HOLISTIC INSPIRATIONS

Personal Preference

PERSONAL PREFERENCE

Revisiting things which brought you joy as a child and can help you recharge as an adult

A few examples of personal preferences to explore include:

- **the arts**
- **sports**
- **nature**

HOLISTIC

Of, concerned with, or dealing with wholes or integrated systems rather than with their parts

INSPIRATION

A feeling of enthusiasm you get from someone or something, which gives you new and creative ideas

THE ARTS

- **Visual arts** include painting, drawing, sculpting and photography.
- **Performing arts** include music, dance and theatre.
- **Literature** includes books, poetry and journaling.

SPORTS

Which did you enjoy as a child? Want to play? Always want to try?

A committed exercise practice can also be part of your personal preference.

- try online classes
- watch a game on TV
- attend a live event
- take lessons to learn or enhance a skill

CONNECTING WITH NATURE

as a child is an innate behavior. Our curiosity is so strong and nature is a world waiting to be explored.

Reconnect with nature daily by:

- gardening
- hiking
- bird watching
- walking
- fishing
- just sitting under a tree in a park

FINAL REFLECTIONS

- Explore your inner child's joy
- Schedule time to appreciate art, sports, nature or anything that brings you happiness
- Try a new skill; revisit an old hobby or activity
- Reflect how you feel during these events
- Commit time for yourself to participate in these activities

Insightful Moments™

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