



# The 12 Lifestyle Planets



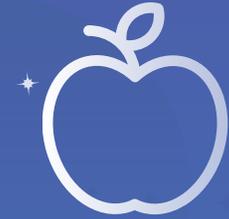
Brain  
Health



Emotional  
Resilience



Financial  
Success



Nutrition &  
Health



Exercise  
Optimization



Spiritual  
Growth



Longevity &  
Aging



Relationship  
Success



Learning &  
Memory



Sleep  
Mastery



Parenting  
Expertise



Stress  
Relief