



## Simple Solutions~ For the Year

- Celebrate each day with intention
  - Heed your natural rhythms
  - Honor the process of ‘getting there’
- Living life to the fullest may mean going slower
- Allow joy, grace and service inspire your efforts
- Find new ways to invest in the world community
- Connection begins with reaching out and taking risks
- Your breath is a vital link to what you give and receive
- Technology puts us in touch, being present keeps us connected
- Seek balance through gentle, mindful movement
- Include friends and animals in your daily rituals

