

BALANCE IN RECOVERY

Take a 30 minute walk every day. It is the ultimate antidepressant.

Live with the 3 E's -- Energy, Enthusiasm, and Empathy.

Make time to practice meditation, and prayer.

Spend time with people over the age of 70, under the age of 6.

Eat more foods that grow on trees and plants. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds and apples.

Clear clutter from your house, your car, your desk and let new flowing energy into your life.

Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime. Invest your energy in the positive present moment.

Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.

Smile and laugh more. It will keep the NEGATIVE BLUES away.

Don't take yourself so seriously. No one else does. Life isn't fair.

You don't have to win every argument. Agree to disagree.

Make peace with your past so it won't spoil the present.

Don't compare your life to others. You have no idea what their journey is all about. No one is in charge of your happiness except you.

Frame every so-called disaster with these words: in five years, will this matter? Forgive everyone for everything. However good or bad a situation is, it will change.

What other people think of you is none of your business.

REMEMBER Creator heals everything.

Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Get rid of anything that isn't useful, beautiful or joyful.

Envy is a waste of time. You already have all you need.

No matter how you feel, get up, dress up and show up. Do the right thing!

Each night before you go to bed complete the following statements:

I am thankful for _____. Today I accomplished _____.