

## A Note from Maximus

The **Ten Footsteps of MaximusPrimo.com**® are universal for use. It has no limits or boundaries.

## Ten Footsteps of MaximusPrimo.com®

**Living Purpose:**

Do Good, Be Good

**Food:**

Eat When You Need To, Not When You Want To

**Health:**

Exercise. A Healthy Body is a Healthy Mind.

**Recuperation:**

Fast Intermittently. You Need to Detox and Refresh.

**Mind and Body:**

Meditate. It's your Happy Place. Harmonize your Vibration.

**Never Alone:**

You come as Yourself. You leave as Yourself too.

**Attitude:**

Know Yourself from Within. You have a Living Purpose.

**Forgive:**

Yourself and others.

**Eliminate:**

Procrastination and Negativity.

**Share:**

Your Knowledge. It is never yours to start with.