



**STEP 1**

**EXPLORE** - Become "Aware" or "Mindful" of the Brawd Man Elements in your current Lifestyle

- Mind
- Body
- Adventure

**STEP 2**

**UNDERSTAND** - The Value YOU place on the Brawd Man Elements in your current lifestyle

- Mind
- Body
- Adventure

**STEP 3**

**APPRECIATE** and become more aware or Mindful of what these values actually mean to YOU.

- Mind
- Body
- Adventure

**STEP 4**

**PRACTICE** - Now that you are aware of your values. The idea of Practicing them "mindfully" can be strengthened towards the Lifestyle you WANT

- Mind
- Body
- Adventure