

Thanks for participating in 21 days until 2021



21 to 21: DAY 15

Today, set aside 20 minutes to rest and be still. Take a nap or stare out the window and daydream or listen to music without doing anything else.

BE STILL – REST – RELAX

The power of “down time” is especially important in our go-go-go – make it happen – get it done – multi-tasking virtual world. Allowing yourself to enjoy a “time-out” for even 20 minutes is a healthy choice often resulting in an invigorated attitude and inspired decision-making.



Being still and doing nothing are two different things.
-Jackie Chan



CHECK OUT: [successlooksgreatonyou.com](https://www.successlooksgreatonyou.com)

**Sign-up for SIX WEEKS TO SUCCESS (1/12 - 2/16)
Start 2021 focused on making your goals reality!**

SEE YOU HERE TOMORROW FOR DAY 16