

Thanks for participating in 21 days until 2021

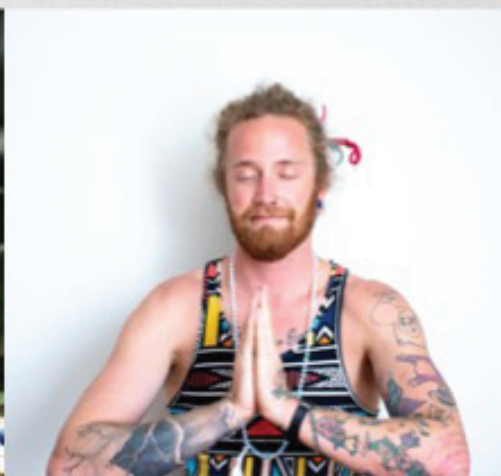


# 21 to 21: DAY 5

Today, spend 3 minutes sitting quietly. Just breathe and sit quietly for 3 minutes. WOW 😊 that was meditation.

## QUIET TIME

The power of even 3 minutes of meditation is amazing! It can reset your breathing, lower your heart rate, recenter your focus, allow for inspired thoughts, an intuitive hunch and much much more.



♥ *Looking for a holiday gift that will help someone you care about achieve breakthrough success in 2021? **SIX WEEKS TO SUCCESS** is the perfect gift! I'll send you a lovely gift certificate for them.* ♥

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**SEE YOU HERE TOMORROW FOR DAY 6**