

PeopleTweaker

Access your best.



What I Believe

"We are now at a point where the benefits of a holistic, whole-person view are being recognized with regard to health and wellness, dealing with stress, living with a chronic disease, or 'simply' living your best life and reaching your full potential, whatever your career/life/ health goals may be. Coaching can have a tremendous impact by helping a client to make changes and by providing support, focus, and the extra boost needed to move forward. "

Z. Colette Edwards, MD MBA
Health-Wellness-Life Coach

As the days become almost imperceptibly shorter and there is a hint of cool in the breeze, we realize we are on the cusp of a new season. In many parts of the world, we get signals from nature 4 times a year, reminding us of the ebb and flow of life and the transitions inherent in it.

In the Chinese 5-element wisdom tradition, Fall is represented by metal and is a period of fruition. It is also a time sometimes marked by grief and sadness but also enlightened by intuition.

So, as the leaves begin to change color in many temperate climes and the world literally feels more crisp, perhaps this is a time to take a few minutes to reflect on what fruit has been borne over the summer and what you would like to do with its bounty.

Are You Ready To Be Tweaked?

Here are **2 actions** to consider:

1. In this often noisy, chaotic, unpredictable, constantly-connected world, **consider taking 5 minutes each day to "just be."** If your mind wanders, gently bring it back. At the end of 30 days, see what insights have bubbled up by simply sitting in silence. If you take care of these moments, it is more likely tomorrow will take care of itself.
2. **Reflect back** over the past 3 months and **identify 3 moments** which brought you joy, peace, excitement, energy, or gratitude. **How can you create more of them ?**

Light tomorrow with today.
Elizabeth Barrett Browning

Coaching provides a non-judgmental, supportive environment for you to explore options and take the actions necessary to live the life you envision and thrive while doing so.

To learn more, contact me at:
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call 240.786.8678 for a complimentary consultation.

<http://www.morrisonchiropractic.com/wellness-wit>

