



# FITNESS

Everything health and wellness in your life. Primarily referring to how you use your body and what you put in your body.

## NOTES + REFLECTIONS:

Oola.



# FINANCE

All things personal finance

**NOTES + REFLECTIONS:**

Oola.

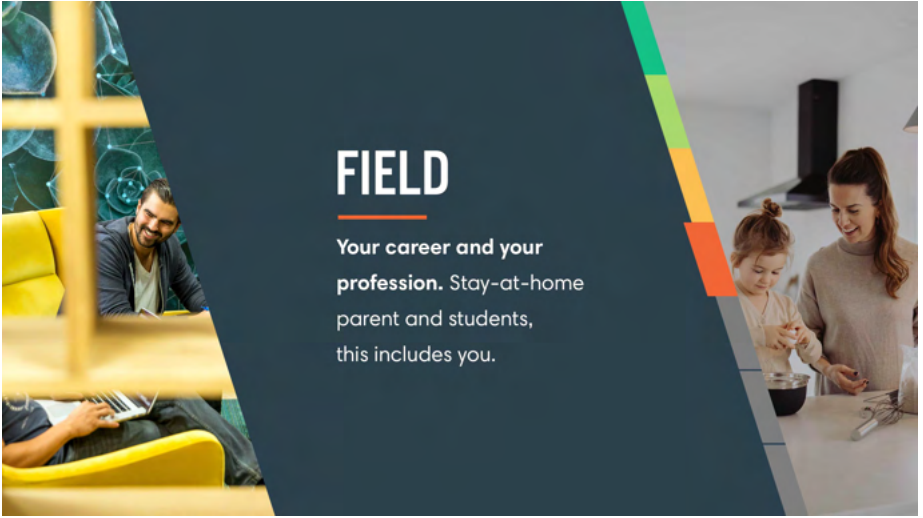


# FAMILY

Single, committed, married,  
divorced, children, step-children,  
and extended family **all**  
**belong here.**

**NOTES + REFLECTIONS:**

Oola.



# FIELD

Your career and your profession. Stay-at-home parent and students, this includes you.

## NOTES + REFLECTIONS:

Oola.



# FAITH

Based on gratitude, humility,  
and an understanding of  
our **greater purpose in the world.**

**NOTES + REFLECTIONS:**

Oola.

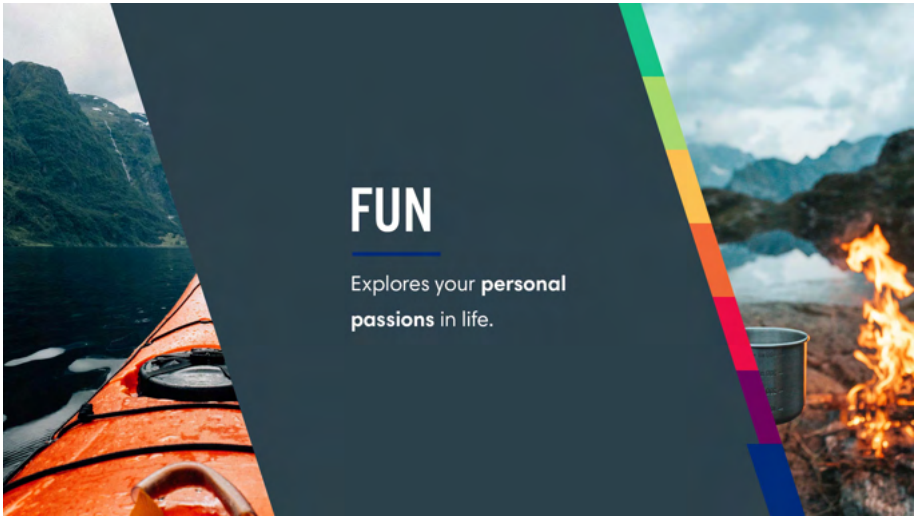


# FRIENDS

Everything social. This includes two categories: **friends and acquaintances.**

## NOTES + REFLECTIONS:

Oola.



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Oola.