

Thanks for participating in 21 days until 2021

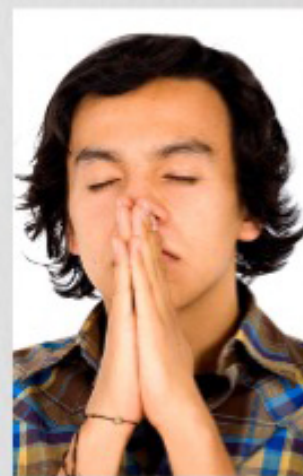
21 to 21: DAY 12



Today, in the midst of feeling overwhelmed, frustrated and hurry-hurry-rush-rush make time to PAUSE. Allow yourself to take a 5 minute break: go for a walk, get some fresh air, look up at the sky, smile and say "thank you." Create your own PAUSE moment to breathe and to feel grateful.

PAUSE!

The power of pausing will allow you to reset your breathing and help you have more clarity and focus. Pausing is an action that allows you to be both more productive and peaceful.



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it's an awesome gift for yourself or others.

SEE YOU HERE TOMORROW FOR DAY 13