RED
BLUE
GREEN

ISSUE ONE JULY 2011
“IT'S ALL ABOUT TODAY!

CARRY ON
chill out

What is the absolute most important thing I should spend my precious time doing today?

Vampires Are Everywhere

“Be prepared.”
To be prepared means to be ready to do something.

Everything's Going To Be Alright
Listen to different kinds of music

moving to the music

Have you ever danced to music?

Everyone can dance.

Dancing is just moving the way the music makes you feel.

HOW DO YOU FEEL RIGHT NOW?
I'm ready to Take Action

I will create things never seen before

Feed Your Soul
Drink, drank, drunk

“He who has a why to live for, can bear almost any how.”

-Friedrich Nietzsche
An old Cherokee was teaching his young grandson one of life's most important lessons. He told the young boy the following parable:

"There is a fight going on inside each of us."

It is a terrible fight between two wolves,

he said. "One wolf is evil. He is anger, regret, greed, lies, false pride, arrogance, selfish, guilt, resentment, rage, envy, superiority, and ego.

The second wolf is good. He is joy, peace, love, hope, serenity, humility, kindness, empathy, truth, compassion, and faith."

"There is a fight going on inside each of us."
The grandson thought about this for a moment. Then he asked his grandfather, “Which wolf will win this fight?”

The old Cherokee simply replied, “The one you feed.”