

# ONE DAY AT A TIME

## LIFE LESSONS

HEED YOUR PASSIONS, LIFE ISN'T LIVED BY COMMITTEE. TRUE PASSION COMES FROM A QUIET INNER SPRING. IT'S A WHISPER ONLY YOU CAN HEAR.

START AGAIN. YOU'RE NEVER TOO OLD TO CHANGE GEARS. THE TIME TO BRING YOUR LIFE TO FRUITION IS RIGHT NOW, ALWAYS. GET YOUR HANDS DIRTY. WE HAVE PRECIOUS FEW OPPORTUNITIES TO CONNECT WITH WHAT'S RIGHT IN FRONT OF US. TAKE A TIME TO DRINK IN THE NATURAL WORLD AROUND YOU. INSPIRATION WON'T BE FAR BEHIND.

DISCOVER THE JOY OF SHEER EFFORT. REAL WORK, THE KIND THAT MAKES YOU MOVE AND ACHE IS THE RIGHT ANTIDOTE. RECONNECT -- FRIENDSHIPS, LIKE GOOD, RICH SOIL, GROUND YOU IN STRENGTH, THRIVE IN THE RAIN AND NURTURE YOUR DEEP ROOTS. OPEN YOURSELF TO CHANCE - SOME CHOICES TAKE YOU EXACTLY WHERE YOU NEED TO GO; OTHERS TAKE YOU BY SURPRISE.

MAKE YOUR HOME A SACRED SPACE. IT IS MORE THAN THE SUM OF ITS WALLS. CREATIVITY IS A LIFESTYLE, NOT SIMPLY A SINGLE ACTIVITY. LET IT EXPAND YOU. **TRUE FORGIVENESS SPRINGS FROM LOVE, NOT REGRET.** LEARN SOMETHING NEW. EMPHASIZE THE TRYING NOT THE SUCCEEDING.

**SPEND SOME TIME IN THE DIRT.** YOU'LL BE AMAZED AT WHAT NATURE INSPIRES. YOU DON'T HAVE TO HAVE A PERFECT BODY 2 FEEL GREAT. DEFINE YOURSELF BY WHO U R, NOT THE ROLES U PLAY. **FIND REJUVENATION IN 5 MINUTES OF SILENCE.** CONTRIBUTE TO ABUNDANCE: IF YOU NO LONGER NEED SOMETHING, PASS IT ON. FIND YOUR DIRECTION IN LIFE BY LOOKING WHERE U WANT TO GO, NOT WHERE U DON'T.