

# Simple Steps Guide to Positive Change with



**Simple Step to Clear Your Mind:** Breathe & repeat : “Today I am guided with ease & grace. All that is good comes my way!”

**Simple Step for a Busy Schedule:** Breathe & repeat: “I have plenty of health, wealth, time and energy to properly accomplish all of my tasks today with ease and grace.”

**Simple Step to Help Yourself:** Schedule 5 minutes in the morning and 5 minutes in the evening just for you. During this time you can read, meditate, go for a walk outdoors, stretch, journal or simply “be.”

**Simple Step to Help Your Body:** Schedule 20 minutes or more of exercise a day. Eat fresh fruits and veggies and cut out red meat, dairy and refined sugars.

**Simple Step to Help Your Body...even more...AND ANIMALS: Go Vegan.** A vegan diet is not only super healthy, but it helps the environment and farm animals. There are so many resources & amazing recipes, to help you become a Vegan. Click on the [Catskill Animal Sanctuary's Compassionate Cuisine Website](#) - one of my favorites!

**Simple Step to Help Your Body, Mind & Soul:** Have a technology-free day once a week. That's right, no cell phone, tablet or computer. Allow your body to detox from technology and screen time.

**Simple Step to Help Your Family:** Connect without multi-tasking. We all do it - you are talking to Mom on the phone and sorting through your mail. You are eating dinner with the kids and answering text messages. Take the time to spend with family, where they have all of your attention. It's a win, win for all involved!

**Simple Step to Help You Stay Young:** Laugh. Go on an adventure (even if it means camping in your own backyard). Forgive someone. Stay centered when you feel angry and release by breathing and letting go. Exercise. Hug a tree. Pet a dog. Smell a rose.

**Simple Step to Help Moving Forward:** Stay positive. Be grateful. Love yourself.

**Simple Step to Help Animals:** Palm oil is in A LOT of products, including chips, cookies, make-up, cleaning products and soaps. Palm oil plantations are the leading cause of deforestation and the high mortality rate of endangered orangutans. TAKE A STEP, TODAY and choose products with this sustainable Palm Oil Label.

**Help Save Orangutans!**

**LOOK for THESE LABELS on the FOOD YOU BUY!**



**For More Simple Steps to Help Animals & the Environment**

**Please Visit:**

[www.kidsforpositivechange.com](http://www.kidsforpositivechange.com)