

# HEALTHFUL TIPS

## Just for Today

Celebrate the simple pleasures.

**B**eing as healthy as we can possibly be is really a culmination of all the little steps we take each day toward improving our health and well-being. Just for today, focus on making the healthiest choices that you can for your current situation.

Start by feeling good about yourself. Focus on your positive qualities. Are you brave, strong, hardworking, resilient, smart, caring, giving, or loving? Value all that you are and all of the potential that you possess. Build health from the inside out.

Select one positive behavior to focus on for the day. Little changes really add up. **Here are some ideas to consider:**

- **Plan and execute a secret good deed.** This could be anything from paying for someone's lunch, sending flowers, providing a note of encouragement, a gift card for groceries, or a basket of fruit. Try it! The fun of playing secret agent and giving to another without anyone finding out is exciting and gives you a mental boost like no other.



- **Pack a healthy lunch and snack bag for the next day.**
- **Really enjoy a walk**—talk with a friend, listen to inspiring music, think through a problem, appreciate the scenery, or notice the strength in your muscles.



Treat yourself to healthy food. Rather than filling up on cheap junk, honor your body by feeding it wholesome food. Today may be the day that you clean out your kitchen and purge it of processed foods and then restock with fresh, healthy food. You may opt for steamed veggies in place of fries at dinner. You may choose water as your drink of choice.

Celebrate the simple pleasures of the day. Play your favorite song. Take a few moments to notice and enjoy the beauty that surrounds you. Use your best dishes and have a candlelit dinner. Enjoy a wine glass of infused water while you relax on the deck.

**Just for today.** Make it the best day that you can—moving towards improved health and wellness and enjoying the journey.

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Sometimes it's important to work for that pot of gold. But other times it's essential to

## TAKE TIME OFF

and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow.

Douglas Pagels  
*These Are the Gifts I'd Like to Give to You*