



WORLD HEALTHY LIVING
FOUNDATION

CONSCIOUS LIFE DECLARATION

1. I care about intellectual development. I am active, I expand my creativity. I exercise my logical thinking. I gain and apply new knowledge.
2. I care about my rest. I separate my career from my private life. I care about my sleep and good energy. I relax regularly.
3. I care about my physical health. I am physically active. I practise my favorite sport, walk and I travel, and consequently I feel better.
4. I care about my personal and mental development. I actively participate in conferences, meetings and development programs. I read. I learn foreign languages. I apply the knowledge I gain in practice, which makes me a better human and enables me to achieve more.
5. I care about relationships with other people and the environment I live in. I am not a desert island. I take active part in a social life, sharing my values. I build meaningful relationships with other people.
6. I care about what, and how I eat. I consciously form my eating habits. I learn about healthy eating. I consciously decide on what to buy. I use supplements which improve my health.
7. I care about my family. My family is my sanctuary. We spent our time actively. My family is my source of love, inspiration, development and satisfaction.
8. I care about my passions. I develop my interests and hobbies. I actively participate in the meetings with other enthusiasts. I share my passion with others, thanks to which I have a lot of vital energy.
9. I care about my positive attitude to life. I am an optimist. I definitely say NO to complaining!
10. I care about active lifestyle promotion. I propagate the Conscious Life through my own lifestyle and attitude and I take responsibility for it.



I LIVE CONSCIOUSLY
PUBLIC SERVICE CAMPAIGN



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