



Monday Morning Messages

Set the tone for your week ahead:
INSPIRATION
THOUGHTS TO PONDER
NOURISHMENT FOR YOUR SOUL



Simplicity

The Thought:

A future that supports the well-being of humanity, will thrive with clarity and simplicity, and fail with complexity and complication.

The Story:

I'm a recovered busyness addict and a co-dependent in recovery—complexity was my constant companion, and my way of numbing out. I made a choice to hustle, move fast, multi-task like a boss (which I was) and juggle a zillion things, while staying in control and perfecting it all (hah!) creating complexity that kept me up at night, fed anxiety and eventually led to adrenal burnout.

The Question:

What feels complex to you and where can you simplify?

The Tool: Choice

Choose to re-orient for simplicity. We truly are in transition every day. There is not one thing that is known for sure about Covid-19 or about the choices our government will make...this daily uncertainty requires consistent re-orientation to align your mind, body and soul.

The Practice: (Daily Check in with yourself)

Answer these questions (use as journal prompts if you like):

- What felt complex and complicated today?
- Where can I adjust my sails for smoother waters?

**Hint: Complexity is often created by your thoughts and emotions.*

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