

Take Time Out

Take 5 minutes to:

- *“Smell the flowers”*
- *Watch the sunrise or sunset*
- *Breathe in fresh air*
- *Take in the scenery*
- *Really listen to what someone is saying*

A little time out won't slow you down. It can help you discover new things you never noticed before and help you grow in the process.

For many people learning how to slow down is the tough part. Begin by looking inside yourself and asking who you are and what you want to be. Then write down your priorities and values. Finally, give yourself permission to take the time to do what you want to do.

Soul

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