

PROTECT YOUR PEACE: HERE ARE 5 WAYS TO STAY OPTIMISTIC IN 2021

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KSL Studio 5 Interview
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How are you feeling about the new year?

We are excited to have a brand new year before us, yet some of us get off to a bumpy start. Here are some ideas to help you stay optimistic.

UNPLUG & UNPLUG SOME MORE

Most things get recharged if you unplug them, including humans. We can better manage how much social media we're absorbing & take in more real life.

SURROUND YOURSELF WITH POSITIVITY

We can be proactive about what we're allowing into our life & into our space.

COMMIT TO DAILY EXERCISE

We feel better after we move our bodies. We all know that, but are we willing to live that?

EXPLORE YOUR CREATIVE SIDE

:Explore your creative side whatever that looks like: organization, painting, writing.

FOCUS ON SHORT TERM GOALS

Achieving smaller goals gives you that win that keeps you in the momentum. And we want to see that momentum build.

reflections:

How are you feeling about the new year?

How can you unplug from social media this year?

How can you surround yourself with positivity daily?

What are ways you can move your body daily?

What are some ways you can explore your creative side?

What are 2 short term goals you can focus on?

Notes: