Wellness Wednesday Mission............If you choose to accept it!

Work on your Spiritual Wellness this week!!!

Take time this week to write down 10-20 things you are thankful for and share with someone (spouse, friend, etc.)!

Spiritual Wellness: The sense that life is meaningful and has a purpose; the ethics, values and morals that guide us and give meaning and direction to life.

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“You’ll like working here. We have 5 scheduled nap breaks each day, plenty of breakable things to knock off your desk and the snack room has a new stick of butter to lick every morning.”

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