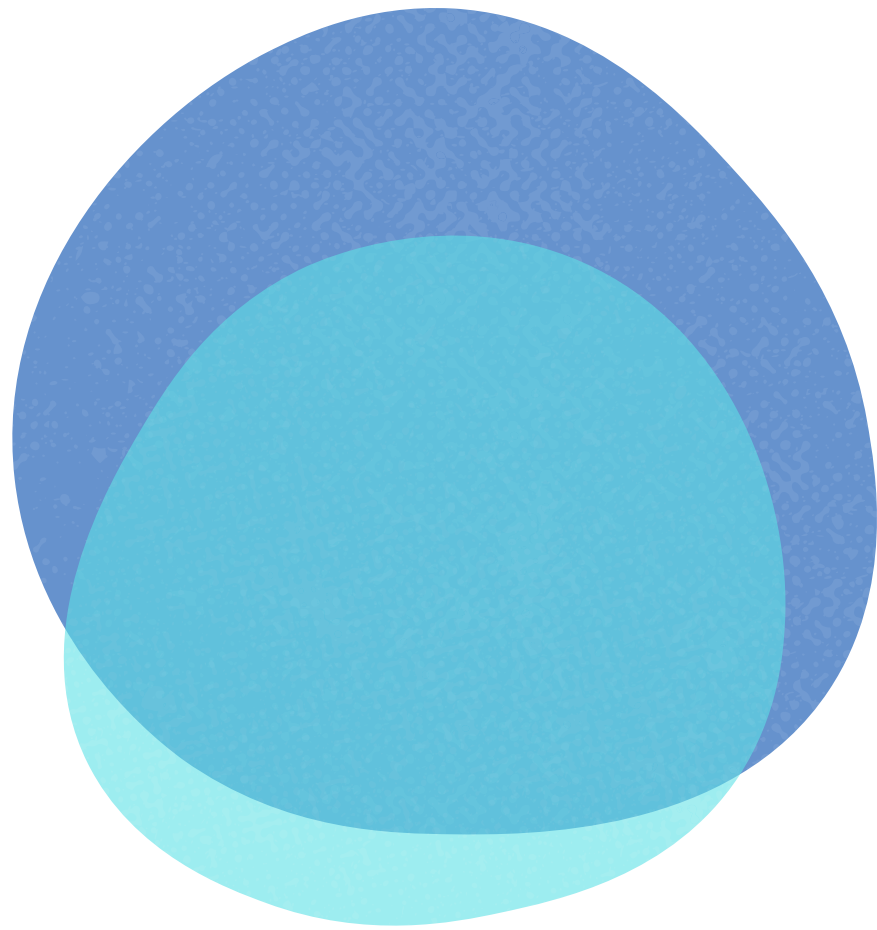
Gratitude opens the door to the power, the wisdom, the creativity of the universe. You open the door through gratitude.

”

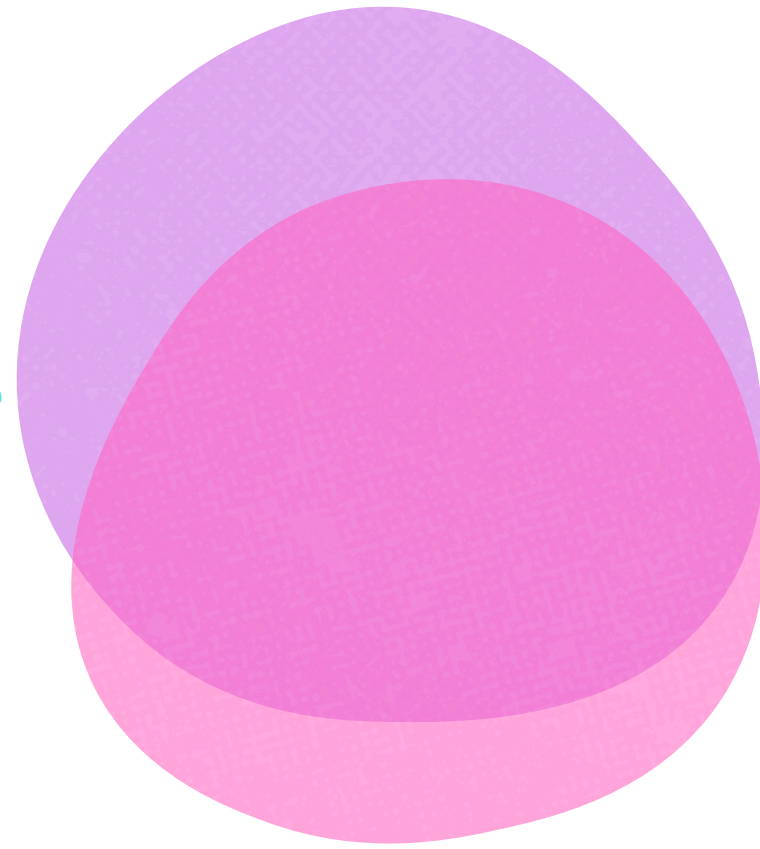




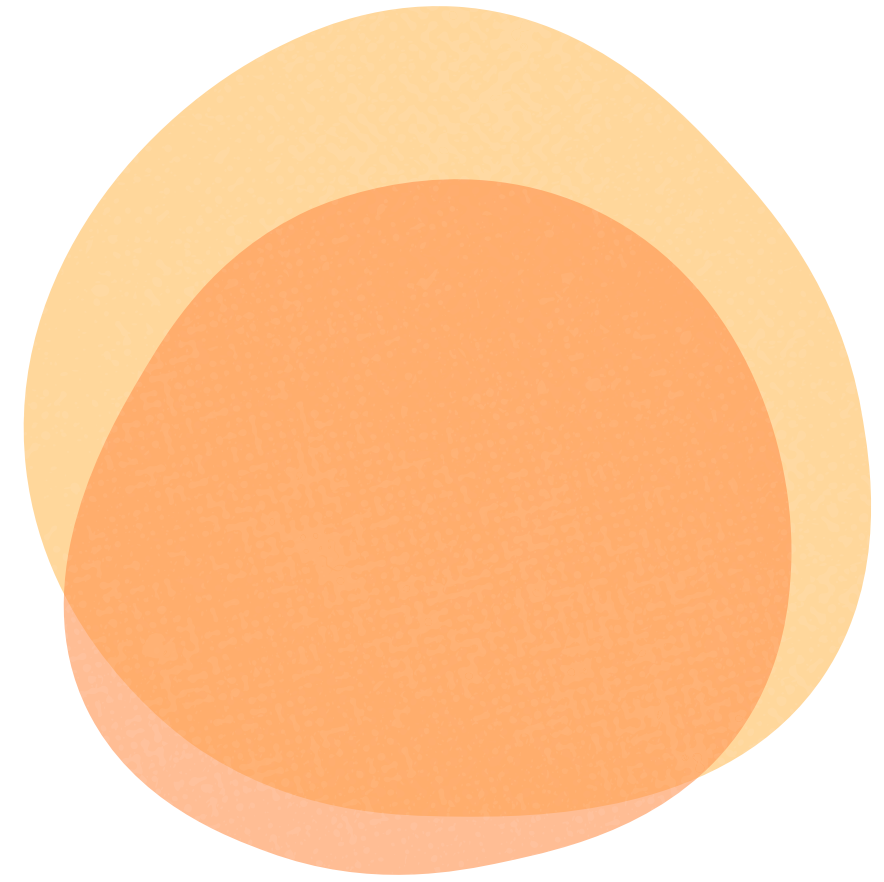
THE KEY TO GRATITUDE, ZEST
AND OPTIMISM ARE.....



details



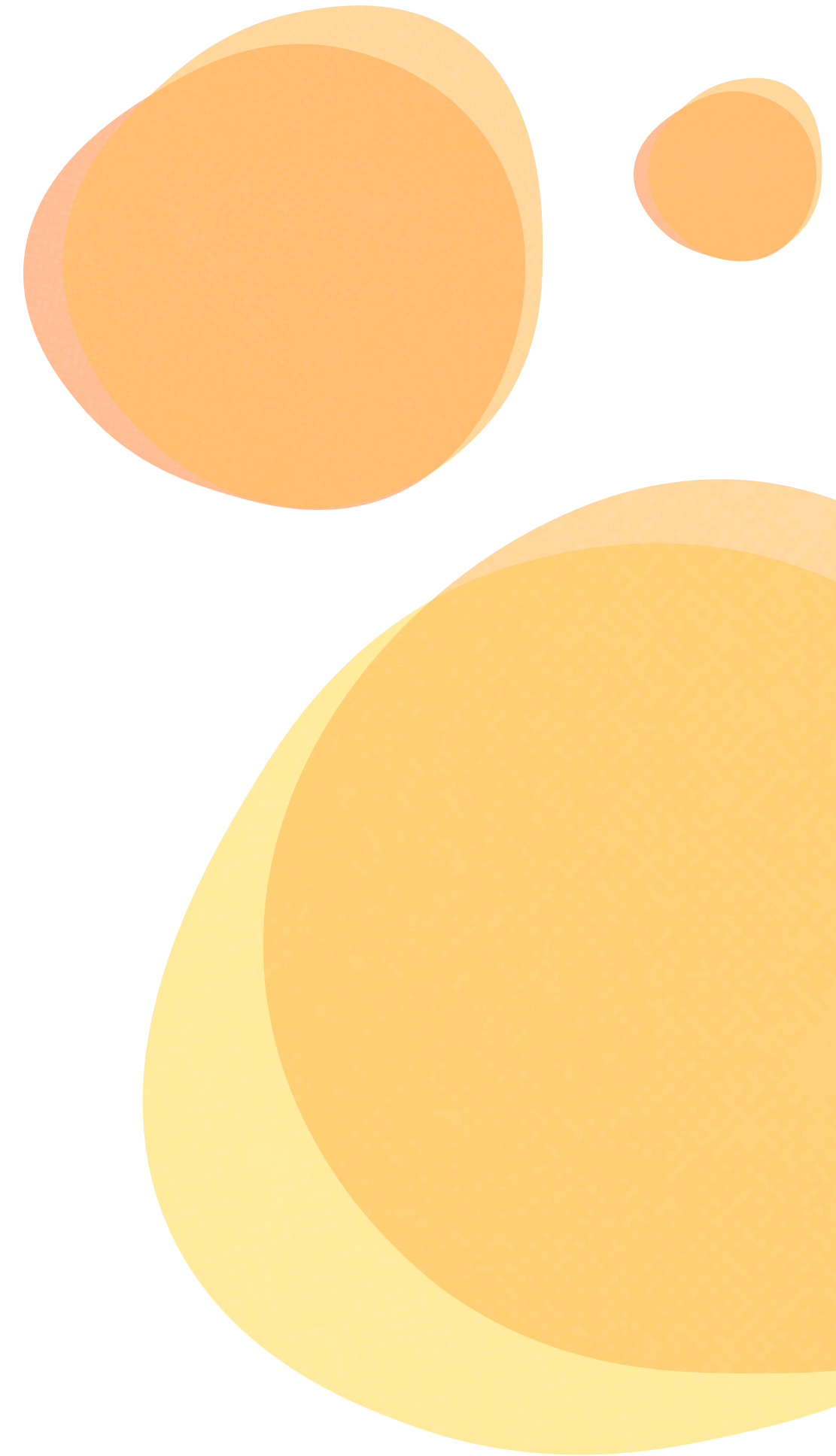
simplicity



reflection

DETAILS

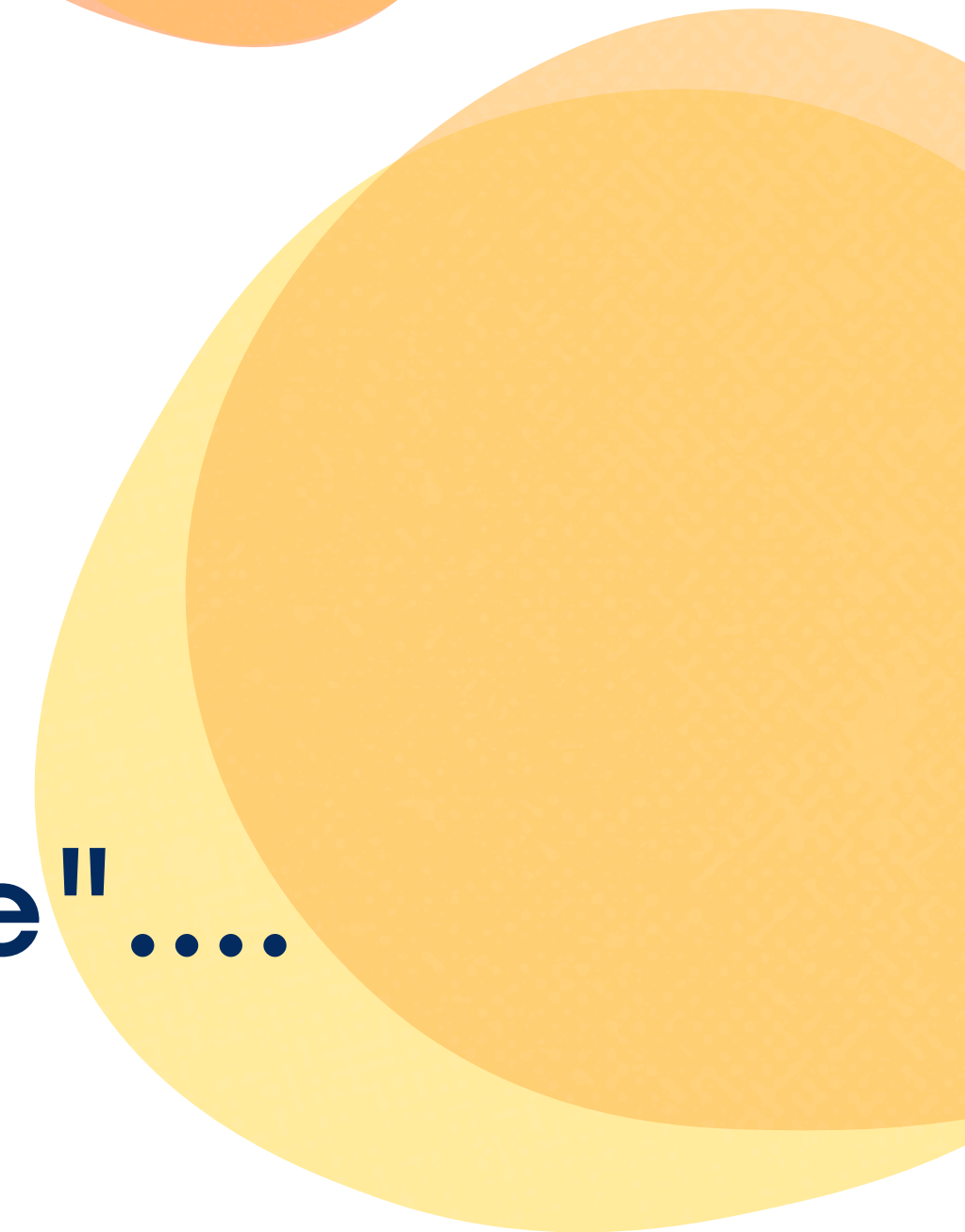
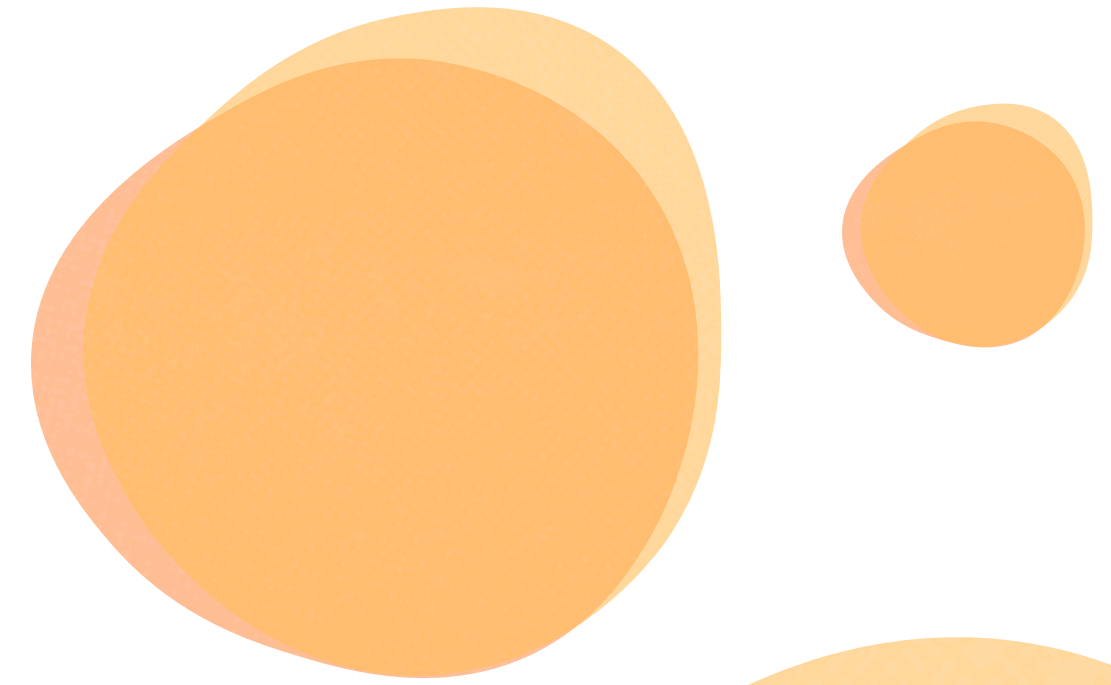
When we add details into
our sentences,
conversations and stories,
we add value.



SIMPLICITY

Raise your hand if you've heard
the following saying...

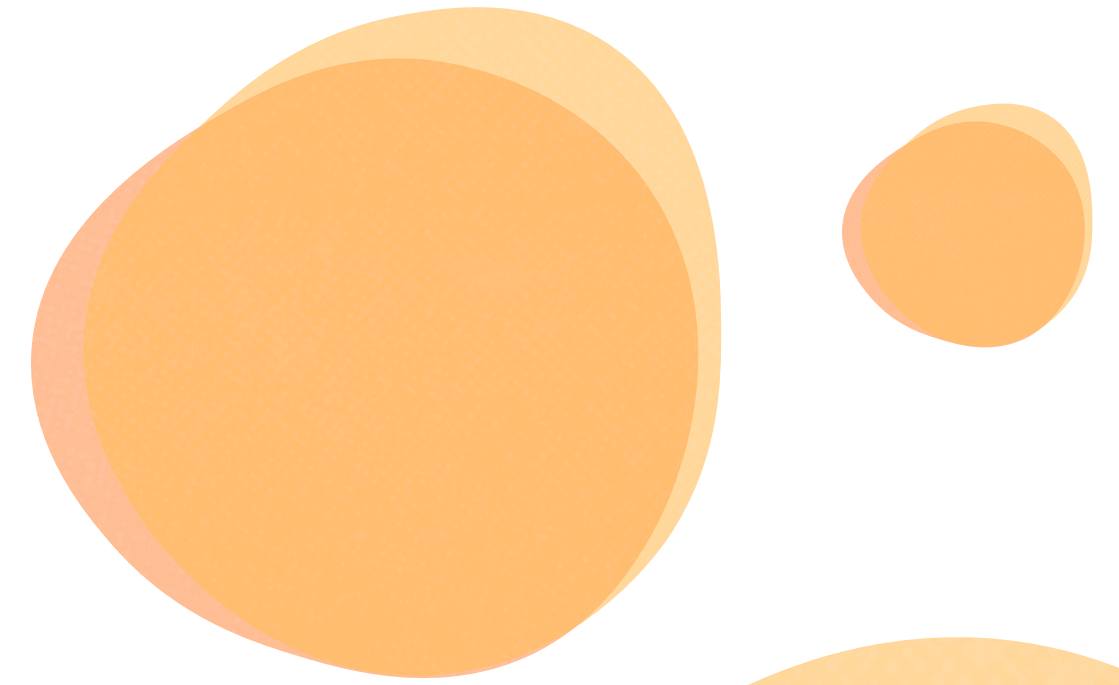
"It's about the little things in life"....



REFLECTION

If we go through life without reflecting, we just simply go through life.

When we look back, we are actually looking within.



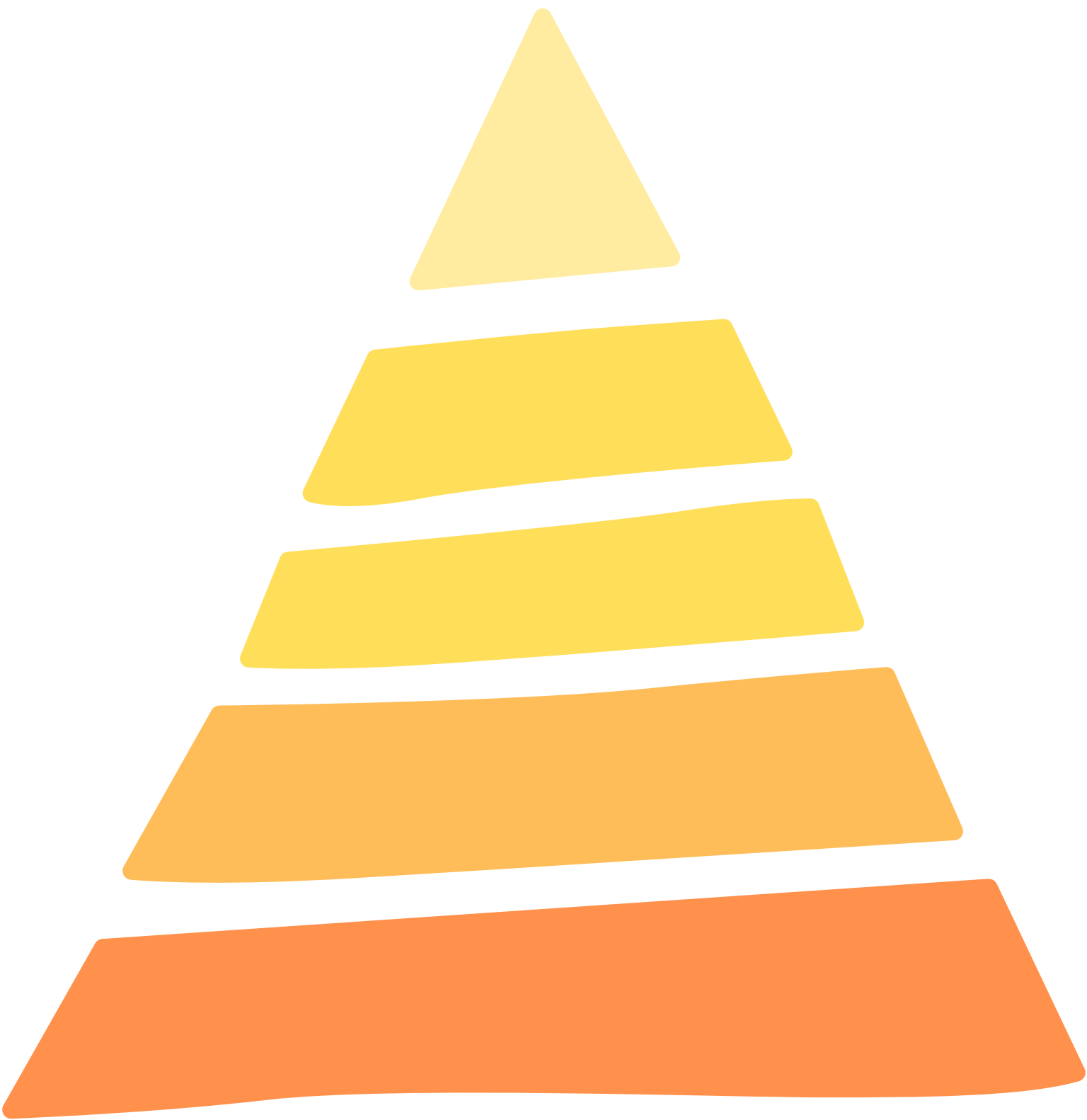


“

Children learn to be kind
by the kindness they
learn in their homes.

”





If you could go back in time, and see the your favorite "sight" or "view" again, what would that be?



If you could hear your favorite sound or song, for the first time again, what would it be?



Gratitude, Zest and Optimism
all come down to one thing...
Appreciation.