

# HEALTHY TRAILS TO YOU

Creative visualization, practiced a little at a time, helps you bank and accrue a new positive emotion. Through short periods of visualization, these experiences collect on an unspoken level, slowly becoming part of your reality.

1. Remember the most recent time you felt truly relaxed. Don't spend too long coming up with a time or place.
2. Take a deep breath; enjoy that memory.
3. Feel your muscles loosening, breath slowing, a smile forming.
4. Slowly come out of the visualization and repeat the exercise, focusing this time on the feeling you created. Repeat daily.

WILLSPIRATIONAL

WHEN YOU'RE  
THROUGH  
LEARNING,  
YOU'RE  
THROUGH.

-WILL ROGERS

## BUCK UP BUCKAROOS

Television is filled with original and classic programming, but are you paying for duplicate entertainment streams—Amazon Prime, Hulu, Netflix, for example—without realizing it?

Each service might cost between \$7 to \$10 or more per month. Are you using all the services to justify the cost? How much might you save per month—and per year—to invest or spend on something you need? The number might surprise (and delight) you.

## YOUR MONTHLY COWPOKE JOKE

Why did the ants dance on the jam jar?

The lid said, "Twist to open".

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