

# A Time for Renewal!

It may seem that things are still challenging or maybe things are not quite back to the way they use to be. Well, maybe that's the message. Maybe things are not suppose to go back to the way they were. What sense would that make?

There is no point to change unless it improves our quality of life or serves a purpose. This is a time to look at life from a different perspective. This is a time to make changes that will bring us back to the simplicity of life, where we evaluate what is important and what we can do without.

## What does renewal mean?

Make New, Restore, Refresh

Are you always in a hurry?

Are you always feeling stressed?

Are your enjoying life?

Are you taking time for the simple pleasures, the ones that money cannot buy?

## Take Inventory!

Take a fresh look at your life.

What thing or things have you been holding onto that you can do without?

What have you been spending your time doing?

What have you been spending your money on?

Who have you been spending time with or not spending time with?

What is most important to you at this time in your life?

Do you do what you love and love what you do?

Do you feel like you are stuck or sitting still?

Does life control you or do you choose your destiny?

Make a promise to yourself that you will evaluate and assess your life to make changes that are for your benefit and support, honoring who you are and the things that are most important to you.

## Daily Affirmation

I am able to make choices that simplify my life so I may enjoy each moment to the fullest.