

RED

BLUE

GREEN



ISSUE ONE JULY 2011

IT'S ALL ABOUT TODAY



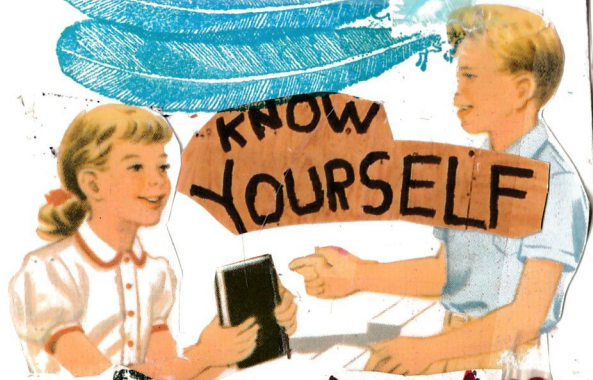
CARRY ON

chill out

What is the absolute most important thing I should spend my precious time doing today?



KNOW YOURSELF



Vampires Are Everywhere



"Be prepared."

To  
be  
prepared  
means  
to be ready  
to do something.



Listen to different kinds of music

moving  
to  
the  
music



Have you ever danced to music?

Everyone can dance.

Dancing is just moving

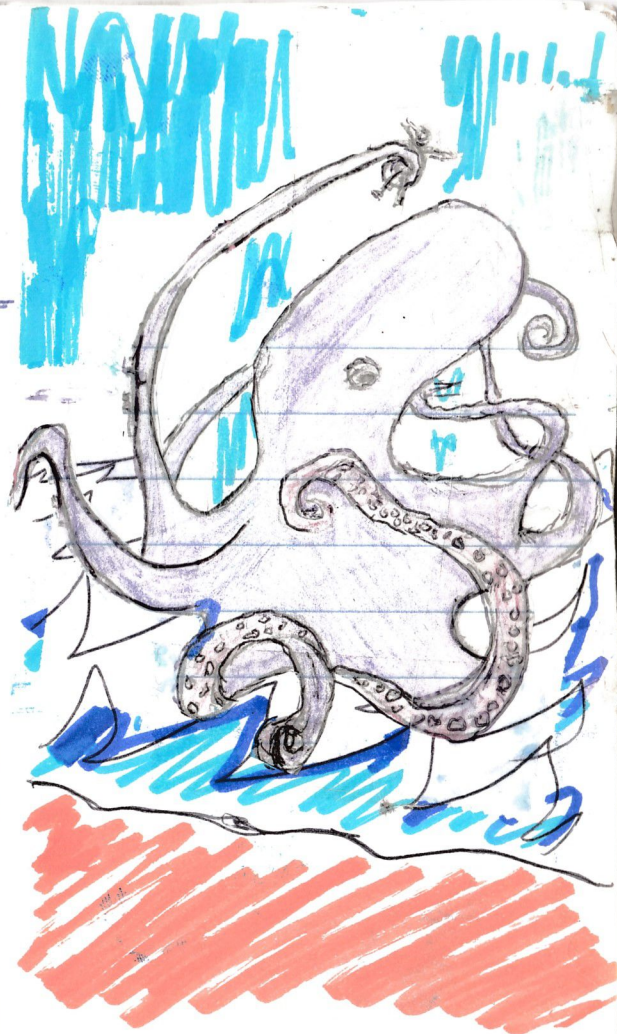
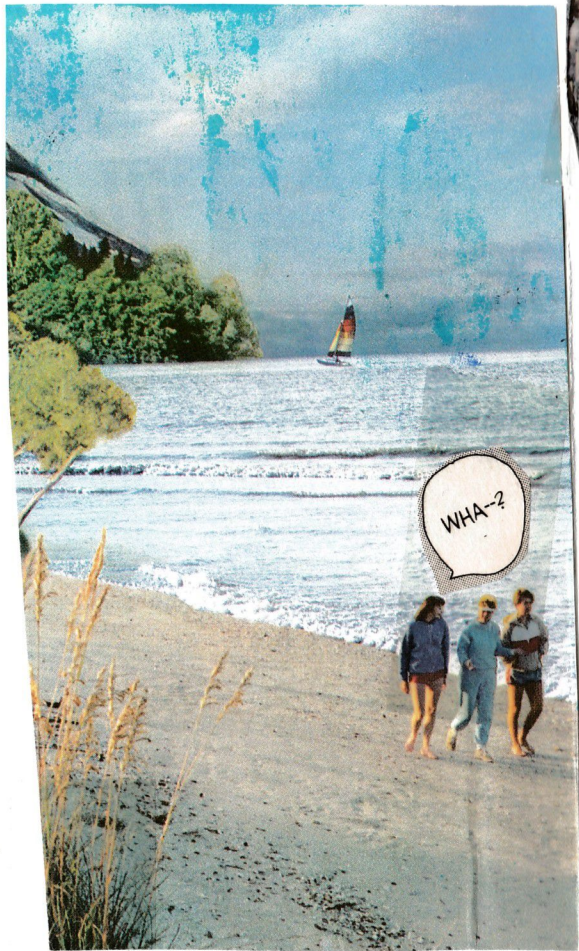
the way the music



makes you feel.

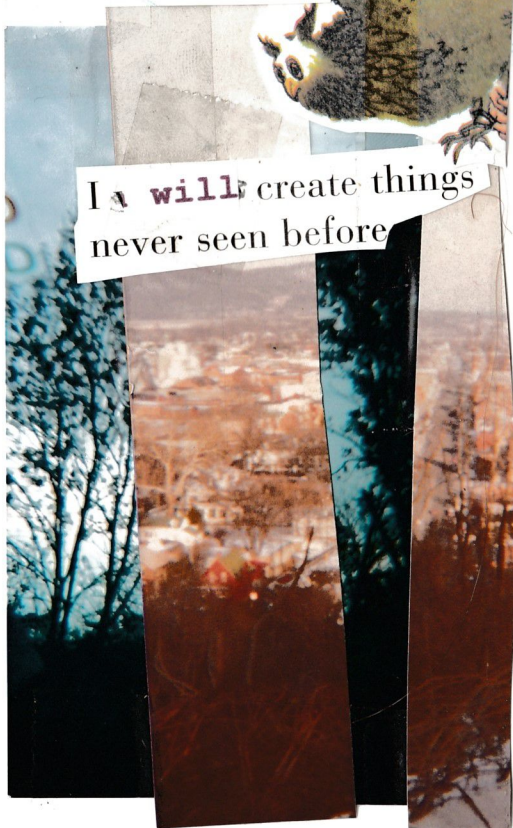
HOW DO  
YOU FEEL  
RIGHT NOW?





I'm ready to  
Take Action

I **will** create things  
never seen before



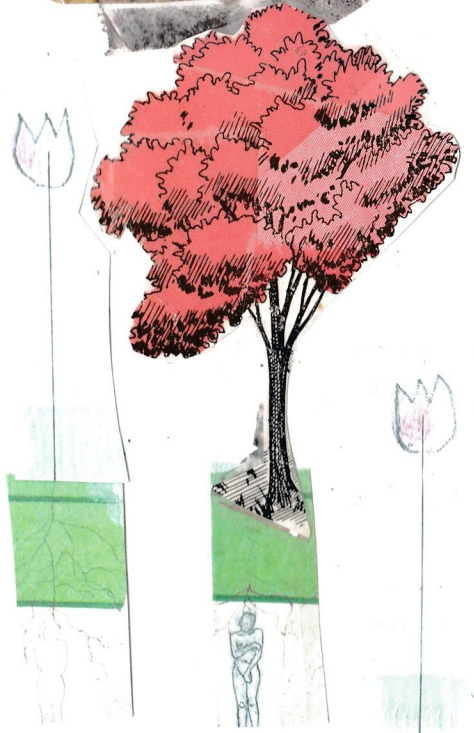
Feed Your Soul

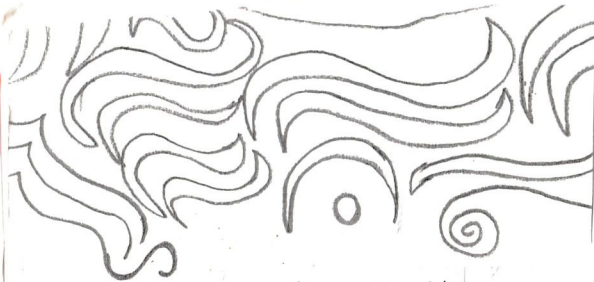


*Drink, drank, drunk*

goodhealth

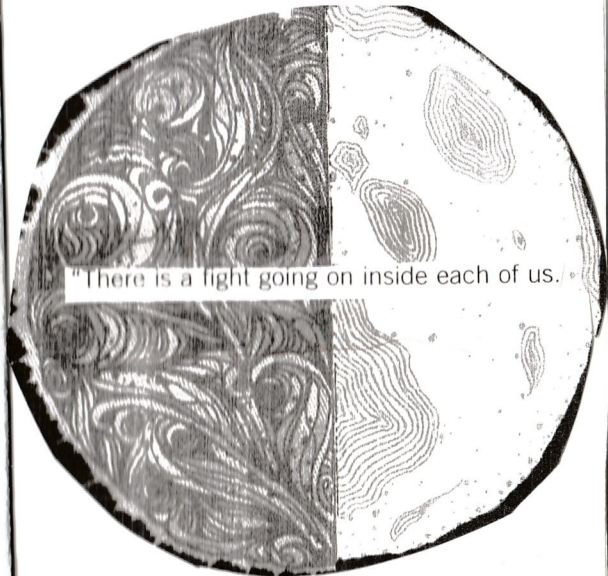
“He who has a why to live for, can bear almost any how.”  
Frederich Nietzsche





An old Cherokee was teaching his  
young grandson one  
of life's most important lessons

He told the young boy  
the following parable:



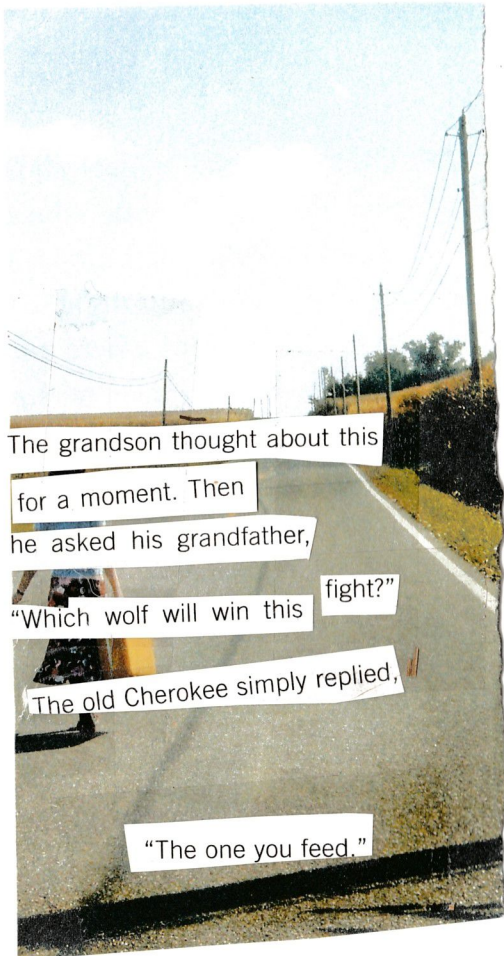
"There is a fight going on inside each of us.

It is a terrible fight between two wolves,"

he said. "One wolf is evil. He is anger,  
regret, greed, lies, false pride,  
arrogance, self pity, guilt, resentment,  
rage, envy, superiority, and ego.

The second wolf is good. He is joy,  
peace, love, hope, serenity, humility,  
kindness, empathy, truth, compassion,  
and faith."





The grandson thought about this

for a moment. Then

he asked his grandfather,

"Which wolf will win this fight?"

The old Cherokee simply replied,

"The one you feed."

don't give up  
**hope**





