

Recipe for Joy

Listen to music.

Write down what you are grateful for daily.

Listen to a guided meditation.

Make it a point to laugh everyday.

Give back.

Quit being so serious. Let Loose. Have fun.

Turn off the news.

Slow down and be kind to others.

Get out of your sweats and put on one of your favorite outfits.

Treat yourself - Massage, pedi and mani, a new outfit.

A happy heart will do you good!!

It's like medicine for the soul!