



ROBUST HEALTH MIND, BODY AND SPIRIT

From “Renewal” SUGGESTED RECIPES:

So, what’s cooking now? (welcoming and engaging in new opportunities)

1. Seek someone who serves you as a spiritual guide.
2. Write down ideas that you’re inspired to work on and imagine ways to gently redistribute your time---to move gradually into projects. This is intended to short-circuit procrastination, as just a little movement can let us know what’s possible—Let the water come to a boil!
3. Visit a place that you’re curious about.
4. Move and/or replace items in your home/workplace to refresh the visual experience.
5. Find new ways to wear your clothes and, if in the budget, have some altered and/or add new items to your wardrobe.
6. Luxuriate in an exfoliating massage...Ahhh...New skin!