



January 2021



Make Every Moment Matter

# New Content Announcement



## Monthly Blog:

### Remember to Be Mindful with These 5 Mental Triggers

When developing a new mindfulness routine, it can be hard to break out of your old routine and remember to practice. Creating mental triggers and reminders can help interrupt your brain's autopilot and remember to make time for mindfulness.

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## 7 Days of Cooking up Creativity

### Description:

We all have the capacity to be creative, to dream and imagine. Through creative expression, we expand our sense of who we are. We connect with meaning and purpose. Creativity isn't something we go in search of "out there". It is self-authored. It resides within. It allows us to shine more brightly; to live from and into the highest expression of ourselves.

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### Episodes:

- The Artist in All of Us
- Finding Your Flow
- Seeking Inspiration
- Room to Play
- Bravely Curious
- Getting Unstuck
- Creative Expression