

Week 15: "I Say Yes: Let's Have FUN!"

by Leslie Ackman

1) Create a List of ways YOU enjoy having FUN

2) What can I do to inject more FUN into my days?

This week PROMISE yourself YOU WILL HAVE FUN!

"When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you."

– Shannon L. Alder

"In terms of days and moments lived, you'll never again be as young as you are right now, so spend this day, the youth of your future, in a way that deflects regret. Invest in yourself. Have some fun. Do something important. Love somebody extra. In one sense, you're just a kid, but a kid with enough years on her to know that every day is priceless.
Victoria Moran

****Promise yourself that THIS week NO MORE numbing out. This week you will do those things that make your Heart sing!****