



Get more of what you want and less of what you don't, both personally and professionally.

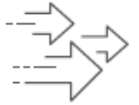
Simplicity

"The simplest things are often the truest."

Richard Bach



STEPS TO SUCCESS



PERSONAL PLAN

Be Careful. Say no to excessive demands. Think of all of your obligations right now. Are there any that are taking away from time spent on more valuable things? Reflect and assess if you can say no to these things to benefit you.

Get Outdoors. The next time you start to feel overwhelmed, take a walk or sit down in nature. Relax and receive your surroundings. Record how you are feeling.

Distance the Drama. Evaluate your relationships. Are some more loving and nurturing than others? Only give your time to the relationships that empower you.

Schedule Free Time. Do you need a quiet evening to yourself occasionally? Schedule time for yourself this week and be sure to stick with it!

Collect Time, Not Things. Beware of purchasing things that you don't need as they will clutter and complicate your life and personal space. The next time you want to purchase something, take a step back by waiting two weeks. Then, reassess if you still think you need it.

Slow Down. Receive all that life has to offer. Take time today to slow down and do something relaxing, whether it be cooking a delicious meal for yourself, reading a book, planting in your garden, or dancing to your favorite music.

Put Play in Purpose. Don't forget to have fun with it! Laugh and add play into your life by being silly with your families, colleagues, and friends! Make the most of life by having fun.



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.