

2017 Intentions

My intention for 2017 is to make more conscious choices in all I do. Take time to be still so I could listen more for guidance.

More

- Intentional living
- Laughter
- Raw food
- Fun!
- Using my own bags
- Silence

Less

- Processed foods
- Stress
- Self criticism
- Sugar
- Plastic bags
- Judging others

Keep doing

- Daily meditation/mindfulness
- Slices of Silence programs and retreats
- Recording meditations
- Podcasting, blogging and writing