

Dear friends,

Welcome back families, students and staff! I hope you had a beautiful vacation and are ready to transition smoothly back to school. This weather makes me content with staying indoors writing and doing what I need to do for work. Or at least this is what I am convincing myself about!!

As ever, take what delights you and leave the rest!

1. **Keep Pile:** I have been simplifying my home and my possessions and, in that process, have had “keep piles” and “discard piles”. I am reflecting now on 2020 and our stay-home time and deciding what I want to put in my “keep pile” from quarantine. I have certainly benefitted in many ways from things slowing down and I want to continue with the practices, ways of life, and habits that have immersed.

Investing time with friends one on one on hikes has been the safest way to socialize during quarantine and it has been ideal for my introverted nature. This is also how I have been meeting with my clients, and the benefit of walking and being outdoors helps therapy progress in a tangible way. I have become healthier by learning to cook and taking better care of what I put into my body. I traveled significantly less and have deeply valued having nearly every weekend at home enjoying my cozy nest. I will continue to eat well, go for walks, savor the sweetness of my home, and socialize with my friends one on one or in small groups in nature. These are just a few items in my “keep pile” from quarantine. What is in your “keep pile”?

2. **2020 Gratitude:** 2020 was challenging... of course! We all know this! But in all honesty, I experienced more things to be grateful for than hardships. Take some time to reflect on what you can be grateful for from 2020 because it will make more things show up for you to be grateful for in 2021! My short list for 2020 gratitude: My amazing job with PCS got even more amazing and I got to connect with all of you! I got into my right-size body and feel healthier than ever. I bought my first home. I now appreciate my loved ones on a whole new level. I value and appreciate everything more. I found out what is truly important to me. I organized and beautified my home. My loved ones, even the ones who have covid, are healthy and happy. I've got an awesome dog. My list is infinite!

I would absolutely love to hear from you about your gratitude and keep piles if you want to share. The more we inspire each other and lift each other up, the more we feel inspired and lifted. Please share this message with your students as you wish.

Warmly and with deep gratitude for you,

Becky