Celebration is about the "AND".

A practice to play with

Make a list of 10 things that would delight you this week as if they have already happened.

Write each delight as if you just experienced it.

Give yourself permission to get dreamy. Don’t worry if these don’t feel realistic. In fact, give yourself permission to go BIG for at least a few items.

Write the list. Then re-read it. Notice how it makes you feel.

You might already be feeling a bit delighted just by reading your list.

Resources:

Steep like Tea (podcast episode)
https://www.elenasonnino.com/podcast/steep-like-tea

Claim It (podcast episode)
https://www.elenasonnino.com/podcast/claim-it

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