



## CHANGIN' the FLOW with YOGO

“If you don’t FEED it, it won’t GROW”  
—Alex-Zan

- If you got a **BEEF** or **ISSUE** with someone . . . . **YOGO**
- If you hear **GOSSIP** or **RUMORS** . . . . . **YOGO**
- If you feel **DISSED**, **HURT**, or seek **REVENGE** . . **YOGO**
- If you are **ANGRY**, **CLOSE** your mouth . . . . . **YOGO**
- If you **DWELL** on any **MISTAKES**. . . . . **YOGO**
- If you send **HARMFUL** texts or photos. . . . . **YOGO**
- If you are doing things that  
disrupt your **WORKPLACE**. . . . . **YOGO**

To live a better life, be still and know.  
**Listen, Learn and Grow with YOGO!**

**Need to talk? Call (800) 273-8255**



Visit [Alex-Zan.com](http://Alex-Zan.com)  
Email [alexzan@i-c.net](mailto:alexzan@i-c.net)  
*In honor of “Diddy”*