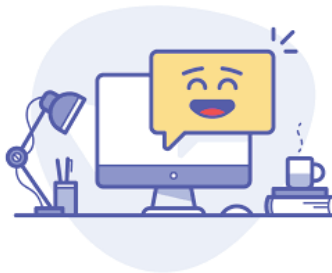


THE MAIN THEME
FOR **DECEMBER** IS:

friday inspiration
DECEMBER 8, 2017

UPGRADE

THINK OF YOURSELF
AS A COMPUTER.



If your computer is beginning to show signs of not being able to keep up with new programs, needs more memory, and a higher processing speed, **it is time for an upgrade.**

It is the same with our **physical, mental, emotional, and energy** bodies.

At times, as we are in the process of upgrading, the body is down and offline. Sometimes this takes form of an illness or lack of energy or focus. Let it be. Think about ways to give your body an upgrade. When we come back online, we are improved and better capable of handling more than before.

You can upgrade your:

HEALTH



- quality of food
- exercise
- sleep
- chiropractic care

ATTITUDE



- say daily positive affirmations
- focus on what is going good

DAILY ROUTINE



- make a to do list
- make your bed
- work, take a break, repeat

INTUITION



- meditate-breathe for 3 minutes
- journal
- spend time in nature



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