**Establishing A Framework For A Healthy, Happy Lifestyle:**

**You Can Write A New Story!**

Class Outline

1. Course Introduction
2. Establishing A Framework
3. Unconditional Self-Love
4. Supportive Relationships
5. Eliminating Unnecessary Stressors
6. Necessary Deletions
7. De-Stressing Practices
8. Healthy Nutrition
9. Scheduling Balance and Experiencing Flow