

Dear Friends,

Take what delights you and leave the rest.

1. **Appreciation.** My first psychology professor shared a simple story with me that has stuck with me for over 20 years. He said he had been married to his wife for over 30 years and had done the dishes every night for those 30 years. At the beginning of their marriage, his wife would thank him for doing the dishes, but after a few years she stopped thanking him and took it for granted that he would do the dishes. He realized that he wanted to be appreciated for what he was doing and asked her to acknowledge his efforts. Lucky for him and their marriage she was willing to do this and he was thrilled to be appreciated again. What is something you take for granted and could appreciate someone for today? Where have you been taken for granted and who can you ask to start appreciating you? Sometimes it is just a simple matter of asking for what we need and highlighting our own and other's strengths that can bring so much joy.
2. **Your Home Environment.** Is your space beautiful? Tidy? Do you feel calm and supported in your home? If not, what can you do to brighten up your space? My guess is you have a few things you could clear out and some rearranging that could serve your needs. I've been having a lot of fun decorating, cleaning, and reimagining lately. Simply cleaning and moving things around is a free way to totally transform your space.

I encourage you to designate spaces in your home for specific activities, even if your space is limited. If you do homework in one location, section off that location with a privacy screen or a curtain. Better yet, if you have a separate room to act as an office, have that be the only place you do your work. That way you can relax more fully in the other spaces in your home. Consider this for other activities like eating, enjoying entertainment, and creative endeavors. Be sure your bedroom is designed for sleep and relaxation. Ideally do not have a tv or other screens in the bedroom, but if you must have screens, cover them with a cloth or put them away in a cabinet.

3. **What Is Coming In?** What are you listening to? Reading? Watching? Listen to things that lift you up; music you love, inspiring podcasts, or wind in the trees. Read books that make your heart smile. Take a social media break. Watch something that makes you laugh, feel hopeful, or motivates you to take action toward expressing more of your greatness.

Warmly,  
Becky