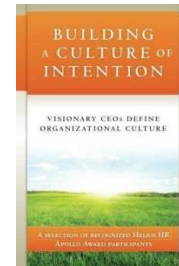
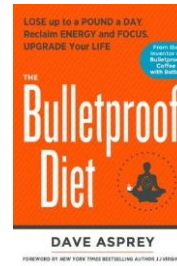
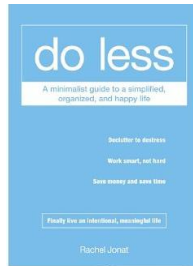
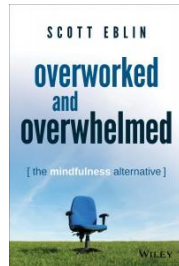
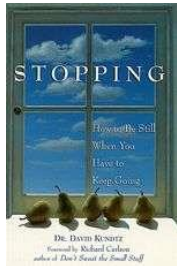


Living with Intention

Further References:



1. *Stopping: How to Be Still When You Have to Keep Going* by David Kundtz
2. *Overworked and Overwhelmed: The Mindfulness Alternative* by Scott Eblin
3. *Do Less: A minimalist Guide to a Simplified, Organized and Happy Life: Finally Live an Intentional, Meaningful Life* by Rachel Jonat
4. *The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life* by Dave Asprey
5. *Building A Culture of Intention* by Helios HR

(All of the above books are available on www.amazon.com)

Make **BIG** Things Happen!

Goal One: I will...

I will stop...

Goal Two: I will...

I will stop...

HELIOS HRSM

HR Management Outsourcing | Human Capital Consulting | Recruitment Solutions | Employee Benefits
1925 Isaac Newton Square, Suite 200 | Reston, VA 20190 | 703-860-3882 x102 | info@helioshr.com | www.helioshr.com