

Short & Sweet: Being Grateful in Nature



Eileen Lichtenstein

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Being grateful and being in nature are two recommended strategies for feeling good and reducing stress. Try combining them and see the magnificent results! If you can't be in nature- then sit quietly and visualize somewhere you've been- and use all your sensory imaging to be there...see the sights, hear the sounds, smell the scents. Feel your chest expand as you breathe in the greatness of the Universe and then acknowledge your own grateful thoughts. Make time to acknowledge your success! Success is more than career-financial. It's being successful in each area of life which includes relationships, health, self-development, family. I offer twenty minute complimentary coaching consult to see how coaching can help you take action in the direction of success in all areas of life.

Eileen

Learn more about Eileen's workshops and coaching <http://Balanceandpower.com>