

FEBRUARY

to-do list

Watch & Discuss Oscar Nominations

- Sit down with a friend (or a few!) and watch at least one of the Oscar-Nominated Films. Expand your cultural knowledge, challenge each other on how the film connects to life, and form an opinion for the February 22nd ceremony.

Give a Trust Hug

- "A touch from someone you trust relaxes your body, which, among other benefits, lowers your stress level." Says Kathleen C. Light, Ph.D. from the University of Utah. Give a real hug to the people you love and trust.

Love Yourself

- Valentines Day is typically viewed as an opportunity to share love with those most important to you. How about shifting it and sharing that love with yourself? Take a long run, paint your nails, cuddle up with a good book, or enjoy a bowl of your favorite ice cream. Pick something you are craving and give yourself a self-renewal gift.

Feng Shui Something

Instead of allowing the cold to slow you down, create some energy by moving things around. Pick a room and try a different furniture arrangement or reorganize your office to gain a new perspective.



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