



## Point-to-Path Coaching Ezine!

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### This week's topic: **SPRING**

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Those of us in the Western Hemisphere and north of the equator are celebrating the beginning of the Spring season. For our friends in other parts of the world who may not be in that season now, use today's *SPRING mnemonic* anyway.

Do these 6 acts within the next 2 weeks and let me know about the energy you create, the peace you feel and/or the good things that come your way.

**S**end a thinking-of-you note to someone you haven't talked to in awhile

**P**lant a flower or shrub to enjoy

**R**emember the name of everyone you meet this week

**I**ncrease your time for reading and reduce the time for watching TV

Start a **N**ew healthy habit

**G**ive away clothes you haven't worn in 2 years

**SPRING into action – now!**