

# Relax

"Sometimes it's important to work for that pot of gold. But other times it's essential to take time off and to make sure that your most important decision in the day simply consists of ...

**Kathy**

Reading a good book, walking in nature, writing or journaling, sharing a cup of tea with a friend, breakfast out with hubby

**Mary**

Time in my hammock, a long bath, being in nature, doing a just-for-me creativity project, savouring a piece of raw, organic fair trade chocolate

**You:**



...

choosing which color to slide down the rainbow."

- Douglas Pagels

