

Simplify

Spring is finally in the air. When spring time arrives our spirit sings like the birds in the air. This is a time for renewal, cleansing and opening up all of your senses. When you look back at our long winter months; what do you see? What did you learn? What did you reflect on? What goals did you accomplish?

Every season brings a new perspective. Use this time to make new goals set your sights on new horizons.

Are there changes you have wanted to make they you have been procrastinating over or putting off?

Are keeping your life balanced?

Are you exercising daily, sleeping well and eating healthy?

Are you staying connected Spiritually through prayer and meditation?

Are you using personal time daily to do something you enjoy?

Are you spending quality time with family and friends?

Are you happy and growing in your career and/or purpose?

Remember, you will not be given more time in a day, you must make time to create balance and fulfill your dreams and purpose. When your life is balanced you will feel refreshed, empowered and have clarity.

The secret is SIMPLICITY!

In order to find peace, balance and purpose, you must simplify your life!

Clean up and clear out this spring and make it simple!

Daily Affirmation

I choose to simplify my life and live my purpose.