

# **5 Steps to Create a** *Meaningful* **NEW YEAR**

**By Michael Lee**

## **1. Move**

Walk briskly, stretch, do yoga...

## **2. Drop-in**

Be still, present and notice your body's sensations.

## **3. Listen**

Place your hand over your heart and ask,  
"What really matters to me?"

## **4. Accept**

Avoid judging or censoring.

## **5. Act**

"What daily action can I take to create what really matters?"

**Wishing you a**  
*Meaningful New Year*  
**from the team at Phoenix Rising Yoga Therapy**