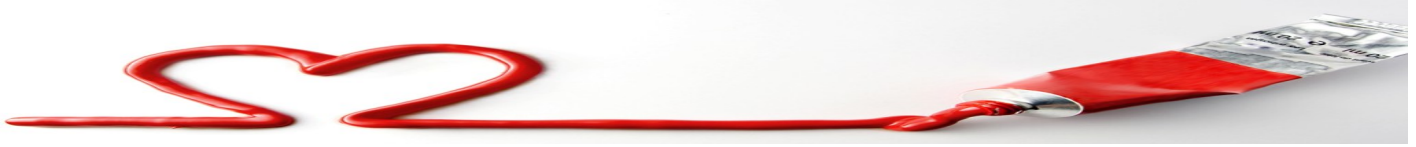


Take Time for Love

"He has achieved success who has lived well, laughed often, and loved much."

-Bessie Stanley



February is the month to take time for love. It does not have to be just for couples. It is a time to show those around you that you care about them, and a time to love your self.

Take the time to think about all that you have, the people in your life and how they have made a difference in your life just by being there.

Take the time to realize all that you do every day matters and makes a difference not only in your life, but in the lives of others.

Take the time to smile at a stranger or do a random act of kindness. You can change someone else's life or make their day a better day just by being courte-

ous. If you are not in a hurry let someone ahead of you on line at the store. It's a simple thing but if they need to get home in time for the school bus, it can relieve some stress in their life and not cost you a thing.

Why not call or get together with friends you haven't seen in awhile, not for any other reason than life got hectic and you were just too busy to keep in touch? It will lift your spirits and theirs as well. There is nothing like sharing memories and laughter with old friends. It rejuvenates your soul, takes you back to a time and place where maybe you weren't too busy or stressed out to relax.

Listen to your favorite old songs, or watch a favorite movie. Do something special for your self. Get a massage, manicure or a new haircut. You are special, celebrate your life.

Make February the month you take time for your self, those who matter most to you, take the time to be nice to a stranger. Perhaps you will make a new friend just by being kind.

"Don't forget to

love yourself."

-Soren Kierkegaard



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