

YOUR

friday inspiration

DECEMBER 1, 2017

human - being

ESSENTIALS

CREATIVITY
+ PURPOSE

- Make sure you are adding in time to pursue your passions and favorite hobbies that bring out your creativity!

- Find your strong sense of purpose! People with a purpose are better able to handle the ups and downs of life.

SPIRITUAL
WELL-BEING

CONTRIBUTION - Help someone else - give, care, protect and serve others.

GROWTH - Continue to grow in your career, education and relationships.

LOVE +
CONNECTION

RELATIONSHIPS

- Make sure there is love around you!
- Harness deeper relationships with yourself and others.
- Include a strong network of family, friends, loved ones and colleagues.

- Take a big breath
- Have a little laugh
- Find ways to move your body that you love.
- Practice optimism

BODY

MIND

HOME
ENVIRONMENT

CERTAINTY- The need for safety, stability with finances, security, and comfort.