12 Practices of Christmas Joy

Practise Gratitude

Practise Forgiveness ..... “Bless them, change me.”

Practise Random Acts of Kindness

Practise Positive Input versus Blocking the Garbage Truck

Practise Self Care: Rest, Nutrition, Exercise

Practise Engaging in Solitude...Nature, Quiet

Practise Surrendering and Accepting what you cannot change.

Practise Simplicity in all areas of life.

Practise a Sense of Order in your Life and Home and Relationships

Practise the Pleasure Principle....
give your self permission and the time for the things you love to do....

Practise “Becoming” On-Purpose.

Practise Dreaming ... always have a dream......

Merry Christmas 2014
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