

SELF-CONTROL

P X I I Y D N D X Y M D Q T N A Q O E O R
A E L N Y L D I I O E V Y O R K B B O U P
Y B B O U T R T D S R C I Y J U P Y N C N
E I K G R H I E R Í C S N C F A S U V H N
U C B O E T R R B E I I F A T E Q T E O C
M B N A T A N P G C S W P I R O J H I I H
Í O L A T Z R O E E Z T E L F E R E P C A
J T D I L A H D C Z T N R D I K P Y O E R
H O O S Y A A O F F C N E A N N N M W S A
V N P E I W B K R E L I I M I A E Z E S C
Í A R F U W I H U O B E D I E N C E R T T
U G J A I J T T I R I P S F N U T P P I E
G W M I K K S A T Q P O C T N T U U W I R

BALANCE

CHARACTER

CHOICES

DECISION

DISCIPLINE

FRUIT

HABITS

HEALTH

INTEGRITY

MODERATION

OBEDIENCE

PATIENCE

POWER

PRAYER

RESTRAINT

SELF-CONTROL

SPIRIT

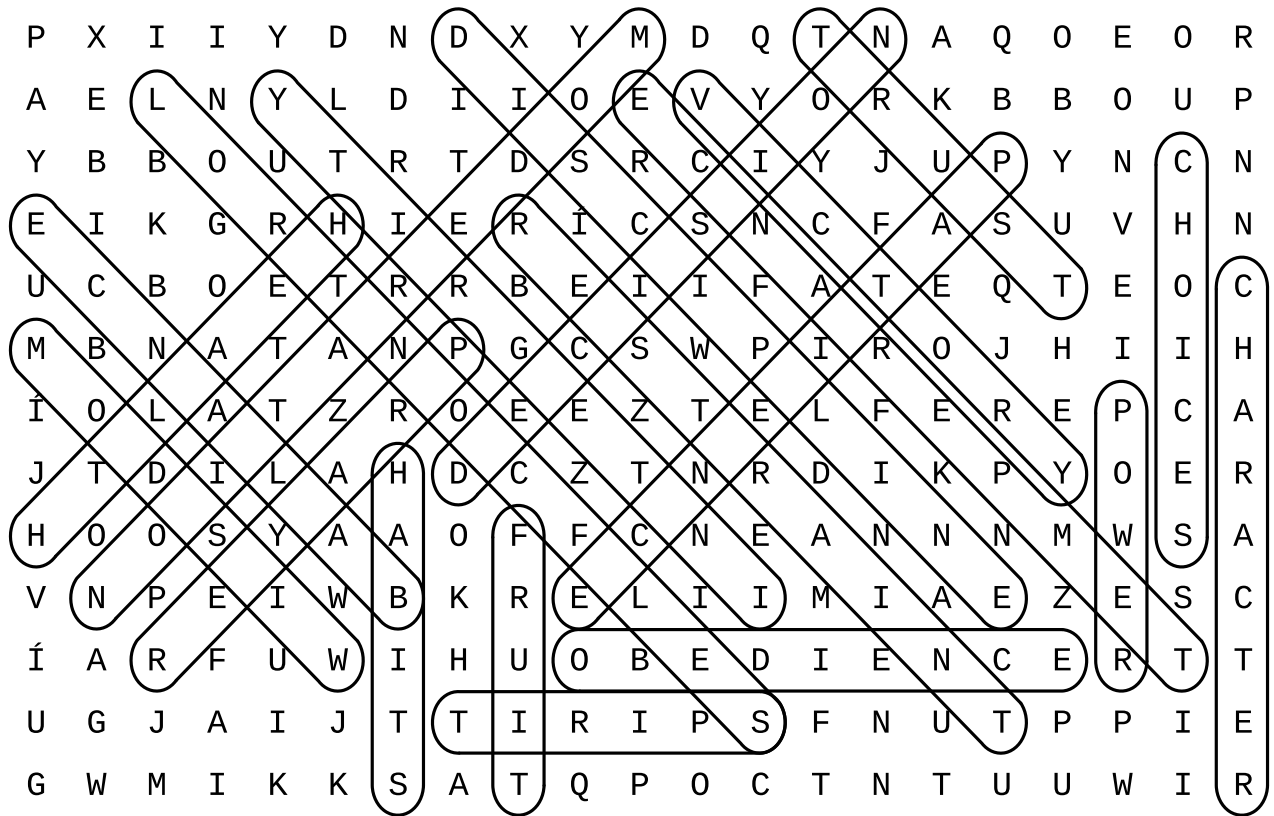
TEMPERANCE

TRUST

VICTORY

WISDOM

SELF-CONTROL



NUTR	EXER	WAT	SUNL	TEMPE	AI	RE	TRUST IN DIVINE POWER
Nourish your balanced, p diet , rich vegetab whole	Maintain h increase vita regular phy:	Stay hydrate using wa interna exteri	Take advan benefits of including its the prod vitan	Practice mo and abstain f substances suc tobacco, al	Breathe fres air to sust and well	Prioritize ade including re and the pr Sabbat	Promote mental health through faith in God and the psychological and spiritual benefits it provides.

8 NATURAL REMEDIES

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