

HEALTHY TRAILS TO YOU

Compassion for yourself and others when trying to make a change.

Change can evoke anticipation and anxiety for all of us. We tend to feel more comfortable with the part that is excited about change but the other, the more hesitant side, we often feel less at ease with. Compassion for ourselves when we're embarking on a new course (be it big or small) can help. Compassion includes extending room to make mistakes, explore and simply be vulnerable in the face of something new and different. It's permission to be gentle with ourselves while simultaneously summoning the courage to do something new and different.

Here's a link if you'd like more ideas:
<https://www.mindful.org/self-compassion-new-mindfulness/>

WILLSPIRATIONAL

TOO MANY PEOPLE
SPEND MONEY THEY
HAVEN'T EARNED,
TO BUY THINGS THEY
DON'T WANT, TO
IMPRESS PEOPLE THAT
THEY DON'T LIKE.

-WILL ROGERS

BUCK UP BUCKAROOS

Time and time again it has been proven that small changes can and do make a difference. When it comes to finances, start where you are!

If you drive, are you getting the best discount you can on auto insurance? Many carriers discount rates based on mileage driven in a year. These low-mileage discounts vary in savings from carrier to carrier. You will likely be required to report (via email, text or telephone) your mileage every six months to your carrier, a small price for savings that can add up over time.

YOUR MONTHLY COWPOKE JOKE

What happened to you, Mr. Peebles?
You look awful.

Well, Doctor, you told me to take this medicine for three days, then skip a day, and that skipping wore me out.

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