

Day 5 of the 14 Day Challenge “Your Story, Your Life.”

“Where you discover that the Story You Tell becomes the Life that You Live.”

-SusanJoy Grieco, Seminar Leader & Writer

Welcome to Day 5! Man , you rock!

Tools You’ll Need: a notebook and pen or a laptop or device and curiosity, courage and commitment

Time You’ll Need: 10 minutes plus any extra time you wish

Today’s “Playwork”

1- What new story can you tell about your body? What will you do today to give your body a new story?

Stretch more ?

Breath deeply in and out ?

Eat some thing delicious ?

Notice what you love about your body ?

What new story can you tell for your body today? And notice the results.

2- Can you do that (tell a new story) for your body on a daily basis?

Check our website for new events: www.SusanJoyGrieco.com



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