

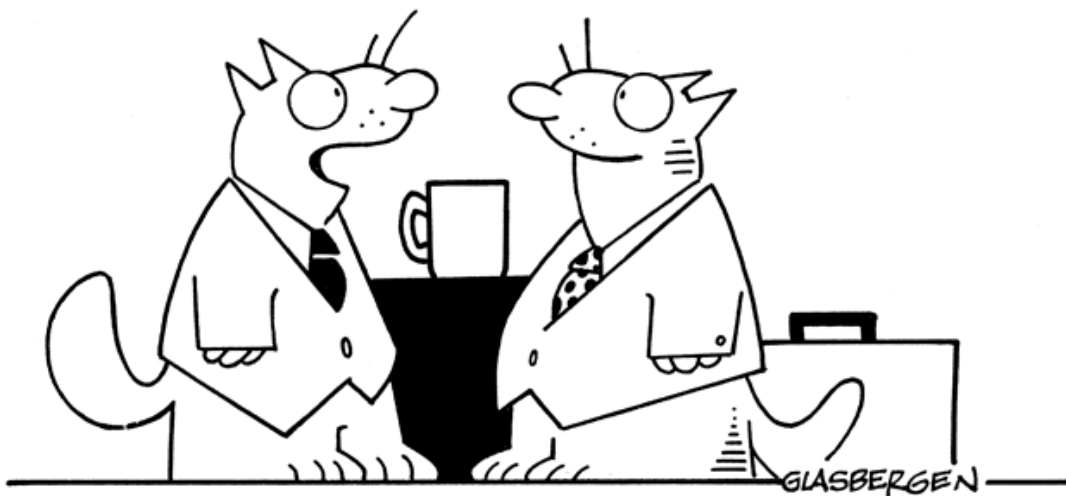
WELLNESS WEDNESDAY MISSION.....IF YOU CHOOSE TO ACCEPT IT!

WORK ON YOUR SPIRITUAL WELLNESS THIS WEEK!!!

TAKE TIME THIS WEEK TO WRITE DOWN 10-20 THINGS YOU ARE THANKFUL FOR AND SHARE WITH SOMEONE (SPOUSE, FRIEND, ETC.)!

Spiritual Wellness: The sense that life is meaningful and has a purpose; the ethics, values and morals that guide us and give meaning and direction to life.

© Randy Glasbergen
www.glasbergen.com



“You’ll like working here. We have 5 scheduled nap breaks each day, plenty of breakable things to knock off your desk and the snack room has a new stick of butter to lick every morning.”

Cartoon used with special permission from glasbergen.com