

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1907

MM: Your Time Is Your Life (Use It Wisely)

When we look back on our life things begin to seem much more clear...

However, in the present moment, we get caught up with all of our day to day activities that blur what's really important in the long-run...

That's why on today's #CabralConcept 1907 I'd like to share with you how to view your time as your life as well as how to use it more wisely based on what you value the most - Enjoy the show and let me know what you thought!

EPISODE TAKEAWAYS

1

Time Spent

How you spend your time is how you spend your life.

2

Time Is Non-Renewable

Time is one of the only non-renewable resources you have - Use it wisely.

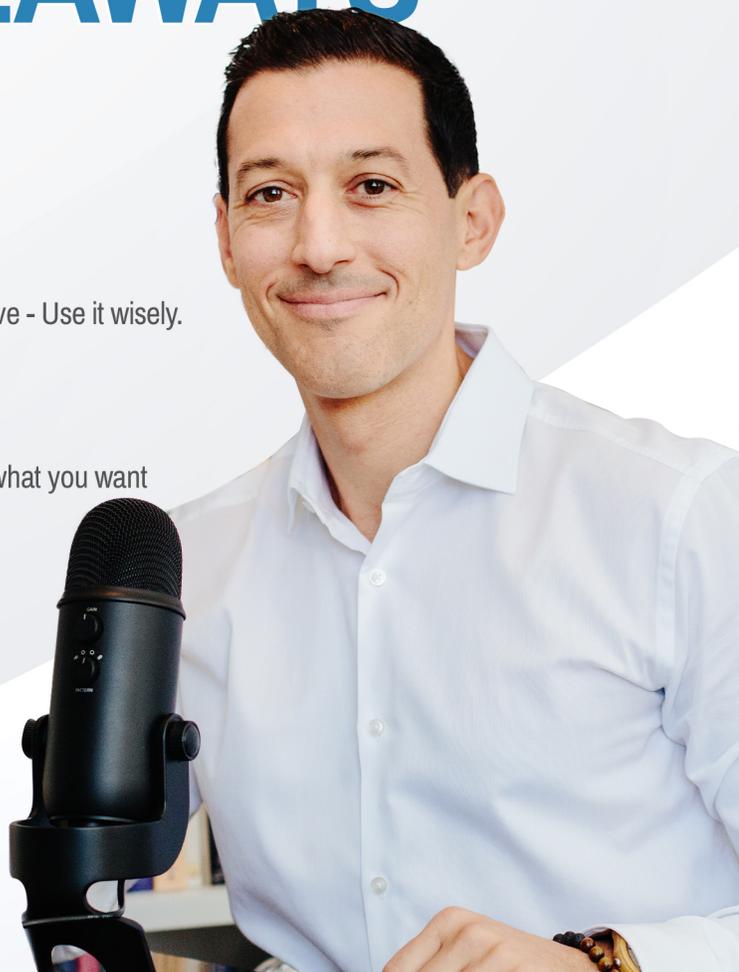
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Do a Life Audit

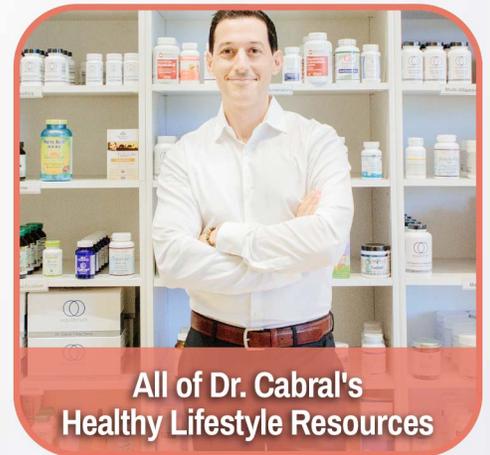
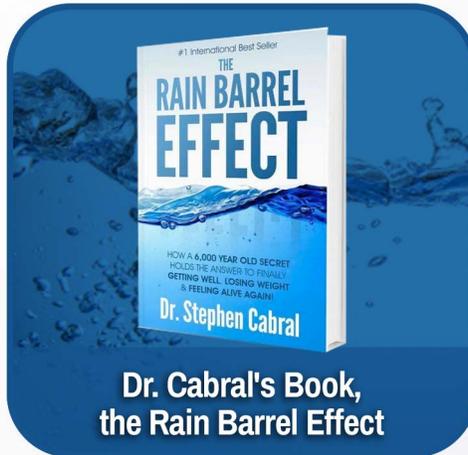
How are you spending the majority of your time? Is that what you want your life to be about or represent about you?

RESOURCES

- Podcast on The Missing 6 Hours in Your Day
- Podcast On Becoming Unbalanced



DR. CABRAL'S MOST POPULAR RESOURCES



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The best way to help me spread our mission of true natural health is to pass on the good word, and I read and appreciate every review!

1. Click link: <https://itunes.apple.com/us/podcast/cabral-concept-by-stephen/id1071469441?mt=2>
2. Click "View in iTunes" button
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Thank you again and every review gets entered in my monthly contest to win great prizes!

