



Dear Vitality Toolkit Guest,

Welcome!

If you act on the info in this toolkit,  
it will transform your energy,  
your body and your life.

Why?

When you feed you mind correct information,  
and focus on what is really important,  
your body will respond really well.

◇ Get a membership [www.vitalitytoolkit.com](http://www.vitalitytoolkit.com) ◇



The Vitality Toolkit is an exclusive collection  
of online interactive vitality tools  
for creating extraordinary vitality, sustainable success,  
and living your "ideal average day", everyday.  
"Ideal average day" is the day you would most love to live  
if you could choose just one day to live  
(repeatedly) for the next 40 years.

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**The vitality toolkit makes it easier than ever before to:**

achieve peak performance,  
extraordinary vitality,  
achieve and maintain your natural body size and shape,  
feel great as you live in alignment  
with your "ideal average day".

**How?**

**By providing access to:**

extraordinary interactive vitality tools  
and our exclusive content  
for  
getting Clear™  
measuring what matters™  
organizing your health & vitality resources  
making the most of your time  
insights on how to get your needs met and  
how your relationships impact your health  
the vitality community comment and networking area  
member invitations to live Q & A telecasts  
with vitality coaches Joseph & Jennifer  
and more...

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Here is a picture of one of our exclusive online **interactive tools**.

You can use it to do something very important,  
to **identify what your current sources of energy are**.

On the top half... you discover **what is giving you energy**

LifeCoachingWorks.com		Energy Check-Up™	
Is it time to upgrade your fuel? Do you desire more energy for more productivity, health, healing, play, love, etc.? What kind of energy?			
Energy Gains What is fueling you? (people, places, things, foods, substances, ideas)	What To Do Reinforce? Continue? Support? Replace? Upgrade?	Actions To Take Schedule your actions; schedule your successes.	
G1			
G2			
G3			
G4			
G5			
G6			
G7			
G8			
G9			
Energy Drains What is draining you? (people, places, things, foods, substances, ideas)	What To Do Eliminate? Replace? Upgrade?	Actions To Take Schedule your actions; schedule your successes.	
D1			

and on the bottom half...you discover **what is draining your energy**.

Using this vitality tool many new members find  
that some of their current energy sources  
are less than ideal and have undesirable consequences.  
(Refined sugar-for example)

**When you make a shift in even one of your sources of energy  
like exchanging a candy bar a day for an apple a day  
over time your health and life positively changes.**



The apple photo on each page of the toolkit,  
is a reminder of the power  
of one small positive change, repeated daily  
to help transform your life into the life you most want to live.

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To experience the power of our tools,  
sample this energy matters tool by [clicking here](#).

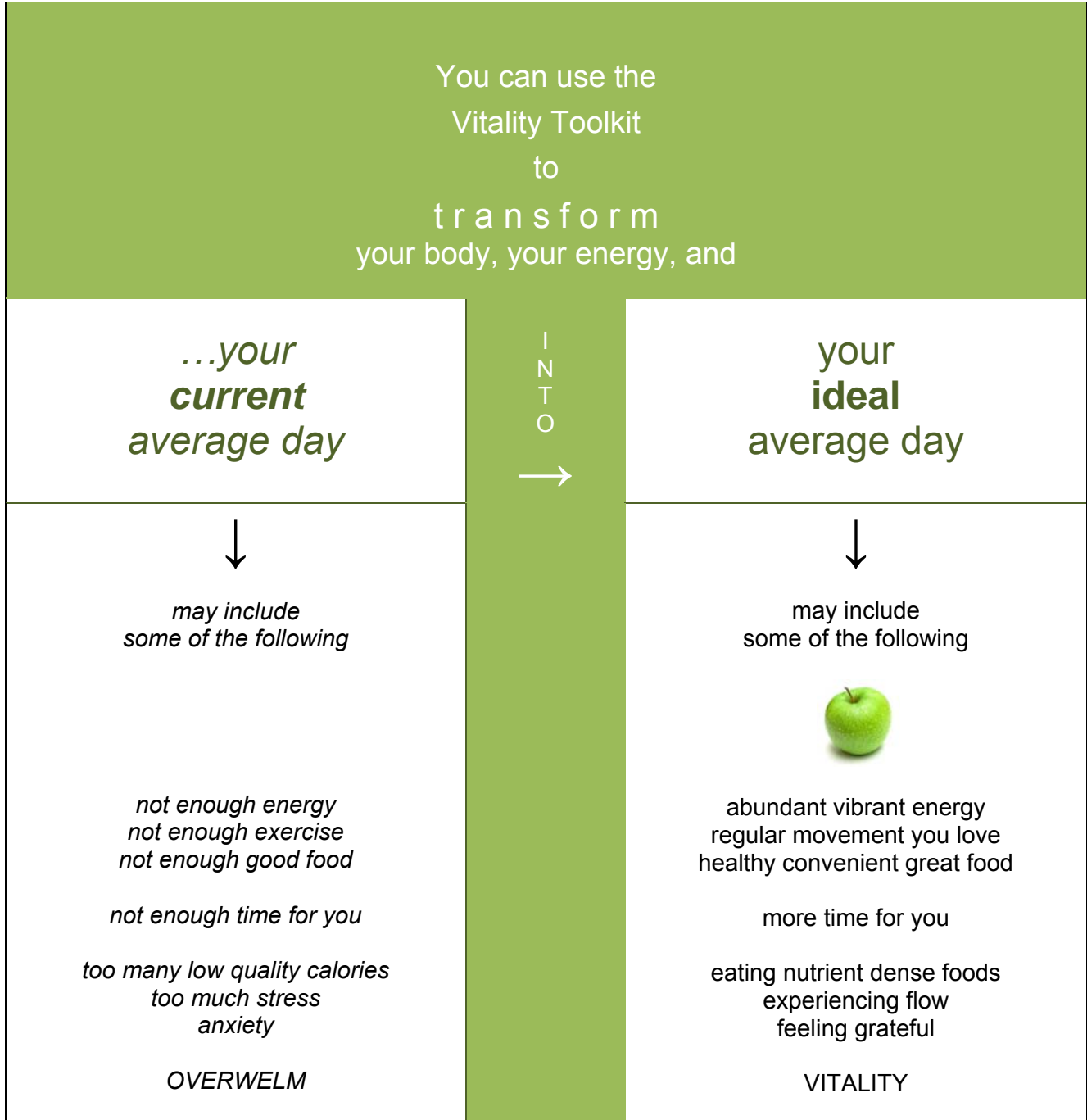
The rewards will be worth your time and attention.

## Are you looking for a breakthrough transformation?

Ponder this:

transforming from your "current average day"

into your "ideal average day"!



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## Q. Will the Vitality Toolkit really help me transform?

Yes, in fact it's **guaranteed**, by our extraordinary value and happiness guarantee.

Yes, all items in **blue** in the Vitality Toolkit index, are the interactive tools for your transformation:

# Vitality Toolkit

Breakthrough  
Transformation  
Index

GETTING STARTED: 1  
get clear. vitality journal

THE FUNDAMENTALS: 2  
energy check up. 7 physical needs. self-care chart

TIME & FOOD: 3  
recipes. cooking charts. smart shopping  
+  
when do you get your needs met?  
vitality calendars (year. month. 7-day. ideal day)

MEASURE WHAT MATTERS: 4  
priority matters. daily questions & lessons

VITALITY CHALLENGE: 5  
join a team. get a coach

ADVANCED MATERIALS: 6  
get current. integrity matters

SUPPORT: 7

WHO BENEFITS: 7A

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◇ Learn more and sign up right here: [www.vitalitytoolkit.com](http://www.vitalitytoolkit.com) ◇