



"Each person must live their life as a model for others."
- Rosa Parks

It's more than okay to be 'selfish' every once in a while!

S - nurture your Spirit

E - Enjoy moments alone

L - Love yourself

F - Keep Fit and feel good

I - Make your unique needs Important

S - Shower yourself with gifts

H - Be Happy and open hearted as you go on your journey!

Books to help introduce spirituality to your children or teens.

[MOONBEAM](#) by Maureen Garth (a book of meditations for children)

[SUNSHINE](#) by Maureen Garth (more meditations for children)

[CHILL](#) by Deborah Reber (stress-reducing techniques for a more balanced, peaceful you)

Here are some questions to ask yourself as you stare the next stage of your life's journey:

1. Is what you're doing in your life working? Your life pattern may be more of a habit than a choice at this time.
2. Are your payoffs healthy? Sometimes your payoffs aren't healthy or constructive.
3. Are you getting in the way of your own success?
4. Are you making everyone happy except yourself? You need to look at why you're unwilling to stand up for who you are and what you want— start working to change.
5. Are you living with a chip on your shoulder? Going through life motivated by anger and resistance will get you nowhere. Are you being spiritually fed? Spirituality can be at the core of health living. Don't be afraid to explore new spiritual options.
6. Are you low on your own priority list? We tend to live reactive rather than proactive lives. We wake up and deal with whatever is thrown our way. Put yourself first and then deal with what life has to offer. Your mind will be free to entertain more options and opportunities for the new you.

Step outside yourself can help dissipate your own stress.

Send off an e-mail to a friend who has been down and out, to your senator in support of human rights (amnestyusa.org) or in support of certain health care legislation (plannedparenthood.org) or by sending a card to a sick child (through hugsandhope.org).