

# DO YOU HAVE WHAT IT TAKES?

## To Jumpstart your Brain for “Endless” Energy

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### Your Holiday Spirit

You may have noticed that during the holiday season the spirit of love surrounding you is high with expectations of meeting short term goals to make the holiday complete. The vision behind the goal is love and appreciation.

Keep in mind, appreciation is key in all seasons of the year if you expect great results for your efforts and a longer healthier life.

Keep in mind that love comes in many forms such as romantic love, family love, brotherly love, community love, as well as love for the good things nature has provided us.

Your appreciation follows the acknowledgment of love. The holiday season is when we seem to notice and appreciate the goodness and love shown by others more than usual.

I believe that appreciation and love are present in all seasons. However, the difference in our holiday spirit of love is that it is brought to your immediate attention again and again and again by advertisers and social media who remind you that you are an important part of a unit.

These advertisers and social media are reminding you of what is already known to you. They are prompting you to show your love and appreciation through seasonal giving.

They realize you are often distracted by every day demands of life and therefore set themselves up as a reminder and solution to your seasonal needs.

I encourage you today to make a commitment to remind yourself daily (not seasonal) of appreciation and love through beginning each day with gratitude (what are you grateful for?)

The good news is that studies show that beginning and ending your day with the following: (1) who are you? (2) what is your passion and purpose, (3) what is your desire, and (4) what you are grateful for? will extend and lengthen your life through extending your telomeres (your genes).

In closing, I encourage you to commit to creating a holiday spirit in all seasons and extend your life by beginning and ending each day with four (4) important questions. Your routine will remind you of love, appreciation, your gifts, and your purpose in life!

Jumpstart your brain; jumpstart your life!

Happy holidays!

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