



Summer Tips!

Breath deeply and appreciate the moment

Do one thing everyday that scares you

Let go of a need to control

Practice acceptance

Celebrate daily

See the beauty in your family

Live with Passion

Expand your perspective by expanding your mind

Create a life of abundance

Be grateful everyday

For more information on the special summer offer call 312-798-7404 or e-mail Deborah@rodascoaching.com.

