

CIRCLE OF LIFE® 15 POWERS

1. SELF INQUIRY & TUNING INTO YOURSELF
2. ACKNOWLEDGING STRENGTHS
3. READINESS FOR CHANGE
4. GROUP PROCESS & TESTIMONIAL
5. RECOGNIZING CHALLENGES
6. INTENTION & AFFIRMATION
7. SETTING REALISTIC GOALS
8. SELF RELIANCE & INNER WISDOM
9. TARGETED ACTION
10. ACCOUNTABILITY
11. EXPERTLESS SYSTEM & SELF-DIRECTED
12. MIND/BODY OPTIMIZING PRACTICES
13. ACCEPTANCE, GRACE, GRATITUDE & PRAYER
14. "FAIL SAFE" SYSTEM
15. LIFELONG LEARNING & CONTINUOUS IMPROVEMENT