

# 10 Ways to Take Care and Feel Great!

Follow these tips to take good care of your body, your mind, and your spirit.

1. **CALM** your mind and **BREATHE**.  
(Psalm 107:29)



2. Strengthen your **HEART** with **SERVICE**.  
(Mosiah 2:17)



3. Use your **EYES** to see the **GOOD** in the world.  
(Matthew 6:22)



4. Nourish your **SPirit** with **DAILY PRAYER**.  
(Doctrine and Covenants 19:38)



5. Brush your **TEETH** and **SMILE**.  
(Proverbs 15:13)



6. **MOVE** your body and build your **MUSCLES**.  
(Isaiah 40:31)



7. Get enough **SLEEP** each **NIGHT**.  
(Doctrine and Covenants 88:124)



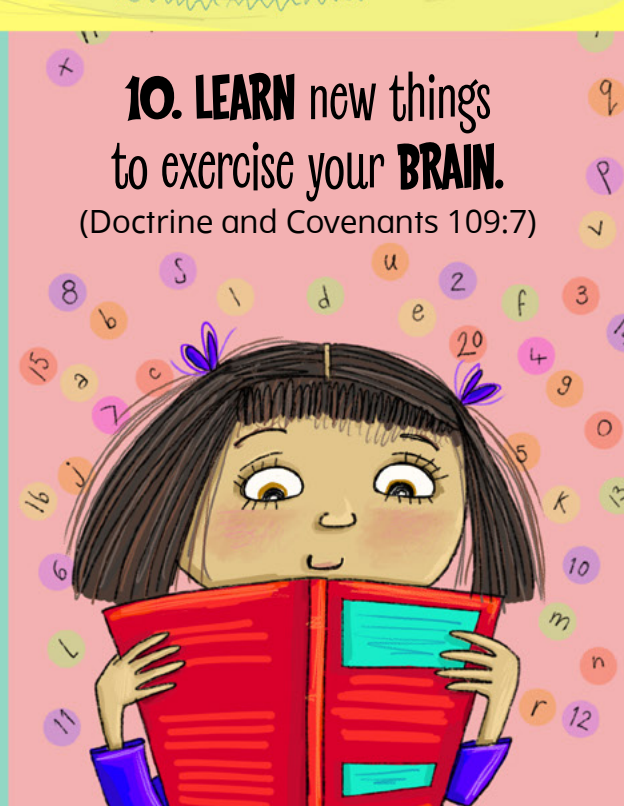
8. Eat **GOOD FOODS** to keep your body **STRONG**.  
(Doctrine and Covenants 59:17-19)



9. Keep yourself **NEAT** and **CLEAN**.  
(Isaiah 1:16)



10. **LEARN** new things to exercise your **BRAIN**.  
(Doctrine and Covenants 109:7)



ILLUSTRATIONS BY LESLEY DANSON