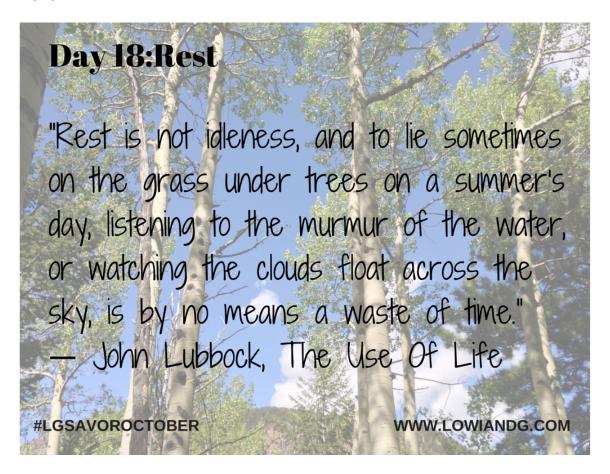
Savor Life October

Thanks for joining us on our tour of 31 days to make an intention to Savor Life. If you are just finding us, you will find the days we've enjoyed so far all listed here.



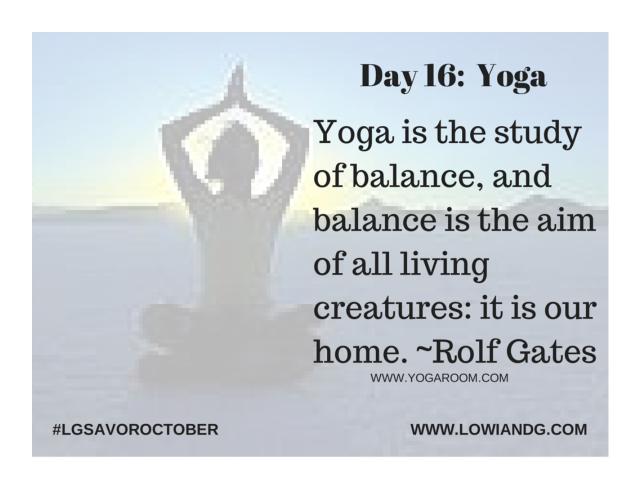
Day 18 Rest

Give yourself a break and rest. This can be a mental break, physical break... whatever you need it to be. The last couple of days we've talked about moving your body. Equally important is fully resting it. Interpret rest anyway you want and let us know how you enjoyed it.



Day 17 Move

Beware the chair! That's great advice although not always entirely possible. Today, move the body your momma gave you. You can dance, walk, run, electric slide, whatever works for you.



Day 16 Yoga

Don't let the word scare you if you are not a "yoga person." First off, if you are a person, you ARE a yoga person. But secondly, this can be anything you want it to be. Gentle stretching, intuitive movement or mindful meandering can be your yoga today. See what happens.

Day 15: Turn your phone off

"One look at an email can rob you of 15 minutes of focus. One call on your cell phone, one tweet, one instant message can destroy your schedule, forcing you to move meetings, or blow off really important things, like love, and friendship."

Jacqueline Leo

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Day 15 Phone off

This might be a tough one for some of us, or ALL of us, today. Part of the reason we miss out on our opportunities to "savor life" is that we are looking at our phones. Today, pick an amount of time that feels right for you and disconnect. Don't answer the phone, send or read texts, check out Facebook or Instagram for some length of time. See what you notice. See what you may have missed or not fully experienced had you been looking at your phone.

Day 14: Random Acts of Kindness

"When we feel love and kindness
toward others, it not only makes
others feel loved and cared for, but it
helps us also to develop inner
happiness and peace."

—The 14th Dalai Lama (1935)

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Day 14 Random Acts

Without reason, purpose or prompting go out and commit random acts of goodness in your world. Do a random act of good for any person, group or cause you like. Be as random as you choose and good as you can.



Day 13 Just for Fun

Productivity and purpose have their place but fun has a place in our hearts. Fill your heart and your activities today with fun. Bring hulahoops to the office, give free hugs at Starbucks or create whatever brand of fun you like, wherever you go. Just for fun, be fun!



Day 12 Friendship

Friends are often called the family that you choose. Let's celebrate our chosen family today by giving one of your friends a call, sending a little memento of appreciation or thinking of them and sending love. Any way that you want today, celebrate the joy that is friendship.

Day 11: Lunch

"It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, "what about lunch?"

Winnie The Pooh

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Day 11 Lunch

Let's do lunch! We all say it. Sometimes we follow through and sometimes we don't. Today, think of someone you've been meaning to "lunch" with, and give them a call, text or email and make a plan. Do lunch and have fun!



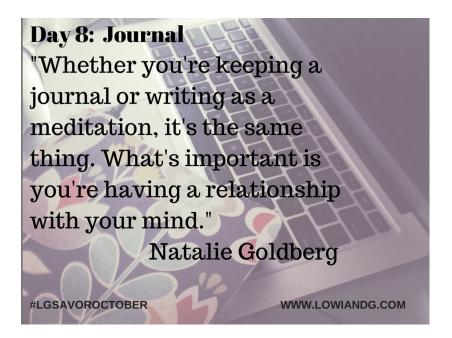
Day 10 Thank you

We all have blessings in our life. They are big and small, hidden and in plain sight, and all of them deserve a sincere thank you. So go out into the big, bad, awesome world and be full of thankfulness. So when something amazing happens like a fellow commuter lets you into traffic, you'll be ready to roll down the window and shout out: Thank you!!!



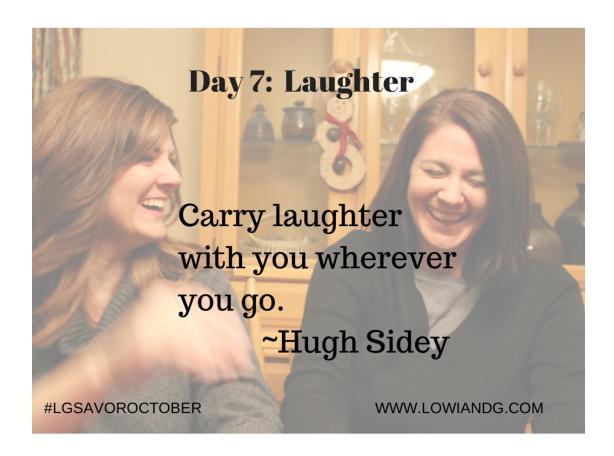
Day 9 Send a note

Take a minute and decide on one person to whom you want to send a note. It can be about anything you want. Tell someone that you love them, appreciate them or let them know something that you really admire about them. It doesn't have to be long or poetic prose just let it come from the heart. Then address it, stamp it and put that little sunshine-gram in the mail. Yes, snail mail!! You can do it.



Day 8 Journal

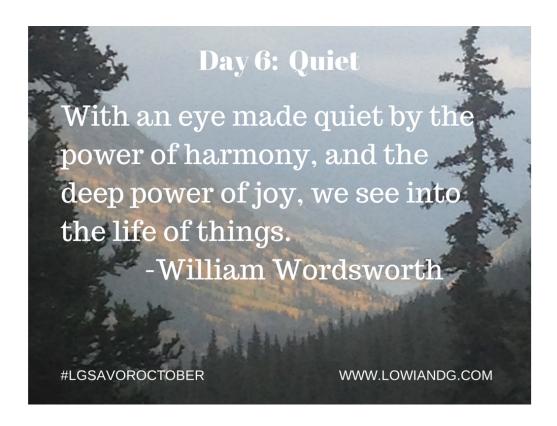
Write it down, savor it, keep it. Today, even if you don't have a journal, write down something that happened today, or recently, that you want to remember. Even if you think you won't forget it, write it down. Put into words how you felt, where you were, even what you were wearing. And even if you write your mini-memoir on the back of an envelope or paper napkin put it someplace for safe-keeping that you can go to later and remember ... and hopefully, smile.



Day 7 Laughter

Laughter is good medicine. We all know that it's true. After you've had a good, long laugh that brought you to tears, nearly caused you to spit out your drink or have an "accident" you think to yourself, "Ah, that felt good!"

Today, seek out the people, movies, situations that cause you to have a belly laugh. Watch "The Hangover" or "Bridesmaids" or whatever your laughter-inducing choice and revel in it.



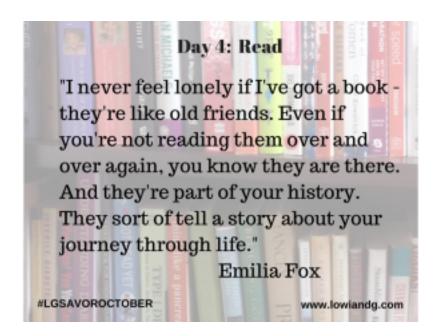
Day 6 Quiet

Quiet is not something that most of us get very much of or even think to cultivate in our lives. Having a few moments in each day of quiet allows us to reflect, think, or just be in our own space without expectation. Today, allow yourself the opportunity of quiet for as long as you want or as long as you can stand, however you'd like to think about it.



Day 5 Kindness

Connect today with the kindness of your heart. Choose the best way that you would like to express kindness whether that's toward another person, yourself or your family pet.



Day 4 Reading

There is nothing like cooler weather that creates the desire to snuggle under a blanket and have some quiet time. What better opportunity to grab your latest, favorite read or a new one to carry you away to a whole new experience.



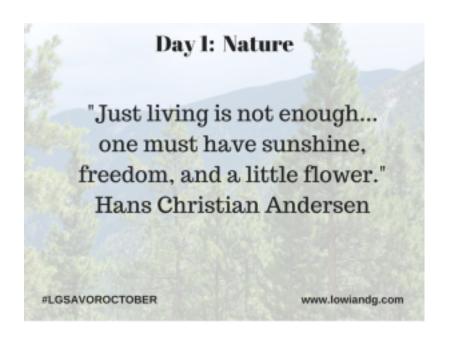
Day 3 Food

Fall weather brings with it signature flavors like pumpkin, cinnamon or warm soups and stews. What are your favorite flavors of fall? Take some time today to enjoy one of them or try something new.



Day 2 Meditation

Today, spend some time in meditation, quiet reflection or whatever you'd like to call it. Consider this a moment to be still and take in all the awesomeness of your life or just a nice brain break. Enjoy!



Day 1 Nature

We encourage you to take a walk out in nature to savor the trees, flowers, fresh air and hopefully, sunshine. Your walk can be as brief or as long as you like.