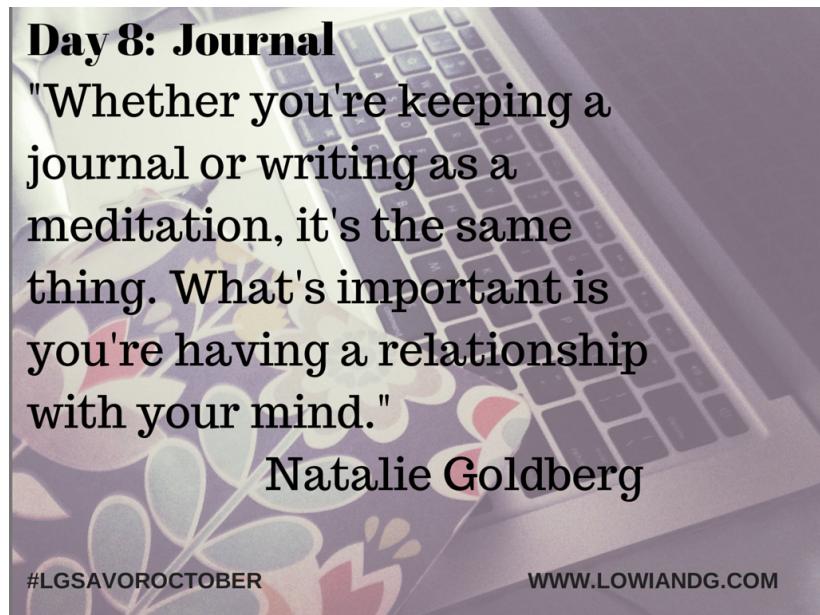


Savor Life October

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 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.

A photograph of two women laughing together. The woman on the left has long brown hair and is wearing a grey top. The woman on the right has dark hair and is wearing a dark cardigan over a grey top. They are both smiling broadly. In the background, there is a wooden cabinet with various items on it, including a small wooden hanging ornament.

Day 7: Laughter

Carry laughter
with you wherever
you go.

~Hugh Sidey

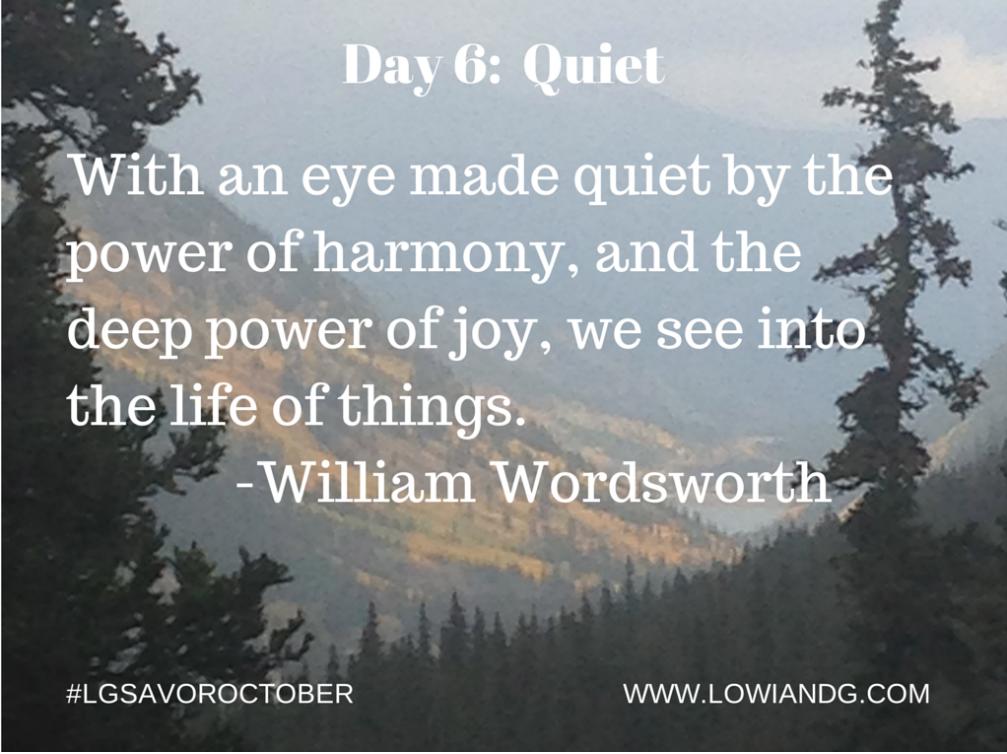
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Day 7 Laughter

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

With an eye made quiet by the power of harmony, and the deep power of joy, we see into the life of things.

-William Wordsworth

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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

"...every day you should reach out and touch someone.

People love a warm hug, or just a friendly pat on the back."

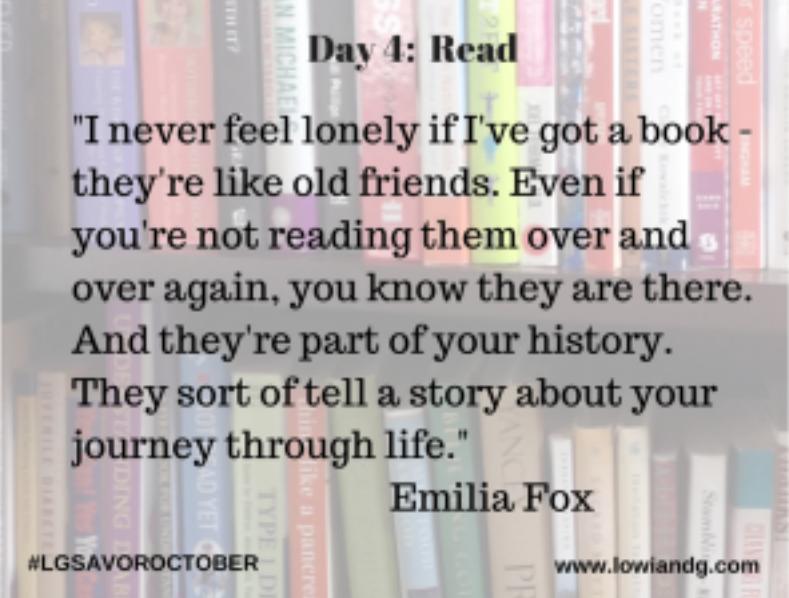
- Maya Angelou

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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: Read

"I never feel lonely if I've got a book - they're like old friends. Even if you're not reading them over and over again, you know they are there. And they're part of your history. They sort of tell a story about your journey through life."

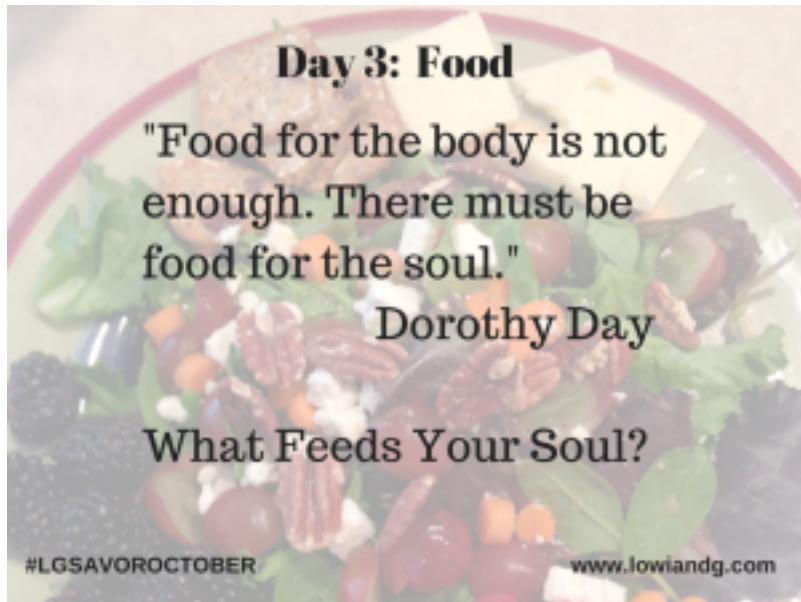
Emilia Fox

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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

"The Thing About
Meditation is: You
Become More and
More YOU."

David Lynch

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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

"Just living is not enough...
one must have sunshine,
freedom, and a little flower."

Hans Christian Andersen

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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.