

The Four Steps of

THE P.L.A.Y. FORMULA™

Physical +

Laugh/Love +

Awe-Inspiring +

You =

P.L.A.Y.=

THE ULTIMATE FEEL GOOD FACTOR

(A healthier, happier you!)

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Physical + Laugh/Love + Awe-Inspiring + You =

ULTIMATE FEEL GOOD FACTOR

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The 4 Vital Questions

of THE P.L.A.Y. FORMULA™

1. P = Physical: Do you feel better Physically?
2. L = Laugh or Love: Is it funny enough to make you Laugh?
Or do you Love it?
3. A = Awe-Inspiring: Is it Awe-Inspiring enough to expand
your perspective?
4. Y = You: Are You present? Are you fully involved
. . . or just a spectator/bystander?