

Be creative!

**Eat healthy food!
Get enough sleep!
Don't forget to smile!**

**Fitness is life!
Morning exercises –
Healthy body –
Healthy Mind!
Listen to beautiful music!
Enjoy nature!**

**Don't be afraid –
Laugh at your problems!
Think positive!**

**Respect each other!
Find friends!
Love your family!
Learn to co-operate!**

**Don't worry! Be happy!
Relax! Life is wonderful!
Smile! Smile! Smile!
Have a hobby!
Take care of your pet!**

Analytical
Zone

Dr. Orange
Zone

Fitness
Zone

Actual Problems
Zone

Co-operation
Zone

Stress Free
Zone