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EMPOWERMENT



**Pause, Breathe and Create**  
**Friday at 2 PM Pacific**  
**May 1st 2020: Practicing Presence with Simplicity**

"Simplicity is a state of mind." ~ Charles Wagner  
How do you prioritize your decisions with respect to simplifying your living spaces, your life activities, your financial choices and how you spend your time? Do you take time to plan out your daily, weekly and monthly basic tasks such as grocery and meal preparation? Regardless of the events around you and how you currently respond to your emotions in the moment, you can influence your state of mind. Simplicity is not always easy to attain in our complex lifestyles and it means different things to different people. But when you take the time

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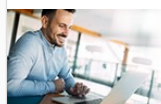
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