

# CULTIVATING CALM OUT OF CHAOS

Over the years I have written and rewritten this list, each time to remind myself that I can thrive even in the midst of surviving. So here goes, in no particular order:

Breathe - deeply and often.

Move - dance, walk, run.

Don't be afraid of your passion.

Keep it simple.

Laugh more often.

Set goals and surrender expectations.

Cultivate gratitude.

Let Mother Nature Nurture.

Care for your soul.

Don't overschedule.

Stop trying to please everyone.

Cherish your dreams.

Allow an extra half hour for everything you do.

Start pleasing yourself.

Express love everyday.

Drink lots of water.

Nurture friendships.

Be instead of do.

Reflection: Print this list, or create one of your own.

Post it or write it somewhere that you can come back to and cultivate that calm space.