

Blog-a-thon Day 30

Here I am. It's already evening and I have not been on the blog-a-thon trail yet today.

My brain is tired after a busy day of reassessing, planning, driving, talking, cooking. Feeling grateful for the peaceful place Kyle is in. Feeling excited about a new support person who randomly called today and is interested in working with Kyle. Looking forward to a new phase in my marketing program. I will be focusing more energy on speaking to groups. So if you got a group, I'm your speaker.

Searching for something useful, informational or inspirational and I just noticed a bag from lululemon hanging on my bedroom door. There is good stuff written all over it. Want a sample?

BREATHE DEEPLY and appreciate the moment. Living in the moment could be the meaning of life. (Nope, I didn't write this- it really IS on my bag.)

Life is full of setbacks. Success is determined by how you handle setbacks. (Yup, really on my bag. This bag is packed full of life wisdom.)

Drink fresh water and as much water as you can. Water flushes unwanted toxins from your body and keeps your brain sharp. (I hear it helps with weight loss too.)

That which matters THE MOST should never give way to that which matters THE LEAST.

Life is full of setbacks. Success is determined by how you handle setbacks.□

Live Well

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Do one thing a day that scares you. (Hey, that's in my book too!)

Jealousy works the opposite way you want it to.□

A daily hit of athletic-induced endorphins gives you the power to make better decisions, helps you be at peace with yourself and offsets stress. (Does that mean the Thin Mint Girl Scout cookies I just ate don't count?)

Support those adorable little girl scouts by purchasing some cookies. (No, that's not really on the bag, but someone's got to say it.)

SWEAT once a day to regenerate your skin.□

and finally.... love this one....

DANCE, SING, FLOSS AND TRAVEL.

I think I'll be keeping this bag.