



## Create a Trinity Lifestyle

*Dr. Bo Bryson*

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# Create a Trinity Lifestyle

*Dr. Bo Bryson*

## **Create a Trinity Lifestyle** Dr. Bo Bryson

What does it mean to 'Create a Trinity Lifestyle?' It is cultivating a lifestyle that is centered, balanced and renewing. It is purposing to have a lifestyle that is determined, disciplined and devoted. It is maintaining a lifestyle that can be shockingly simple yet deeply healing and restorative. It is to evaluate your life regularly and take risks. It is to realize you are not alone. It is to know your actions affect yourself and others but more than that, those same actions reflect your attitude and values. Are you ready to Create a Trinity Lifestyle? But know what you learn may forever change the 'soil of your life.'

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