

# DO YOU HAVE WHAT IT TAKES?

(To Jumpstart your Brain with Endless Energy)

*Monthly Series - July 2017*

*Marcia Harris, MA, CLL*

## "Your Favorite Things"



"Starting your Day with your favorite activity or person is a move in the right direction.

Why not start with yourself? Why? (you ask yourself) I would like to share that I have often been reminded "You cannot be good for someone else until you have learned to be good to yourself."

Doing your favorite things can be a reflection of who you are and where you fit in.

Doing your favorite thing can give you a mental, physical, and spiritual energy boost. Your favorite activity can lead to relaxation, laughter, passion, creativity, and focus because you are doing what comes naturally. In other words, you are flowing in harmony with your mental, physical, and spiritual self.

For example, my favorite things to begin my day are meditation, reading, and vigorous exercise followed by a delicious nutritious breakfast! I am now mentally, spiritually, and physically energized.

I am then ready to serve through encouraging calls and networking which can produce positive results for family, community, and many others.

Now, how about you? Stop and take a moment to ask yourself "What is my favorite thing to do that puts my body and mind first?" After some thought; I encourage you to begin with one activity.

Keep in mind, we are all unique individuals with amazing brains that are inspired in many different ways.

Your favorite things could include: listening to or creating music, reading, writing, gardening, walking, swimming, painting, repairing things, and much more.

I challenge you this month to recognize the importance of (1) your favorite things and (2) putting yourself first in order to sharpen your mind and to increase your positive energy!

The end result is a win-win for everyone involved!

Contact me today at 740 353 8056, [www.endlessbrainenergy.com](http://www.endlessbrainenergy.com) , or facebook.com to share your story.

Have a great month of change!

For additional questions or comments, contact Marcia Harris:

Office: (740) 353-8056

Email: [marcia@endlessbrainenergy.com](mailto:marcia@endlessbrainenergy.com)

Website: [www.endlessbrainenergy.com](http://www.endlessbrainenergy.com)