



This Month's Topic: Living Deliberately

In what area or areas of your life is perfectionism holding you back? Now decide what your “good enough” is and take a step to move in that direction.

When you're making a decision—big or small—check in with your body. What is it telling you? Are you feeling light, stress-free and healthy? Or do you have a headache, tight neck, jumping stomach—the lovely symptoms of stress? Write down what you notice and factor this into your decision-making process.

Schedule a time out. Make room in your day for some rest and relaxation. And schedule a couple blocks of time, every week, where you can relax, catch a breath, simply just be.

Complete this sentence stem at least 5 times: “If I let go of _____, I _____.”

“If it doesn't make you happier, healthier or isn't moving you in the direction of your dreams, then why are you doing it?”