

Day 15 - Living Well

21-Day Meditation Challenge <meditationchallenge@chopra.com>

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"Take the first step in faith. You don't have to see the whole staircase, just take the first step."

—Dr. Martin Luther King, Jr.

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Welcome to Day 15—Living Well

We commend you on your ongoing commitment to care for your body, mind, and spirit.

In order to begin integrating all that we're learning into our daily lives, it's important to create a healthy lifestyle matrix to support our goals. Examining all aspects of our lives—choosing our meals, the amount of time we have to exercise, or unhealthy habits that we long to change—will help us make those transformations, both small and large, that lead us to perfect health.

Our centering thought for today is:

My little changes amount to big benefits.

We are excited for our time together.

Blessings,



Paul & Jeff

MINDFUL MOMENT

Take some time to analyze your current lifestyle. Ask yourself what changes you can make that can support your healthy goals. Then, one by one, begin to make those important changes to create a positive matrix to support your wellbeing.

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